

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 6

#### Letting Go of the Five Poisons

If we study and contemplate the Buddha's teachings and train our minds in dharma, we will slowly become less over-sensitive and our minds will turn ever more to virtue. So, drop the 'sensitive' which is nothing more than our three poisons! Drop it as much as you can.

How do we let go of our poisons? First, we have to look at them. Look for yourself. What is desire? It is not something primordial, something that has always existed, or something that is true. Look at its nature. Its nature is discriminating wisdom.

The nature of each of the five poisons is nothing other than the five wisdoms. You can read in books about how this is so—I don't really know and so I can't explain it. But the point is that the nature of our three poisons and every mental affliction and negative emotion is wisdom, and we experience this wisdom as suffering and delusion because we fail to recognize it.

However, its nature never changes from being wisdom, which we can refer to as the five wisdoms or the five Buddha families. Those aren't bad, are they?

Then let them be!

They are already pure in their nature, so we don't need to try to increase them or reduce them.

So let them be!

Naturally and primordially all things don't inherently exist. They are like mist.

*~ teaching continues in Part 7...*