

~From the Archives of Teachings by Venerable Gyatrul Rinpoche~

SEEING OUR OWN SITUATION CLEARLY

*Venerable Gyatrul Rinpoche gave this teaching as his parting advice
at the end of his visit to Osel Nyingpo dharma center in Ojai, California, January 2010.*

Part 14

Recognize the Three Jewels as Your Own Nature

If you recognize what the Three Jewels really are, you will naturally guard and protect your nature.

If you trust the Three Jewels 100%, you will take heartfelt refuge in them and thus stop deceiving yourselves. You will stop harming yourselves.

But you don't look at your own nature. If you look and see, you will recognize your own nature is the real Jewel of the Buddha, of the Dharma, and of the Sangha—nothing surpasses that. You talk about 'lama, yidam, khandro,' the Three Roots—they are all you!

When we supplicate the Three Jewels and request that siddhis (spiritual attainments) be granted, we are supplicating our own nature as the Jewel of the Buddha, the Jewel of the Dharma, the Jewel of the Sangha, and the Jewel of the Lama.

Since they are the ones we supplicate, we can know that these Jewels are the basis for our accumulation of merit and our purification of negativity.

When we gather as a sangha, we gather to accumulate virtue. The Jewel of the Sangha is a powerful means by which to create virtue and merit. The sangha is a powerful means by which to purify negativity. There is nothing greater to rely on if these are your aims.

'The sangha' means those who are interested in virtue. It can also be explained to be the Noble Sangha, those realized bodhisattvas on the bhumis. So, sangha can be explained as different kinds of groups—ordinary individuals on the path or bodhisattvas. But whatever

the explanation, those who are sangha are ones who are virtuous and try to act with virtue, 'really real virtue.'¹

So, try to be authentic sangha, acting with virtue as much as you can and to the best of your understanding, and always try to accumulate merit and purify your obscurations.

Please come together and pool your collective qualities and help each other.

When you gather, you do have the supports of enlightened body, speech, and mind, such as statues, stupas, thangkhas, and so forth. When you see them, call to mind their meaning. Remember the qualities of enlightenment that the statues and so forth represent.

Those qualities are your own qualities. Each of us has these — we need to understand that!

~ teaching continues in Part 15...

¹ Rinpoche spoke this phrase in English.