

AFTER DINNER TEACHING PART 5
“DON’T BOTHER ME WITH YOUR BLESSING!”

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:

How many times have we supplicated the lama or deity or whatever, saying, “Bless my mindstream, I pray”? We have recited those prayers thousands and billions of times, but we don't want to give up our negativity. We don't want to let go of our self-cherishing.

We say, “Bless me!” for that one second; but then we instantly turn back to samsara.

By refusing to give up our ego even a little, it looks like we actually mean, “Hey! Don't bother me with your blessing!”

We pray for blessings with our mouths and turn away from them with our minds.



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