

## *Being Satisfied*

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Easily we say, "Oh, that's wonderful!"

Actually, we are never wonderful, we human beings.

We are never satisfied. Therefore, we never know good from bad. What do we know? Only "More! More! More! More! More!" We are professional at "More!"

*That's* our problem, the real one!

It is the same with mice. Mice are never satisfied. No matter how much they get, still they chow down again and again. That way they chew up everything, destroy everything and then there's a problem!

We humans destroy ourselves the same way, because we are never satisfied. Therefore, we go to hell, we become hungry ghosts and animals, we go everywhere in the six realms of beings.

Here we have our big birds [turkeys]—poor sentient beings, they absolutely come from that.

Look at them—the way they are ignorant, the way they eat all the bugs without thinking. That negativity all comes from their attachment, their grasping.

Our attachment is the same. We think, "I am a human being—I am better than that!" No, no, no.

Same-same. Actually we are worse, because we can see it, we can know it. They have no choice, stuck there. We are not stuck like them; but more than stuck, we are like zombies, zomb-ed out, because we have the choice. We have the freedom. We ignore it.

Look at all the animals, poor sentient beings. Not different from you. That means what? That means it's time for you to slow down. Slow down your attachment and desire and be satisfied. But we never slow down! And later everything is beyond our control, and that's it! We are back into the hells or whatever realm again. Your desire's gonna take you everywhere! Your aversion, your jealousy, your pride—all the different tastes of your negativity, they will take you in all 500 directions, to all the tastes of samsara's sufferings, continuously, unceasingly!

We need to slow down and be satisfied, but we don't even want to think about it.

We need to try—try right now, while we have freedom!

Right now, you all have freedom, one by one! Your understanding is your freedom. Because you understand good and bad, that gives you freedom. You have freedom to give up the negative and to take up the positive.

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This is *that* time!

Freedom time!

Think about that.

After awhile, then freedom time is gone. If we have gone after desire, or after hatred, or any of the poisons, then we're finished! If we make just more and more attachment, grasping—that means we're finished! Before that, enough's enough, right now. You don't need to follow your non-virtue stuff. Negativity is never satisfied.

Therefore, right now, try. Okay? What you can do now, your chance, freedom, this is very good. Be satisfied. Be satisfied you can make virtue. You can clean up your negativity. You can tame your own mind. Your human chance, that means you can get satisfaction—the real one. What do you need more than that?

Tashi Delek!

- *Gyatrul*