

~From the Archives of Teachings by Venerable Gyatrul Rinpoche~

TEACHINGS ON THE PRELIMINARY PRACTICES (NGÖNDRO)

Rinpoche sent the following teaching for those gathered to do the preliminary practices (ngöndro) at Dorje Ling in Portland, Oregon, on May 12, 2013.

Part II

Your Dharma Center

If you have time, if I stay here a little bit longer, then I can give a few more teachings or a little bit of explanation. I really don't know anything, but if you like, I am happy to try and we can see. If you don't have time, then that's it. There is no problem for me if I don't teach. And don't blame me if you don't have time. If you have time, I'm happy to teach. If you don't have time, don't say it's my fault you don't have time.

This is our dharma center. If you come to this dharma center, you don't have to think, "Whose dharma center is this?" It is your dharma center, not somebody else's. How is it yours? Well, the dharma center is here so that everyone can hear the dharma, and contemplate the dharma, and meditate on the dharma, and create virtue, and purify their negativity—that's what a dharma center is for. So, whoever comes here, it's their dharma center. It's theirs to use to purify negativity. It's theirs to use as a support for their practice, for their studies.

If you come to the dharma center—to *your* dharma center—then seeing that it is your own, support it for your own sake. Whatever you think "this is mine!" about, you take care of that thing because it's yours. You take care of your own things. Therefore, when you come here, think of it in that way.

This is your place and you need to take care of it like it is your own place. You take care of all of your other things so nicely. People like to wash their cars and wash their clothes and all these kinds of things. It's the same with your dharma center. You wash your car; you

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~Translated and edited by Shashi Reitz~*

can wash your dharma center a little bit, it's not a big deal. Nobody is going to cut off your hands. There's not a big rule that you're not allowed to wash the dharma center. You don't have to show your ticket at the door. You don't have to bring your passport and go through security. You don't have to show that you don't have a gun when you come to wash the dharma center. Nothing like that, there's no big rule. Sometimes people stay away. It looks like maybe they think that there's a law — that they're going to be arrested if they do something here. I don't know where that idea came from. But anyway, it's not true. You will not be arrested if you come here and do a little cleaning or something like that.

If you understand the qualities of enlightened body, speech, and mind, then you can appreciate how precious this place is: how precious to have a place filled with so many supports of enlightened body, speech, and mind! We have statues, we have stupas, we have books, we have lamas who come here, we have practices that are held. These objects are the supports for enlightened body, speech, and mind, and these happenings are all the activities of enlightened body, speech, and mind. This whole place is a place for engaging with enlightened body, speech, and mind.

~ teaching continues in Part 12...