

Power of Mind

HE Tai Situ Rinpoche

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[Recitation in Tibetan]

Whatever the correct time for you, good morning, good afternoon, good evening, whatever. Greetings for you. I'm very happy to see you all, actually, after quite some time. And as I was requested by Venerable Ani-la, and also all the Dharma centers, everyone, I'm very happy to have this thing organized today. I don't know what you call this, I used to call this "online", but then now there's a new name, "focus" or something something, now I forgot, you call this something, what? Oh, "Zoom", "Zoom", a "Zoom". So, I almost got it right, focus, Zoom, yes. So, I'm very happy to manage this, okay. Now, [let's] get to the point.

Power of mind, okay. We have a body, we have our speech, voice, language, but without mind, body is very scary, and body without mind makes noise, it would be very scary, okay? So, body with mind move, express, talk, then it is wonderful. We can communicate with each other, we are not afraid of each other. Body without mind talks and moves, we would be really scared, and we cannot communicate. We have to run away or do something. So that way, we have to recognize what is body, what is speech, what is mind. So when I talk like this, then I think you get it right away. Okay. Now, power of mind is what really we have. Our body is really really really really inferior material. You know? If you jump down the height of your body, unless you have many months and years of training, it will be very difficult to get up and walk away. You know, something will be twisted or something will be broken. Okay? And to jump up half the height of your body is very difficult, unless you're chased by a lion, then you can jump. Yes, special strength you just get miraculously, that is because of your mind, you know, your mind is so scared so that it gives your body the strength to jump, maybe the height of your body, up. So this way, mind is the most essential aspect of what we call "I". Each one of you has a name, but that name is given to your body, and when your body is no more breathing, then they will say that such and such person is dead, and then that body will be buried somewhere, and they'll carve that name on the stone, and they will put your name up there. Your mind, most important, has no name, you know? No name. And your mind continues, came from the past, goes into the future, and presently, it is changing day to day. Some days, when we are stressed, our body doesn't function very well. You know, when you are really stressed, somebody asks you to draw a real nice circle on a clean paper, you cannot. You will draw a circle which looks like a pizza made by a cook for training. So, not even a circle. But when your mind is in correct state, calm, then you can draw a circle very easy. Who cannot draw a circle? You know? So, like this. So mind is the most important thing.

Now, coming back to the present crisis. I call this crisis. It can be epidemic, it can be a pandemic, it can be war, it can be famine, it can be anything, natural disaster, anything. So this very difficult crisis time, time of crisis, time of tragedy, then the way you think is very important, how you think. Okay. Everybody always says "I'm so busy, I can hardly be with my

friend and family.” Now, you managed to be with friends and family for months, you know? So, this is good, okay? And of course, those people, those brothers and sisters who lost their loved ones, who have died, who are sick, so this is a real tragedy. Those who are living in quarantine, it is not a tragedy. If you know how to relate to it, this is a real quality time. You stay in one place, you know now this is Sunday, you know this is Monday, you know now the sun is rising, now the sun is setting, you know every part of your everyday environment, you are aware. For many people, maybe this is for the first time in so many years. So it is not a tragedy for this people. For me, it is one of the retreats. I do retreats for months, I have done retreats that last for years, and this is just over three months, so not even a quarter of one of my long retreats. So for me personally, this is wonderful. And also, I managed to read certain texts that I wanted to read in between my sessions. I read them from cover to cover for the first time, in so many years. And I managed to do such a good practice, satisfactory practice, in so many, so many years. Although I do retreats, still some people show up. I don’t see them, but I can feel their vibration. Of course they are good people, so I feel the good vibration, but good vibration also disturbs my meditation vibration, you know? It is some kind of intrusion, and I don’t mean to be negative, but here, nobody is coming here, no new and surprise vibration, so therefore, I’m with the same vibration for more than three months. And I feel good. That is my mind. My body, absolutely okay because my mind is okay. Otherwise, I’m not a very healthy person, as everybody knows. But, because my mind is happy, then my body is also healthy, much healthier. I think you can see, much healthier in these past three-four months.

