

Don't Worry!

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(Rinpoche recently gave this teaching mostly in his own English ...)

Don't worry!

If you don't have faith, don't worry! Worry — what is benefit? You don't need to nervous system! Having faith or no faith, that is not something you can fix like somebody's old pair of shoes. If you think you really screwed everything up and then you try to fix everything instantly, then you are actually screwing up. Don't worry, don't worry, all those things.

Just you need faith. And you don't even need faith particularly, just you need understanding a little bit, then think about that a little bit, then a little bit more, a little bit deeply — then faith is coming there. Nothing like old smelly shoes. Nothing complicated, having to cut and sew, this and that. Just faith will come smoothly, simply, easily...that way. It will come in a peaceful way, nothing forced, without needing needle and strings, without this and that. Just easy, slow, peace way. Nothing forced, nothing worried, no nervous system way.

We make ourselves that way complicated. How come we are so smart, and therefore so stupid?

Goddamn stupid! You are the goddamn, okay? Dammit! Don't forget these things and screw yourself up. Others don't need to screw up you, you screw up yourself. Goddamn stupid-smart! Don't be smart!

You want to be smart? Everybody thinks they are so smart. You want to be really smart, not just your own dumb way? Then recognize your opportunity. What opportunity? Your precious human opportunity. You have this body, this chance. You have met the dharma and teachers and everything. You can study. You can learn. You can practice. If you don't have faith, you can learn, your faith can grow up like a flower. If you don't have compassion, how many billions of teachings do you have about how to cultivate compassion? What, you don't have teachings? No, you do. You have everything, perfectly. Now, goddamn ones, what you have, put that into your brain! You have all the seeds, now grow them up!

I am not saying you need to be uptight! I am not saying you need to force anything. You don't need to worry and be berserk! Just slowly, slowly, piece by piece, step by step, let the dharma pieces into your heart. Your real heart, not just your mouth. More than having the biggest mouth, bigger than Mount Meru, better to have one tiny piece of pure dharma gone into your heart sincerely. Your big mouth gets you nothing. Just embarrassing — you bring shame on yourself and your lineage, people think your practice is just having a big mouth. You become a booster practitioner, nothing like a real one, and you really cheat yourself.

Your mouth will be of no benefit to you at the time of your death. Do you think somebody is going to say, "You are a WONDERFUL booster! Wow! Okay, you don't need to die!" —do you

think anybody ever had that happen? Enough with empty words, big empty mouth, and nothing in your brain, nothing in your heart. Already we have plenty like that! Already you yourself have done that for a long time. Enough's enough! Shut up the big mouth!

I am not saying you are going to finish everything today! Nobody can do like that. Therefore, calm down! We just have to go slowly, slowly. But if we want, we can go. We don't have to be stuck. We can think. We can have faith, more and more deeply. Nobody can say, "I can't do that." Therefore, you don't need to worry, so uptight.

What are you complaining about? Everybody says they are so smart, and then they are complaining. I think if they were really smart, they wouldn't need to complain, would they? So strange.

You want to think you are smart? You are. You are so smart you got a precious human body. That is our one real, big smart. How did we get that? Amazing way. So many eons and eons accumulating merit, purifying obscurations. We don't know how we got it, how much we had to struggle and struggle. But somehow we got it, we were actually that smart. Now you got it, what are you going to do? Waste it? That's a wonderful idea. Really, you are showing how smart you are: You got the most precious thing, nobody can get anything beyond that, and then you put it upside down in the garbage can because you don't want to learn the dharma and you don't want to practice. Worse than putting it in the garbage can, actually. Like putting your most precious things in the sewer. Like eating your own shit.

If someone is eating their own shit, do we say that person is smart? No. We say that person is the most stupid. Nobody is forcing them, just they are making the worst, smelliest thing and then eating it themselves. That is stupid and crazy. Nobody wants to go near them. Nobody wants to think about that. But actually that is what we are doing. We make for ourselves the most smelly things, the most terrible things, the most pain. We make for ourselves everything complicated and upside down, even our wonderful opportunity. Even if somebody gives us the most pure, wonderful thing, we don't even say, "Wow!" or "Thank you!" We don't even really look at it or use it nicely, we just throw it straight into the sewer. Then we complain more, worry more, more berserk, looking every direction. We don't want to look at the real source, ourselves. Just look every place else and complain. Sure, you are so smart, that is why you are complaining so much!

You don't need to make complicated. Actual, real dharma is nothing complicated. Try. Be a good person. Be decent. Be kind to each other, respect each other. Have compassion. Have faith. Mind your business, not everybody else's. Practice, slowly. Learn, slowly. Be sincere. Stage by stage, step by step. You don't have to be smart. In all the past, your whole samsara until now, you thought you were so smart every time. What was the result? You always put yourself into samsara's sewer, again and again. Hell realm sewer, hungry ghost sewer, animal sewer—even god's realm, actually it is a sewer, too. The god's realm looks wonderful, but still everything there is samsara. Still samsara sewer smell.

Anyway, try not to make everything every time complicated. Actually it is not complicated, why do we have to make it that way? We think we are being smart but actually we are being the most stupid! We think we are so smart to make everything complicated. Actually, that way we are cheating ourselves. Actually, the real important one is very simple. Just your merit, your goodness, your virtue, your chance, go straight for that. All your five poisons, complicated things, all your smell of your own samsara, your own butt, drop that. Your five poisons go into the sewer but you don't have to go. Your five poisons are the sewer, but you don't need to follow them there. Just put your mind cleanly into dharma, sincerely focus there, then the five poisons don't follow you. If you want them, of course they are there. Even if you don't want them, still they are there—our habit, our long time smell. But slowly, slowly, we can clean up. Slowly they are biting you less and less, all your poisons chewing on your butt less and less. Then you don't need to uptight. That is why real practitioners, they are nothing uptight. They are not funky hippies or crazy, either, they are just open, calm. Why? Because their five poisons aren't chewing on them so much anymore. Then they can be calm. That is the way we can do it, too.

And don't goddamn wait, either! We need to sincerely this second!

I am not telling you that you need to get uptight, or push, or fight with anything. Just relax, calm down, slow down. Don't be smart, just sincere. The real smart is to be honest. That is nothing complicated. Just go directly there! Your honesty is already there, the true things are already there, just don't buzz up, going every other place, jumping in the ten directions, worrying and nervous! You think if you buzz very fast in the ten directions looking like a hundred billion ants are in your pants, that way you get faith? That way you get knowledge? That way you get compassion? Good luck!

Bottom line? Don't be smart, okay? Our 'smart,' that is the most stupid. Our 'smart' is cheating ourselves. Our 'smart' is our very good friend, holding us in the sewer of samsara for a million billion eons and eons. Better to just be dumb, a real dumb-dumb, a sincere one, honest one, straight one. That way everything can come, all the qualities. Everybody is worried, but nobody is worried about the real thing to worry about. Drop that, okay? Those useless things?

You don't need to worry. Just calm down, slow down. Nobody's going to get you. You will get yourself, again and again, if you try to be smart. Don't pretend to be smart. Just be honest. That way the dharma works.

Tashi Delek!

-Gyatral

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