

~From the Archives of Teachings by Venerable Gyatrul Rinpoche~

HEART ADVICE ON TSOQ AND OTHER MATTERS

*A teaching read to those gathered at Orgyen Dorje Den on January 14, 2012,
to practice Vajrasattva in connection with Dungse Thinley Norbu Rinpoche's Parinirvana*

Part 6

All Sentient Beings Includes You—Avoiding Langdarma's Mistake

So, with offerings such as tsog, everything should be clean and pure. Everything is an offering to all sentient beings. Remember all sentient beings? Have you forgotten them yet?

And don't forget whenever you think of all sentient beings to include yourself as well. Don't think, "all sentient beings' just means everybody else and I get left out."

"What about me? How about me?" That was the motivation of Langdarma when he was the ox. When the three brothers who were the future Guru Rinpoche, Trisong Detsen, and Shantarakshita were making their dedications, the ox didn't think he was included. He excluded himself. Based on that he felt a great negativity—this great anger, this great disappointment and frustration—and that is why he made his negative aspiration. That is why all the subsequent negativity of Langdarma unfolded the way it did. It came from that feeling of "What about me?" So please remember that "all sentient beings" includes you, and you never have to feel "What about me?" You are there, too. *Of course* you are who "all sentient beings" refers to! Enough is enough, thinking you are special or somewhere else. Rather than asking, "What about me?" ask, "What about everybody? What about us together?" And the answer, the way to benefit everyone, is then to just shut up and practice.

If you do, then you will be able to accumulate merit, and through that accumulation of merit you will be able to actualize the dharmakaya for your own benefit and the rupakaya for all others' benefit. And now, since we are including ourselves and others together, we can also know that dharmakaya and rupakaya are inseparable. Even then you don't have to

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think, “What about me and what about them?” Even at the time of the ultimate result, with dharmakaya and rupakaya, you still don’t have to wonder, “What about me?”

~ teaching continues in Part 7...