

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 5

Being Willing to Examine Our Own Situation

On the other hand, although we possess these qualities of buddhanature, we also each have reason to be completely ashamed of ourselves. If we think about it, we each should be squirming with embarrassment, because we have buried the precious, wish-fulfilling jewel that we possess, the buddhanature. It is primordially and everlastingly free of affliction or negativity; it is original buddhahood itself, but we cover it up with our three poisons: desire, hatred, and ignorance.

This is really the greatest shame—this is a real cause for chagrin! But we are shameless. From the time we are babies in our mothers' bellies, we are already full of the poisons. This isn't anyone's fault but our own—don't try to point the finger at someone else!

What we have—our pure buddhanature—we try to destroy. This habit is our real enemy. We don't need an external enemy—we are already our own worst enemy, ignoring and covering up our own buddhanature with our poisons, which is a kind of torture that nobody else could ever inflict on us!

We are our own enemies and our own friends. We can destroy ourselves or we can benefit ourselves. Don't wait for someone else—they can't really harm or benefit you in a meaningful way. We have to do it ourselves. Just as we have created our own samsara, the worst kind of suffering for ourselves, we can heal that suffering.

But we have to be willing to examine our own situation and our own minds. You all have an amazing capacity to look within and see yourselves, to study and think about what you learn, which is the kindness of this country, the kindness of the schools and your own

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~Translated and edited by Shashi Reitz~*

merit in being raised here. Even without schooling, however, we are all still human beings, and so there is no reason we can't examine our own minds. We have no excuse, but still we cover up our faults rather than looking at them.

Whenever you think "Me!" and make a big deal about yourself, if you aren't careful, you will be seen poorly by others and the finger will be pointed at you. When someone does dare to point the finger or bring up your faults, you are so sensitive! You squirm like a bug fallen into the fire. Now when we actually have the power and the choice to train our minds, instead we let ourselves be overcome by the power of hatred, desire, ignorance, pride, and jealousy. The strength of our five poisons makes us so sensitive that we react violently to any slight stimulation of our negativity. If we are so sensitive in the comfort of our lives now, what are we going to do at the moment of our death?

~ teaching continues in Part 6...