

~From the Archives of Teachings by Venerable Gyatrul Rinpoche~

The Powerful Practice of Patience

A teaching given after tsog practice on September 15, 2010.

Part I

Patience Dispels All Obstacles

Patience is very important.

It's good for everything.

If we don't have patience, many, many obstacles come up.

On the path, when hearing and contemplating, we need patience.

In the future, whatever you do, practice patience. Because if you perfect patience, then it will remove so many obstacles.

Here in America, there are so many obstacles. We have obstacles to hearing, contemplating, and meditating the dharma, obstacles to benefitting others and obstacles to benefitting ourselves. Many people find themselves in a very difficult situation where it's very hard to practice dharma. This is a sign of having little merit and not having developed patience.

If you want to train in discipline, you will need patience for that. In order to keep your refuge vow, you need patience. Likewise, you also need it when trying to keep the bodhisattva vow. Whether training in the foundational vehicle, the greater vehicle, or the path of secret mantra, patience is indispensable.

If you have patience, obstacles to hearing the dharma will not come. Then your qualities and understanding of the dharma will increase.

Some people take refuge, are Buddhist for five or six years, then one day they just say "I can't" and totally abandon the path—because they lost their patience. So, they abandon

their vows as if the vows were a boyfriend or girlfriend. If we don't have patience, we will surely give up our refuge vows. So, please, try as best you can to always have patience!

Without patience, we will fall under the sway of the eight worldly concerns. We Tibetans say that Mao Tse Tung is the real enemy. But even worse than him is these eight, because the Tibetans who are now living in other countries, they do have dharma to benefit them in this life and future lives due to the Dalai Lama's kindness. But they are all caught up in worldly concerns, so they don't practice dharma at all and instead scream "Free Tibet!"

In fact, if we don't rely on the dharma, we won't be successful in the world or in benefitting others or ourselves.

~ teaching concludes in Part 2...