

On the Bardo – We Are Going To Face It All

Venerable Gyatrul Rinpoche

June 24, 2017

The bardo retreat is very important! We are all in the bardo right now! Everything is a bardo, but we don't want to accept it! We think that the bardo is somebody else's experience, that the teachings are about somebody else's phenomena. Give me a break! If this isn't the bardo right here, where are you gonna get it? If the bardo isn't your bardo, how could there be any bardo? There is only your bardo! Only your experience, your phenomena—what do you think the teachings are talking about? Only that! Nothing extra, nothing someplace else.

Those teachings, go and listen! That pumpkin head, Les, he is teaching there—listen to what he is saying! Take notes, nicely. Why? So you can remember. Why do we need to remember? Because what he is talking about, that is what we are facing, each of us. Do you think that you don't need to worry about the bardo because right now you are alive? Do you think that you don't need to worry about the bardo until you are dead? Maybe. But do you have a guarantee of how long you can push back your death? Do you have a guarantee of how long you can wait before you are facing your bardo? Maybe right now you are alive, maybe you are even young, healthy, and strong, but you will change! Maybe fast or maybe a little bit slow, but soon you won't be young at all, or healthy at all, or even have one hair's worth of strength left, and then—oops!—you are dead! We think that change just means we change our clothes or buy a new house or get a new girlfriend. No. Change means that any second we could be dead.

Don't go and listen stupidly, thinking, "What is he talking about? That's nothing to do with me!" No, no. We are all facing exactly what he is talking about. At your death, then you really face your own phenomena or your own motivation, you will see for yourself directly if your motivation really was wonderful or not, and you will see the result. Everything that you are pretending now, you are going to face it. Right now do you think you are sort of smart, intelligent, like a hero, pretty or handsome? And you think that will take care of all your problems? Sure—try it! You will see! We are going to face it all, 100%. No doubt and no joke. All of our lies, all of our honesty, everything!

At that time we won't have to try to be honest; everything will just be there and we will have to face it. All of our actions will be there, facing us, and we will see them all.

Oh, the bardo! It is just like that. Thank you, bardo! Thank you, Mr. Les/More, for teaching it. Hey, do you think you are a wonderful bardo teacher? Yes, I think wonderful, except still you need to clean up your own smelly pants! Ohohoho! Teach, yes, but also learn and practice, yourself.

Les, he is naughty, it's true, and really he needs a spanking. But does that mean you shouldn't listen to his bardo teachings? No. Everybody needs to listen to that. You can come and spank him and listen, at the same time. Listen to the teachings, that will benefit yourself. Spank him,

nicely, maybe a few times a day, and that will benefit him, naughty boy. And it's fun, too! Woohoo! I am getting my enjoyment!

Anyway, I am just joking. Go and listen! What he is saying, it is not something special and just for other people. No, it is for our own face. He is not saying useless things, wasting your time. Those teachings are about our actions, our conduct, our motivation right now. What we are doing now, that is what we will face in the bardo. Do you think it is somebody else's problem? Good luck! "Our" means right now, these people, your own self. Look in the mirror if you want to know who the bardo teachings are about! Don't look in the mirror and think that you are so pretty or handsome, like everybody loves to do every second. No. Look in the mirror and think, "There is a bardo being." Look in the mirror, the real mirror, in an honest way.

What he is talking about, that is very basic. The most basic, and the most important. Looking at yourself, looking at your motivation, looking at your actions—that way you can already see your bardo! What you will be facing at death, it is already there, you can see it! If you are honest!

You can see, "Oh, I have a problem!" or "This will be a problem!" Or ask yourself, "What is the benefit of this thing I am doing?" With the bardo teachings, you can face those nicely.

Right now learn from Les—you can hear about the peaceful deities and the wrathful deities, these wisdom beings. Whoa! So many! So many different kinds! Peaceful deities include Vajrasattva, Chenrezig, Tara, and others. Wrathful ones are when we don't recognize the peaceful and then we need them to have a different face. Learn about that.

Many things you can learn. But most important is watch yourself, okay? Bardo teachings are for everybody. Everybody needs them. Because at death, everybody is facing their everything, what they did and thought and said; nothing is missing, and there is no escape. No bardo refugees. Just facing what is there, everybody their own. We need some preparation for that.

Tashi Delek!

-Gyatral