

Seeing Our Bardos All the Time

Part 1

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We go here and there on outings for fun, wandering around. But we are already wandering in our bardos. We are always wandering in the bardo of death, as every instant phenomena ceases—then the bardo of becoming as it arises again. Each second, second, second, is like that. Isn't it?

We wander, without the freedom or power to stay in one place. We can't sit, or sleep, or even stand up properly—we don't have that freedom. We just have to wander. We have to follow our ideas, each one. We are forced this way and that way. Therefore, this is the bardo, the "between." We need to recognize that each moment is our bardo.

If we recognize that, then what are we going to do? Keep chasing each other, the guys and the girls? No. Go crazy? No. Practice!

The bardo is an opportunity. Recognize it! We can see it every second—the bardo of dying, the bardo of dharmata, the nature as it is, each instant, each glimpse, each between. Can we hold anything? No. Every instant is just between, between, between—bardo, bardo, bardo.

We might think, "Wow! Really? It's like that?" But there's no reason to be surprised or amazed. This is your experience, your phenomena—nothing extra, nothing special. Just ordinary moments—one moment, two moments, three moments. All bardos. All the same nature. Same nature as your own awareness. Nothing to get excited about.

You think you are a young lady? Just young lady bardo is happening. Baby? Baby bardo. Old lady? Bardo. I need to eat! Bardo. Finished eating? Bardo. Everything is just between, between. Nothing more than that. Nothing solid. Nothing you can grasp. Think about that. Examine that. Watch that. It is your own experience each second. The more you come to know that, the more you see it's no big deal. Through that, everything is no big deal.

Will you go crazy if you see that everything is a bardo? No. The opposite. We are crazy because we *don't* see it! When you see everything as a bardo, then you have no reason to be crazy anymore! Ground, path, and fruition are bardos, too; three kayas bardos are realized. Then is anything left out of the bardos? Is there something else you need?

Tashi Delek!

-Gyatrul