And so what I’m telling you is, all of you, those who are feeling very uncomfortable about this lock-down or quarantine, or whatever you call it, take this as a positive opportunity to calm down, settle down, and be with your friends, be with your family, or read your favorite book from cover to cover, and write something from beginning to end, clearly, so on and so forth. And also, nowadays there are so many new instruments, you can call your long lost friends, and have a nice, wonderful get together conversation, and make up for all those lost times with your friends. And so many things you can do nowadays. And those of you who are going to college and universities, lock-down should not affect you, because every telephone, every iPad, every laptop is a library, is a university, is an entire knowledge bank. So you can learn so many things just sitting in your room and sipping your coffee or whatever, and enjoy learning, and it is not a bad time, it doesn’t have to be a bad time. It is only bad time for those who really contracted this disease, so we should have compassion for them, and we should pray for them, and we should do whatever we can for them through whatever appropriate supports.

And also, I really admire the power of mind of those coronavirus warriors, those doctors and nurses who go out into the field and work with the patients, and help them, serve them, take care of them. So our prayers go to them. They have the... they are practicing the power of the mind. We are at home and afraid, they’re out there amongst the individuals who are already, already affected by the sickness, and working with them. So that is very very very inspiring for me.

At the same time, when we say power of the mind, okay. Now, rethink of human being. Our body is so, so insignificant. Our speech, our voice is so insignificant. You know, [no matter] how

much we scream, nobody will get scared and run away, you know? A lion, just breathes hard, we shiver, you know? So the power of speech that we have is very inferior, and for me in order to talk to you, I need loudspeakers and all kinds of things. And right now, I have to have all these kinds of things. Then now, the power of mind which we have is superior to all living creatures that we know. You know, from heaven to hell, we the human beings' mind is most powerful. Yes. And we explained heaven, we discovered heaven, we explained hell, we discovered hell. Who did discover the hell, who did discover the heaven? It is human beings, right? So therefore, all the religions of this world, who talk about Buddha, who talk about God, who talk about heaven, who talk about hell, everybody believes in it, all of that is of the human mind, by the human mind, for the human mind. It is not from anywhere else. And somebody heard something, yes? In a very mysterious way, but who is that? That is a human being, and a human being heard some mysterious voice, and then a great message it was, and then it was delivered, then great faith it became. So, all of that is the power of the mind, yes. So therefore, we have the power of mind as our essence, okay?

Now, think of what our mind has done, because it is so abundant around us, we don't even notice. Now every one of us living in a different part of the world in our house, you know? This so called house is actually a replacement for cave. It is invented by human beings using the mind, and we all have home. I have nice home here, don't you think so? And you all have nice home over there, wonderful. It's all created by our human mind, otherwise we would be living in some hole in the earth, that's how our ancestors had been living a few hundred thousand years back. Some of them even maybe twenty thousand years back, then thousand years back. So, this is power of mind. And we are able to see each other and talk to each other right now, here. This is also created by the power of mind. Power of mind. And we send people to the moon, not one time, not two times, we send people to the moon so many times, we already got fed up and we don't send people to the moon anymore, and that is also power of mind. And we are sending our machines to Mars and far away planets, even to the Sun, and it is power of the mind. And we control it here, you know? The little thing that is moving in the space so fast, thousands of kilometers per second, and we are controlling it here on Earth. That is power of the mind. Right now, we are using our body to control it, but definitely, definitely we can improve this, and we don't have to use our body, we just use our speech, we just command, and then the machines will work. And then after that, we don't even have to use our speech; our mind, our thought will run our machines. So that is power of the mind. So, it is like this. Mind is fantastic. Okay. Now I'm talking about mind is fantastic as a lay person, as a scientific way of thinking. Scientifically, I can say "mind is fantastic", brain is fantastic, but dead body has a brain too, but that doesn't work, so brain with the mind is fantastic. So, mind is fantastic, I can say that.

