

His Holiness the Karmapa (November 10, 2009)

Have taken a path in which spirituality is our sole focus

Make our lives meaningful in that context

But secular individuals strive for meaning and to be of benefit for others too

The path of being a human being is about making our lives meaningful and this is the tie that binds us

Spiritual aspect of endowing our lives with meaning... aspirant on the spiritual path (there are many routes on this path) achieve some level of truth and meaning beyond what the mundane world offers

Simply entering the spiritual path does not guarantee... must apply teachings directly to your mind and life and your relationship to reality

If it changes your habits of mind than a deeper sense of meaning has been achieved

2 fundamental approaches one can take on the spiritual path... two types of soldiers. There is a modern, impressive, powerful tank. One soldier has great confidence in the tank and when attacked he climbs in the tank and is safe while the other soldier isn't content with being inside the tank and instead he uses further capabilities of the tank to neutralize the fire. So, one path is to regard spirituality as protection and a refuge from the negative while the other is not to hide oneself but to use them to interact with realities that confront you and this is a much more dynamic approach.

The essential message of all spiritual paths is to open our eyes and see what is going on. So many sufferings, we should open our eyes and bring our virtuous intentions to bear actual reality. Keeping our eyes open, cultivate virtuous, pure intention and bring spiritual life to problems in the world.

We all want to improve our lives and derive meaning. Contemplating death and impermanence and having a good understanding of how this is used... death relates to every moment of our lives while we are living... birth and death are ongoing continuum. See the microcosm of birth and death in every second of our lives. If we look closely you appreciate the value of what you have with each second. Learn to appreciate life more completely. Death and the preciousness of our existence, precious human birth... freedom and resources, we must come to understand that having a human body is a precious situation and this can provide a tremendous amount of happiness and well being.

What we already have is bountiful happiness and well being. Source of happiness in every breath you take. Enlarge your happiness and well being. Simple contentment in one's mind and relax with your own skin. Humans have the capacity to derive contentment through just being (dog story).

How do you go about contentment with the present moment without fidgeting and discursive thinking? Sometimes we cause ourselves further anxiety to find a solution. We spend so much of our lives in doing things. We find ourselves very busy and this can be very hectic. We must remember the purpose of why we are alive! To appreciate and value being human and to experience love and to love...All those actions orient towards our lives skillful means and value being human and being alive and experiencing love and loving others this is Who we are...Why we are here...and Where we belong...

Swimmer story (adept swimmer taken out of the pool put in unfamiliar waters he panics) You must never forget who you are. Don't lose yourself. Have awareness to your actions. Don't worry about making a meaningful contribution so much. It is all about the attitude you bring to it.

It is easy to have an open and relaxed mind when alone but with partners this is especially difficult. Give yourself a break when you have the urge to react. There is also the Buddhist concept of emptiness and the very practice of this in our daily lives...gap, an open opportunity from where all opportunities arise.

Zero is very important, zero enables all other numbers to exist...space for further opportunities...

Important to have confidence in yourself and in your goals in what you want to accomplish will be beneficial rather than focusing on negative reactions focus on positive results and skillful methods that can guide your motivation..fresh way...

Benefitting others we could be too grand in what we want to contribute. ..cultivating the mood to give is the key...Just being alive and having love in your heart and being a source of inspiration to all sentient beings is enough.

Illusion example illustrates how all things are shunyata and by nature discovering to think things exist as illusions (moon shining on the water) lacks inherent nature but they still appear (become comfortable with this paradox)...things come into being based on causes and conditions. Union of emptiness, dependent co-arising...understanding, living