

~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 1

Our Essence of Clear Light

I want to thank everyone for coming to Osel Nyingpo dharma center with such interest and joy in the dharma during my stay here in Ojai. I have been very happy here and rejoice to see such enthusiasm for the dharma. Thank you all.

However, I don't know how to teach the dharma to you properly. I actually don't know much of anything at all. You are making a big deal of me, taking such good care of me, which I enjoy and thank you! But I don't have any qualities worth making a big deal about. You do know this, you are actually the ones with the qualities, but in your kindness you are making a fuss over someone without any qualities, treating someone like myself as if I had some. You are very kind. Thank you.

But you all need to study ngöndro, the preliminary practices, and think about them.

Think about the simple things, the little things.

For example, this dharma center's name is Osel Nyingpo. Think about that name. *Osel* means 'clear light' and *nyingpo* means 'essence.' Whose clear light essence does this name refer to? This is not the clear light essence of dirt or stones or anything made of the four elements. This is referring to the clear light essence that we all can learn about, come to know, and recognize by hearing, contemplating, and meditating on the dharma, because this is the clear light essence of our own minds.

The essence of all things is osel nyingpo, which is the buddhanature. This you know. Please think about it carefully and thoroughly. You have a precious human rebirth, and so

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you have the capacity and opportunity to come to understand osel nyingpo, the essence of clear light, which is ultimate truth. You have the chance to cultivate faith in the Three Jewels, and to attain the ultimate essence of clear light. I myself don't have any understanding of this, but you should keep it in your mind always. Examine what is and what is not osel nyingpo. Hatred, desire, and ignorance are the three poisons; they are not osel nyingpo. The five wisdoms, they are osel nyingpo.

Osel Nyingpo is your name. In fact, we have the name 'essence of clear light' and we also each have the essence of clear light itself. We should conduct ourselves accordingly. Please, as much as possible, do not ignore your essence of clear light. How do we not ignore it? By study, contemplation, and meditation on the teachings.

The teachings of the Buddha are inconceivable. The dharma is vast, and its divisions and branches would fill thousands of volumes of text if written down. Our lives are not long enough to study all of them! But, as we are followers of the Buddha, we should learn as much as we can about the qualities of the Buddha's enlightened body, speech, mind, qualities, and activities. Osel nyingpo is the synthesis of all of these qualities. Do you have the osel nyingpo, the essence of clear light, or not? Look and see for yourself. Your own osel nyingpo is the synthesis, the essence, of the 84,000 divisions of the Buddha's teaching and all the inconceivable pith instructions of all the lamas.

Are the Buddha and the dharma the same or different? Is the dharma the Buddha's speech? Who are the sangha? Are you? Do you have osel nyingpo or not? Each of the teachers in the Foundational Vehicle and the Great Vehicle, all the masters of sutra and tantra, all of the sangha, all who have faith in the dharma—are they holders of osel nyingpo or not? Examine. Does each person have the essence of clear light? Ask yourself these kinds of questions. The most simple and most basic things, ask yourself about them. That is how you will learn. That is how you will come to appreciate the qualities of all the buddhas.

~ teaching continues in Part 2...

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