[23:25] But now, I as a Buddhist, then mind is limitless. Mind is primordially perfect. Mind is pure. Mind is ultimate. Mind is primordial, perfect, pure, limitless power, and power that will never be negative, because when we say "power", because we human beings got some small, small power. Long, long time ago we had power of stick and stone, then we misused them. Then, after that, we developed bronze, axe. And bronze swords, we misused them. Then, we made steel arms and swords, and so on and so forth, we misused them. Then, we developed all

kind of weaponry, which is improving the devastation capacity by the day, even today, up to today. And we are misusing it, we are misusing it, we are misusing our mind. If we are able to make something to kill thousands of people in a split second, how can we not create something that cures thousands of people in a split second? How come? You know, because we misused it. Right now, we have weapons to destroy this Earth ten times, a hundred times, but we don't have medicine to cure this flu. You know, the coronavirus is nothing more than a flu, but it is a new flu. Why is it new? Because we don't use our brain, we don't use our mind, we don't look ahead, we are busy making bombs, therefore we don't know coronavirus exists. I am sure, I'm not a scientist, you know that, I'm not a doctor, you know that, I am a human being with common sense of my level. You know? My level is not very high, but not very low. Far away from any kind of enlightenment, far, far away, but I can say with full confidence that coronavirus had to be there for thousands of years. It cannot just appear out of nowhere, it always has been there. But we were not looking, therefore we couldn't find it. But we are looking how to make a big weapon to kill everybody. Therefore, we found all those ways. Now, when we encountered this kind of pandemic, then we panic, because this little virus, our naked eye can't even see it, and we don't know how to deal with it, we don't even know what it is, we don't even know where it comes from. Of course, we know where it originated as the first patient, so on and so forth. But, besides that we really don't know. We just know maybe 1%, 2%, 5% of what it is and where it comes from, other than that we don't know. So how come? How come? Because we are not using our power of our mind, okay?

So, I wanted to let you know that I respect every single 7 billion human being as the future Buddha. Seven billion future Buddha is there, yes. But, most of the future Buddha is asleep, you know? Or most of the 7 billion future Buddha is not using their power of the mind in the right direction, okay? And I cannot talk about this excluding me, because I also did not use my power of mind efficiently, because of that I am not in very good health. I had to go through huge surgery, so that is proof of not using the power of mind. If I had used the power of mind, then I would eat properly, I would do proper exercise, I would do those things properly, so I would not get sick in the first place. I don't have to go through triple bypass surgery, you know? So that is because of I did not use my power of mind efficiently, yes, I admit. So now I can say, everybody who did not use their power of mind efficiently, then they don't even know such a thing as coronavirus exists. And therefore, they don't even know how to treat the coronavirus patients, and they don't even know how to make vaccination, and so on and so forth. And we call ourselves we are very advanced and technologically advanced, we are in the 21st century, I know that and I respect that, but at the same time it is a little bit you know, ingenuous. I don't feel genuine to say it from my heart because we are in the 21st century and we don't even know what is coronavirus. And we know how to go to the moon, how to send a mission to Mars, but we don't know the coronavirus. I think this is a little bit embarrassing, as a member of 21st century human being. Actually, I'm not 21st century human being, I am left over from the 20th century, you know? And I'm left over from the 20th century and still hanging on in 21st century.

And so this way, power of mind is very very very precious, and we should know, and we should be convinced we have it. If we don't know that we have it, then it is as bad as we don't have it. So we have to know we have it. We have a legend. We say there is a great serpent. That

serpent has a wish fulfilling gem on its crown, but unless you have a crown that you can take off and then put on, if you have a crown that is there all the time, then you wouldn't know it is there, you know? You wouldn't even know it is a crown, you'd think you have put tube to head, you know? So, pointed head, you might not like it, but that is wish fulfilling gem. So it is like that, we have wish fulfilling gem on our crown all the time, but we don't know we have it. So, now I hope a few of you who are listening, a few of you, out of which a few of you believe me, and then you don't have to believe me blindly, you just relax and calm down because coronavirus helps you to do that, so you calm down, and sit down and relax, and see what is there deep inside you. You are more than your flesh, blood, and bone, and skin body, you are more than that. You are more than your speech. You are more than how you look, some of you think you look very beautiful, some of you think you look very powerful, some of you think you don't look that good, so that is all your perception of your mind; but deep inside, go beyond all of that and look deep inside, then you find something that is deeper than the ocean, wider than the space, brighter than the sun, more stable than the entire universe, that goes on and on and on and on, cannot be shaken by anything. And so, when you find that, you know that's what you are.

