

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 3

Discovering Our Buddhanature

When you are reading dharma books or hearing teachings, these aren't the lamas' own ideas. They are the teachings of the Buddha, telling us nakedly and directly what our situation is. So please study, contemplate, and meditate on these teachings so that they can be of some benefit to you! Don't just pretend. Instead, actually take in the meaning and apply it to your life.

For example, according to the teachings of the Buddha and the great masters, there are things we need to eliminate or abandon. How are we going to actually eliminate those things? Throw them in a garbage can? Give me a break! The way to eliminate negativity is to recognize it so that you don't repeat it.

Likewise, how do we create the qualities we are trying to develop? The way that a carpenter builds a house? No. We need to give rise to those qualities in our minds. Each of us must develop them in our own mindstreams.

How can we give rise to such inconceivable qualities? We need to prepare our minds like a farmer preparing a field, throwing out rocks and enriching it with fertilizer. We go through this same process in our minds by adopting and abandoning certain behaviors as taught by our teachers.

Then, when the ground is prepared, where can we get the seeds? We don't need to buy them from somebody. We don't need to borrow them. We each already have the seed. We need to recognize what we have. We need to cherish it. Bodhicitta, the mind of enlightenment—we each have it. The qualities of enlightened mind as described in the Great

*This material is being made available as a free download by Vimala Treasures. © 2010, 2024 Vimala
~Translated and edited by Shashi Reitz~*

Vehicle teachings—we have those qualities. If we think we don't have those qualities, we should read and study to see if we do or not. If we didn't already have them, where could we possibly purchase them?

We need to know what we have. We need to find out what we already possess. We discover what we have by first hearing, then contemplating, then meditating on the teachings. But this is to discover our nature, not to create it. That nature, you already have it. You don't need to borrow it from anyone.

Considering what you have, you don't need to be angry or clinging, you don't need to be biased or prejudiced, do you? What you have is Buddha. It is enlightenment. Call it what you will, it should be cherished. Just as a fertile, well-tilled field will easily grow rice, wheat, barley, or whatever other seeds are cast upon it, so will a well-prepared mind easily let the seeds of wisdom sprout and flourish as fast as young children grow. The inconceivable qualities of the six perfections (generosity, discipline, patience, enthusiastic perseverance, meditative concentration, and wisdom) and of the Buddha's enlightened body, speech, mind, qualities, and activities can all grow in the field of our minds if we practice.

~ teaching continues in Part 4...