

THIS IS FOR EVERYBODY: PRACTICE! DON'T WAIT!

Venerable Gyatrul Rinpoche
July 15th, 2021

Rinpoche mentioned several times recently to give everyone this message:

❁ Some people send me messages and letters saying they like me or they love me, and many times they send different kinds of offerings as well. Thank you, you are all so generous, that is really amazing! But whether you are old or young, rich or poor, still I will tell you all the same thing: If you like me, if you love me or whatever, please practice Vajrasattva. Just reciting OM BENZAR SATTO HUNG is plenty. For me, that is the best kind of generosity! I'm saying this for everybody, not just this or that particular person.

❁ Now, while we have our freedom, is the time to do Vajrasattva. When we are old or sick and have lost our freedom, then it is too late. And regret is useless! More than concerning yourself right now so much with business, you need to practice. It is with practice, not success in business, that you will have some real merit 'money' in your pocket when you die.

❁ Maybe you were stupid in the past. Some people were hippies with no pants and no brain, for example. There are many ways you might have been kind of crazy or sort of dumb. Now what? Do you want to go back to that again? Go for it—then your liberation will never happen! If you don't practice, tough luck—you are choosing to get nothing. That is a waste of Guru Rinpoche's teaching. A waste of Berotsana's activity. A waste of everything! What kind of sentient being are you? You don't need to do that. Everybody wake up!

❁ I am not just telling one or two people. This is for everybody. Don't wait! Death doesn't wait. Even if we wait, death doesn't hesitate. It will still arrive at our door exactly on time. If we have waited, then it will be too late and we will only have regret. Therefore, practice! Whatever practice you are connected to, practice that!

❁ Everybody is going to die, so everybody needs something. What do we need? Something to practice! It could be Troma or Guru Rinpoche. Vajrasattva, of course, is good! Vajrasattva practice is confession and at the same time yidam practice. Automatically you are practicing these two together, and it is easy to practice the mantra OM BENZAR SATTO HUNG. The MANI mantra is easy too. The refuge verse is easy to remember as well. Right now everybody has something! Nobody can say they don't have a mantra or a practice! Now do it!



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