

Dzigar Kongtrul Rinpoche (May 14, 2008)

Dzigar Kongtrul Rinpoche , Sunder Nagar May 14th

Tonight I had the wonderful opportunity to attend a teaching given by the teacher of Pema Choedron, Dzigar Kongtrul Rinpoche. His lineage is very close to that of Dzongsar Khyentse Rinpoche. He is a very high Tibetan lama who has been living in Colorado for the last 20 years, is married to an American woman and truly straddles both cultures.

What follows are my notes...

Be contemplative and introspective or be a dynamic source of light

India has shown Tibetans grace...

ysDegeneration of family structure

Buddha Dharma and wisdom...Buddha enabled dharma accessible to all and everyone became encouraged

Common sense, simple reasoning

Common sense cannot be complicated and difficult to understand if it is then truth is not as accessible and applicable

Buddhist teachings revealed common sense, difficult to practice in that way in its reasoning is irrefutable

Once reasoning makes an impression as a truth to oneself that truth cannot be altered and made into something different, dharma or virtue is really more or less common sense

What is dharma and how is it common sense?

We are all sentient beings and we desire happiness all the time...it is with that desire that we reach for our mothers breast

We always wanted happiness, poor, rich, privileged or not one is not different from human beings in this way

Always we exhibited some symptoms of human mind and sentient mind which is a desire for happiness

With that desire we drank milk instead of refusing it

Young or adult, man or woman, all cultures we are no different we continuously carry our lives for desire, for happiness

Dream is shadow of day life

Desire for happiness continues, when we can acknowledge this this is what makes us human and bounds us, this is what makes us living beings—desire

Inanimate objects do not have the desire for happiness

As consciousness this is innate quality we are all the same

Dharma is when you acknowledge this to yourself and you are not different from other sentient beings, we are all the same

One with mind, innate wish for happiness is present

When we can't acknowledge that on top of that acknowledgement

Add to somebody's happiness that is dharma, that is virtue, all beings desire happiness

You acknowledge "I am thou" and you help someone in that need of happiness to receive that happiness in their lives that is dharma or virtue

It breeds happiness and satisfaction to someone who longs for satisfaction

That cause is positive virtue, seed that ripens in this life immediate positive feedback and results this is what dharma or virtue is

Verified, someone in their own right of happiness you are able to contribute to the individual

Kind person and generous person executive to the effect

One makes a positive action

Mind is not tangible not destroyed continues in an illusory way happiness is not too far out of reach there has to be a cause to make effects different, causes from previous lives

What is crucial is to do good in the world and add to many peoples and beings happiness

That is what brings us happiness

If one's capacity is to serve 100 and one limits to serve oneself they are not giving full chance to one's potential

Because of ones own lack of vision and openness

Giving birth to one's own good nature

Happiness is deep satisfaction, helping many others changing surroundings of your life and existence

Potential gives birth to ones appropriate outreach more and more freedom inside, sense of peace

Mental disturbance is true dharma and virtue is to serve others, searching as oneself to be happy

So what is adharm as a sentient we would want to be free from pain

Other human beings understand each other through signs

Know of others experience, all beings free from suffering

We are no different from sentient beings therefore not to do harm to others, causes pain to others is a virtue

If one causes pain to others that is violent it is unjust because one who does not want pain wishes to be happy

Adharm sows negative seeds

Nonvirtue should be avoided based on this reasoning based on reasoning which is irrefutable

Self reflection, contemplative, examining ones own mind

Positive do that positive thing

Take yourself as an example do not harm others or accumulate unwholesome acts shun away from it do accumulate helpful, wholesome acts

Stay away from passion, ignorance, jealousy, pride

Accumulate wholesome acts, engage in compassionate acts

Naturally tame ones mind and this is where you find freedom

Restraining from negative acts and engaging in positive acts, how you feel this wish for happiness, how you connect with that personally

Working for happiness without knowing what you are working for isn't good

Wish for ALL beings to be happy

Enjoy happiness of others as if it is your happiness, be happy within, no trace of jealousy, spread this to all wish them more happiness

Space has no boundaries, unlimited

Practice of four immeasurables, higher birth in next life

Vegetarianism is right, meat is wrong

Confusion we live in today still doesn't alter truth

Simple teachings from head to heart

Teachings accessibility for people from different socio economic status

Feel sympathy for their pain or hurt