

## *AFTER DINNER TEACHING PART 7*

### *NOW IS THE TIME TO EAT THE FOOD OF DHARMA!*

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.*

We just need to practice more, and focus more on our nature. Instead, we pretend we are smart and know better, so we do something else. We pretend we are big or strong. We think being smart or strong means we are something special or powerful, but what is really powerful has nothing to do with those. Just do the practice—it is practice that is truly powerful.

What does that mean? For example, my teacher when I was young was called Sangye Gon. He was an old man at the time, my guru Tulku Natsok's uncle, but he recited practices continuously, almost twenty-four hours a day. I would wake up in the middle of the night and he would be doing prostrations and reciting the refuge verses. It was amazing, how he practiced every second! He was an old man, but the energy he had to practice was incredible. Where did that energy come from? From his faith. From his trust in the dharma.

We don't have that kind of faith and trust, and, therefore, we are wishy-washy in our dharma. We don't have that kind of energy!

When Sangye Gon passed away, they say there were very special signs. I don't know about him displaying any big deal at his death, but I am sure that he had genuine realization. Lots of high lamas, real practitioners, they show their real qualities at the time of their death—namely, when their time to die comes, they are ready to go. They are not like us—if we find ourselves facing our death, we start wailing, “I'm dying! Help me!” But our regret is too late because when we had the freedom we didn't practice and we didn't learn the things that are actually important.

Right now, we have everything we need to practice and learn the dharma and really bring it into our minds. It is like we are sitting at a table full of food and our mouth is all ready to start eating. Therefore, don't wait! How long have you been complaining that you are hungry? Now is the time to eat!



*This material is being made available as a free download by Vimala Treasures.*

*©2021 Vimala ~Written down, arranged, and edited by Shashi Reitz.*