

Always Keep The Tradition of Praying For Our Dharma Family!

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Now Les is in the hospital, sick, and everybody should pray for him and his family. In the future, please always remember this—not just with Les, but we always should pray for anyone in our sangha who is sick or having problems. It doesn't matter if you know them or not! Still you can pray for them. They are your dharma family! We are dharma brothers and sisters, my goodness, we are supposed to love and respect each other! Therefore, at least we can pray for each other, if something is wrong! In the future this should always be our tradition.

Just pray with faith and confidence. You don't have to wonder doubtfully, "Can I pray, or not?" No, no, no. Don't hesitate and be wishy-washy. Just practice. Ask Buddha for blessings. Ask Buddha for help. That's how you do it: *Directly!* You don't need to first go whining to someone, "Can I ask Buddha for help? Can I ask Buddha for blessings? Oh, maybe not!"

If you think that's how to do it, forget it! Don't be stupid!

Also, you don't have to wonder, "Which practice should I do?" Again, don't be stupid! Why would you even think such a thing? Of course there is no practice that is the wrong one! You don't need to make a big deal about which one. Any practice, any prayer is fine! Just dedicate it to him. Right now, Les's family is suffering, too, because he himself is sick—everybody can pray for them, too, for him and for them, together. The same with anybody who is suffering, you can include everybody there. You can do long life prayers, or Vajrasattva, or anything. Any practice!

In the future, always keep this tradition and pray for each other. That is the way to be real dharma family. That's very important.

Okay?

-Gyatrul

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