

~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 4

Discipline Lets You be Comfortable Anywhere

In Burma and elsewhere, the ordained are truly simple. Some are simple both externally and internally. Some are simple externally but there is still a kind of roughness with them that they cannot hide. That means they have not subdued their self-concern, even though their conduct is very strict.

It is the same with Tibetans. Some are amazing scholars, but they do not have real discipline, so with them everything is still all about "Me!" Their teaching might be good, but they fail to follow their own words or mouth. They have understanding, but they fail to listen to their own brain. If everyone is pushing a monk or a scholar up onto the throne, always making much of him, that can be their biggest obstacle.

If the lama has no discipline, then the fuss that is made of him can really damage him. Be humble. Even if someone puts you up on a high throne, you do not need to add to it by stretching your neck as tall as it will go. You do not need to pretend you have no neck, either, hunching over. Just be comfortable.

If you have discipline, then you are comfortable and everyone around you can be comfortable, too. If you have discipline, then if you are put in a low place, you have no need to complain or feel disturbed because you are still comfortable. If everyone puts you up high, you will not puff up with arrogance. Otherwise, without discipline, self-concern will prevail and you will screw yourself up: If you are put up high, you will become arrogant, and if you are put down low, you will get offended. Then "here we go again!" —all five of the poisons will be happy to come down on your head.

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~Translated and edited by Shashi Reitz~*

Whether you are being put on a throne or not, you do not need to dress yourself up in the five poisons and parade them around. Slow down! You have a human body and the ability to practice. You already have the finest jewel.

Do not waste what you have. You do not need to worry if others can see it or not. You do not need to worry about shining it so that it will sparkle and everyone will notice. If you practice and stay humble, naturally that jewel will sparkle more than anything.

Look—on the television one lady is saying, "Nobody appreciates me!"

I say, "Shut up! Lady, I think you are the one who needs to appreciate something! Nobody wants to hear your complaining!"

Such people! I think nobody needs to be like that.

Anyway, Tashi Delek! Merry Christmas or whatever. Happy Santa Claus!

