

AFTER DINNER TEACHING PART 3

YOUR NATURE ITSELF IS BENEFIT

Venerable Gyatrul Rinpoche
June 16th, 2021

The following is an excerpt from spontaneous teachings Rinpoche gave one evening while sitting with several students after dinner:

'To benefit' really means to connect to your own nature. Your very nature itself is benefit.

Or we can say your nature is Vajrasattva. Your nature is Guru Rinpoche. Your nature is thousands of buddhas. When you connect to the buddhas, which we call 'receiving blessings,' really you are receiving benefit from your own nature. Then you can also benefit others.

These days, your mind functions well and you can understand these things easily. That is your awareness. That is buddha. That is the real benefit, to yourself and to others, the same. We need to learn that more and more. We need to practice it. Not like me!

The more you understand, the more benefit there is, both to yourself and to others.



Learning is the real benefit; practice is the real benefit. Also, learning is practice; practice is learning. When you learn, your understanding grows. Then when you practice, that understanding naturally deepens even further. Then when you learn some more, you are kind of shocked: "Oh! Now I understand even more! Now I see more clearly!"

Learning gives you a glimpse and then practice makes that glimpse a real taste. Having the real taste means there is real benefit.



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