And now, this time although it is quite painful for so many people, and especially hundreds of thousands who have died, and millions who are sick, very painful, and then also the business community whose productivity is really affected by this pandemic, for them it's very painful, I respect that, but let this be meaningful. Don't make this go in vain, don't waste it, make it meaningful. So, learn from it. And you felt: "Oh my goodness, everyday I'm losing billions of dollars", "Oh my goodness, I might get sick", "Oh my goodness, I used to go to that pub every Saturday but I didn't go there for so many Saturdays, and I miss it", "Oh my goodness, I used to see my friend so many times, my children, but everyone is in different places, I miss them". So this is caused by one, one invisible, you cannot see with naked eye, invisible virus. So this way, you look at your potential of your mind, okay.

Now, one thing I can tell you is if you calm down, if you calm down, if you calm down physically by orally calm down. Don't talk too much, and actually take the vow of silence for one hour. The verbal silence. Then, try to sit still for as long as possible. For some people, five minutes, for some people, one hour, for some people, three-four hours. It depends on how much you're used to doing meditation. And then, when your speech, the breathing, the body activity silent and calm down, then your mind, and your mind calm down. When we meditate, many times people think we're not supposed to think. That is very very strange, because saying that "Now I want to meditate", that is thinking. So if you don't think, how do you start? You know, you have to think, but you don't think nonsense, you know, you stop thinking nonsense. What you're supposed to think, you think, so when you calm down and sit down, and you relax, you have to think "Now I have to relax, now I feel relaxed, now my shoulders are relaxed, now my spine is relaxed, now my jaw is relaxed, now my eyes relax", and when everything relaxed, then my brain relaxed. You know? Brain is not mind, mind functions through everything, but the headquarters of the mind, that is the brain. Brain is the center of the mind, so through there the mind functions. And we have, in Tantric Buddhism, Nirma nadi, the top of the Nirma nadi is the top of the crown. That's where the brain is. And so, last thing is relax your brain. And when

you are able to relax your brain, then everything that is connected to your brain becomes relaxed. All of you, most of you, 99% of the individuals who are listening today to me and watching me are educated people. Educated means modern educated people, so you believe in science. So when you are able to relax your brain, don't you think it will affect your eye, your ear, your lung, your heart, your liver, your guts, every aspect of neurological system, everything, will it affect or not? It will, it will. So, last thing is you relax your brain, and then you feel calm.

Now, after that then your mind is relaxed, because your mind is agitated and your mind is confused because of your body, speech, and brain habits. You develop all kinds of habits. I know people who smoke cigarettes, and when they don't have their cigarettes, they become very nervous, and almost dysfunctional. And those who take alcohol, when they don't have their alcohol, they become dysfunctional. Those who take drugs, when they don't have their drugs, they become dysfunctional. And then, that is one level, this, everybody, almost everybody recognizes these are the wrong things, but millions and millions of people involved in those things, and they think this is right thing, I guess. And the next thing is power, people who are used to having so much power, and people who are used to having so much money, and these people when they feel their power is shaken, they feel very uncomfortable; when they feel, and not only feel, they can see their bank balance is really really rolling very very fast, like slot machine, you know, the numbers are running very very fast, I don't mean adding more zeros but adding more numbers and less zeros. Then they feel uncomfortable. So this is pretty much the same thing, how other people who're involved in bad things like drinking, drugs, affected and also those others who have addictions to or are used to the power and their wealth, get addicted or affected, how it affects is pretty much the same. With due respect for everyone, what I'm coming down to the point here is it's all mind.

