

~From the Archives of Teachings by Venerable Gyatrul Rinpoche~

## Sweet, Soft, and Flexible: Discipline's Surprising Inner Qualities

*During the holiday season in 2013, Rinpoche was asked if he had any Christmas message to send to the sangha. He gave this teaching in reply.*

### Part 2

#### The Qualities of Softness and Sweetness Come from Discipline

Sometimes you meet a lama or a pure monk or nun, and just by talking to them, their whole style and way of being will melt any uptightness that you have. They do not even have to say anything directly about it—just by hanging out with them, the ice of your uptightness naturally melts. Then you think, "He is so soft! She is so gentle!" even though you did not touch them and they did not touch you. But the quality you are feeling is the softness that comes from discipline.

That is not like the discipline of a young lady always obsessed with her appearance. It is like yogurt being sweet or milk being delicious. You directly relate to that sweet taste. Everyone enjoys it. It makes everyone relax because it is pure and good.

Real scholars are the same way. That is how the five poisons become the five wisdoms for them. Method and prajna are united, and so the five poisons become useful instead of negative. The five poisons become their adornments, like jewelry. That is the jewelry of the wrathful deities. The jewelry of the peaceful deities is also to attract beings but not to hook them in the same way as with the wrathful. The adornments of the peaceful deities are an offering, illuminating the qualities of enlightened body. When beings see those outer qualities, then they are drawn to look for the inner qualities.

You monks and nuns, you have no need to dress yourself up. Your 'dressing up' is keeping your discipline. Everyone will feel the quality of that, like flowers in the spring. The flowers did not take a bath or make themselves fancy, but everyone feels happiness and peace when they see them.

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~Translated and edited by Shashi Reitz~*

Of course, the old ladies feel more attachment when they see flowers. They want to cut them and put the flowers in their hair. They think they are showing how pretty they can make themselves, but actually they are just showing their self-grasping.

*~ teaching continues in Part 3...*