

## *Now Looking Really Good*

Venerable Gyatrul Rinpoche

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I saw pictures and videos of you guys doing Kilaya retreat. That's really wonderful. It looks like everyone was really trying and really focusing on the practice, and I heard that everyone was very harmonious and helpful.

It looks like you guys are all really standing up. From 1973 when I first came to the West, until now, really I have been hoping that everyone would do that. It looks like it's happening. Now looking really good. Before we have always tried and struggled, people working here and there, but it looks like this time was really good and everyone really got their success. Thank you, everybody!

Actually, you did the practice, you supported everything nicely—that was your real thank you to yourself.

My thank you is just with my mouth, means nothing. But for me, watching everybody practicing and trying, that is really meaningful. It means the blessings of the lineage masters who have come and been so kind to us have not been wasted. It means the lineage is being held, purely and firmly. It means everybody's hard work over the years hasn't just been thrown in the garbage can. It means each person is using their precious human body, not just wasting it being spoiled in samsara's toilet. So that is my thank you.

In the future, please always maintain these practices, Vajrasattva and Vajrakilaya. And do a little bit of Chimed Sok Tig (longevity practice) too—all the students, everyone practicing and learning, they need to have a little bit long life.

Now it looks like you guys are getting more and more wonderful every year. Keep that way, okay? We don't need to go other directions, just the wonderful way is enough. Thank you, everybody!

Now that the retreat is finished, one way your job is finished. But one way, Kilaya is every place. Don't put Kilaya on your shelf with your books and never look there again. Don't put the deity into a cupboard with your instruments. Continuously maintain the awareness of appearances, sounds, and thoughts as the body, speech, and mind of the deity. Your Kilaya is everywhere. Where your brain is, the deity is there. Where you are focusing, there.

Try that way, everybody, okay? Then your retreat is stretching. Real retreat is not just a few days. We need to all the time practice. What does that mean? Remember the deity, Kilaya or whatever. If you don't like an ugly guy like that, Vajrasattva is fine—he's handsome. The most handsome, even. The most pretty, more than women. You need a retreat? Your focus is your retreat, if you are not just focusing on samsara—the deity is there! You need a temple? Your

own mind is your temple, if you have faith and compassion. What are we going to get beyond that? Everybody try, okay?

Tashi Delek!

*-Gyatral*

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