We have a saying: "a person whose mind is complete, he is the richest person". So how can you have a complete sense of mind? That is contentment. If you are content, you are rich. If you are not content, no matter how much you have, you are not rich. Now the power. It is security, there's many things, but one of the very important factors is security. Money and power, both. So, when you feel secure, then you are very powerful. You feel secure, no matter who says what, everybody respects you, or nobody respects you, it doesn't matter, you're at peace because you feel secure. There is a prayer in Vajrasattva Tantra, it says: "Samsara, which is non-existent and it is illusion, therefore I have no fear to live in it, to help all the countless mother sentient beings who live in it with fear, to help them". It is like there is an ongoing horror movie that goes on for a hundred years, and the image is showing on every mountain, every field everywhere, and everyone is scared and screaming and running. But you know it is just a movie, you know it is just cinematography, so you are happy to sit there and be in that movie for one year, that goes on for one year, you are happy to be there for one year to tell everyone: "This is a movie. This actor I know, he's a very good man, he doesn't kill people, he doesn't eat people, he's my friend, he's even a vegetarian", and things like that, you know? To say these things and help these people, I don't mind to live amongst these scared people and walk around for one year, until the end of the movie because I know it is illusion. So the Vajrasattva Tantra is very deep, it is not as simple as that but what it is saying is: Samsara is illusion. Every aspect of

suffering in samsara is an illusion, but a serious illusion, it is a result of one's own karma, so if you have thrown up a rock, a rock will fall on your head; if you've thrown up a flower, a flower will fall on your head, you know? If you threw up a bucket of red paint, red paint will fall on your head; if you threw up a bucket of clean water, clean water will fall down on your head. Like this, it is karma. But it is nothing more than that, nothing less than that, so it is illusion. It is illusion created by one self, therefore I am happy to be amongst everyone who don't know it is illusion and take it for real, and scared to death, I want to help them, I want to remain with them, I have no fear to remain with them because I know it is illusion, not because I am brave, you know? Because I know it is illusion. This is coming from Vajrasattva Tantra, a part of a particular practice actually, [tibetan], so these are the four lines which describe this particular point. So this is the power of the mind.

And now, all of you, all of you, all of you have so many problems, I know. And some of you take your problems very seriously, some of you don't take your problems seriously, and some of you think it is a problem but actually it is a good thing, but you think it is a problem, then even good things become a problem. So this way, now all of you, if you really look at everything, then you get the assurance that your mind cannot be affected by anything. If you calm down, then most of the confusion and your anxiety is gone, if you calm down, it is gone. Then, there is quite a few things that don't go away even if you're calm, then with calm state of mind, you know how to deal with them. If you're hysterical, you cannot deal with anything. If you're calm, you can deal with things, you have greater capacity to deal with things when you are calm. So that is one part of the power of mind, okay.

[53:13] Now, as a Buddhist, we know that on this Earth, four individuals reached Buddhahood, millions reached Enlightenment, but four reached Buddhahood. And now, these four Buddhas, our Buddha Sakyamuni is number four. Before that, in Tibetan language Sangye Kusum. Before that, I think in Sanskrit, Dipankar, I think. Before that, it is Sertup. Before that, it is Koranjik. Okay. Now, each one of them are just a human being like us, just a sentient being like us, thousands of eons in the past. So how did the first Buddha on this planet Earth start his journey? Okay. He saw other people who are tormented and who are in fear, he protected them. And he saw an enlightened Buddha who is able to protect those beings who are in fear, and he took a vow: "May I become like you in order to protect all of those who are in fear, oppressed and fearful". Then, that is his Bodhichitta. After many eons of practice, he became the first Buddha on this planet Earth. That is many millions years back, but rough calculation according to quite a few texts, it is 8 million years ago. So, the first Buddha. Then, second Buddha, Sertup, he took hard work, hard work as his path. So, he saw a Buddha of that time who took everybody's burden onto himself, and he suffered on their behalf, so in that way he is helping so many beings. So he got so inspired. So then he took vow: "May I reach Enlightenment like you, so that I will be able to take everybody's pain and suffering onto myself, and help them all reach liberation, make them all free from their pain and suffering". Then, after many eons of practice, he reached Buddhahood. So that is Sertup. Now, Dipankar, Kusum. That enlightenment of the second Buddha is about 6 million years ago, around. And then, Dipankar. So, he saw an enlightened Buddha who had so much tolerance, he tolerated anything. All the abuse, everything, so that all the abusers become so blessed and inspired, so

