

~From the Archives of Teachings by Venerable Gyatrul Rinpoche~

The Power of Listening Repeatedly to Teachings, and the Power of Cultivating Compassion

Some spontaneous words of advice, September 2010.

If you think about others and have real compassion as much as you can, then your own benefit will naturally be taken care of.

This real compassion is described in so many aspirational prayers. You can read them to learn about it.

Cultivate compassion and train your mind by listening to the teachings again and again. In this way, your mind becomes more and more familiar with them, and you will naturally think about them because you are hearing them often.

We have such amazing merit, to have these machines that let us hear the teachings over and over. In Tibet, it was so hard, and some lamas wouldn't even let you take notes.

If you train by listening to recorded dharma teachings as much as you can, then you will think about them as a matter of course throughout your day—as long as you don't shut your brain and put them away whenever you stop listening. Instead, think about what you hear, again and again.

However much you listen to the dharma, to that degree it has the chance to become familiar to you, to penetrate your mind more deeply, and your understanding will similarly grow and grow. Also, you will be able to control your mind more and more. That is the best thing you can do for yourself. That brings the greatest benefit.

However much bodhicitta you can cultivate authentically—not just 'I love you' but the real one—then if your body is sick or your mind is suffering, that bodhicitta is the best doctor. It is the best teacher.

It is Manjushri, the deity of wisdom and knowledge. His name in Tibetan is Jam-pal-yang. 'Jam' means soft. That doesn't mean like soft skin. It means he is soft because he is free of all suffering and mental affliction. That is because he only exists for others. In other words, bodhicitta.

Chenrezig embodies this softness as well. Vajrasattva, too.

So practice like this!

If you do, naturally your anger and attachment will lessen, you will be more open, and you will become more and more flexible.

