

~From the Archives of Teachings by Venerable Gyatrul Rinpoche~

## Foundations of Practice and Dharma Community

*In March of 2009, Venerable Gyatrul Rinpoche sent the following message to the dharma community at Dorje Ling in Portland, Oregon.*

### Part 6

#### Patience in Practice and in the Dharma Center

We need to slowly recognize, first, what are the qualities of the practice? What is the benefit of doing the ngöndro? How do we do the practice so that it makes us better people, makes us more noble?

Those who practice dzogchen, who are authentic practitioners and know the nature of reality, for them that practice of dzogchen makes them noble. For those who practice mahayoga and anuyoga, if they have skillful means and wisdom, then that practice makes them noble.

Just to sit like a big mountain is no good—that's not practice. Just studying yoga like hippies in Mount Shasta, and learning how to have yoga sex, that is not practice. The real practice is what will benefit us, now and in the future, and benefit all beings. And that kind of practice can only be done slowly, stage by stage.

This guy here, Clark, he is a *gelong* (fully ordained monk). Of course he needs to really clean his farm. But he does! He does do this, steadily. We should all practice slowly, slowly, steadily like this.

And if we say that we are too busy to practice, well, our whole life we have been busy 'til now, and we got...what?

We got nothing.

If we just keep on like we are, when the time comes to die, we will be as confused and screwed up as we are now.

So now is when we have the choice to practice. And now is when we have a chance to have a dharma center—you few people with interest! I have been here in the West for thirty years, starting dharma centers and pretending to teach, and in all this I have been learning patience. My gurus sent me here to the West—His Holiness the Dalai Lama, His Holiness Dudjom Rinpoche, and His Holiness the Karmapa. They sent me here for this opportunity to practice patience.

So that is what I have been doing here. I have been teaching—pretending to, in a broken way, struggling and struggling without being tired. This has been my *jindak* (sponsor). In what I have done, I have tried to concentrate and not be distracted—I have no real meditation, but that has been what meditation I do have. I don't have wisdom, but I have always tried to use skillful means, in my interactions with people and different situations. That is all the wisdom I have.

So, we all need to have patience, a little bit—everybody does.

*~ teaching continues in Part 7...*