

~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 4

The Chance to Recognize Our Own Face as Buddha

Without error or confusion, undamaged and unbroken, not old or corrupted, perfectly fresh—that is what we have: our buddhanature. This is what we need to recognize. This is what we need to polish. This is what we need to cherish and nurture. But 'polish' doesn't mean to rub at it with great effort. It is already clean. It is primordially clean, because it is the pure, infinite expanse. If you know this well, this is your sangha. This is the nature of the Sangha Jewel. This is the Dharma Jewel, all 84,000 categories. This is the seed, the essence. And the Buddha Jewel, of course it is this too—all the qualities of the Buddha's enlightened body, speech, mind, qualities, and activities are there. Please don't ignore them, if you are a Buddhist! This is the nature of all sentient beings.

We think that we are so clever, so smart, so learned, so erudite. But we don't even know what we possess. Not knowing what you have, that seems like the lowest kind of stupidity. In this we are almost inhuman, almost animals. What others might have, that is good but not our business. Our business is with what we ourselves have; yet what we have, we waste, as bad as throwing it away, and what external things we don't have we crave. Can we ever get satisfaction from what we don't have? I don't think so. Good luck!

Our lives are short, disappearing as we watch, disappearing each moment, and so we are losing our chance. We are exhausting the merit that has given us this opportunity—the opportunity to create our own happiness, the chance to recognize our own face as the Buddha—by every minute running after samsara again. In fact, any good thing that comes to us, any happiness or pleasure we encounter, is only the ripening of previously accumulated

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merit. Whatever suffering we have is our previously created negative karma, our bad habits, the result of engaging in non-virtue.

When you look at your sangha brothers or sisters or at the lamas and think, "She's wonderful," "He's so good," and so forth, you don't need to be jealous or proud. In fact, the qualities that you are seeing in someone else are your own qualities also, and you can make them manifest by studying and practicing just as others have. There is no reason to envy someone else for something that you do possess!

But whenever jealousy or other kinds of negativity do arise, please recognize them and don't ignore them!

~ teaching continues in Part 5...