that they become liberated from their neurosis. Because who would abuse other people other than neurotic people? And very unevolved people, very ignorant people, very ignorant sentient being. So, he took that up on himself to let them know that this is stupid, and that way, he made them attain Buddhahood. And then now, this Buddha Dipankar, he took the Bodhichitta saying that: "May I become like this Buddha, to take everybody's negativity and abuse, so that make them wake up". And I have heard lots of stories from the West. So many great people in the West, some time back there were very powerful abusers and slave traders, and all kinds of people like that, and all of the sudden they realize how terrible it is, and then they've even written songs, and they even, you know, gave up everything and started their positive journey out of it. So this kind of thing can happen. So after taking the Bodhichitta, then Dipankar reached Buddhahood. That is about two million years ago. And now, Buddha Sakyamuni. He has seen a Buddha who is walking in the street with nothing, absolutely nothing. And everybody is making offerings for him, and he only takes what he can eat. And that's all. So, he was so inspired, and all those people who managed to offer a food and get this connection, they all become transformed and liberated. And he was a beggar, Buddha Sakyamuni was a beggar at that time, and he just got a bowl of food, something that he can eat. So he was so inspired, he offered that food to that Buddha, and said from his heart: "May I become like you to help all mother sentient beings, just like you do". That is generosity. So then, after many many eons, he was born as Prince Siddhartha, and attained Buddhahood under the Bodhi Tree in Bodhgaya, India, 2600 years back.

So, you see, all of these great Enlightened Ones, all of these four Buddhas of our planet, of our eon, each one of them started with one aspect of human activity, and transformed through the positive aspect of that, but all of that involved the power of mind. May I become like that one who liberates everyone through that particular activity, that particular practice. And then, that is Bodhichitta. No sentient beings excluded. So all the Buddhas will continue until the last sentient being reached the Buddhahood. It doesn't matter how long it will take, it can take billions and billions and billions of eons, it's okay, because as the Vajrasattva texts say, you know, "after all, it's all illusion". So like this. And this shows the power of mind of each one of these four individuals who became four of the Buddhas of our eon on this planet Earth. And there will be a thousand Buddhas on this planet Earth. So, out of them, these are the four. So now, (for) so many people maybe this is a little difficult to swallow, the numbers and times and all of that, but I think you can if you want to, because each one of you wears a watch, or each one of you carries a mobile phone that has a watch in it, and dates, and watch, and seconds, and minutes, and everything on it, so I think you can relate to it very well. If you don't want to, that's another story, but you know how to relate to it. So, that is like this. It's all power of mind.

[1:05:20] Now, how, then, if we all have that kind of power, our mind power is like this, then how come so many sentient beings are still suffering on Earth? I must tell you, the sentient beings who are suffering on Earth that we can see and we heard of, are very small, tiny number. Human beings, we can count, it is less than 8 billion, you know? That is not countless, less than 8 billion is very countable, yeah. There are so many people on this Earth who have more than ten times of 8 billion dollars, or 8 billion pounds, or 8 billion rupees, or 8 billion euros, you know? So, easy to count, it's not difficult to count. So only 8 billion human beings on this Earth,

not countless. It is not incomprehensible, we can comprehend. Then each mountain or each plain has that many creatures in the form of insects and rodents, and so on and so forth. And then our body, inside, each one of us has, how many beings in the form of all kinds of tiny micro life, each one of us is like an entire mountain. So this way, it is not incomprehensible. And now we think of this, our planet Earth is one of the hundred million solar systems of our galaxy, and our galaxy is just one little dot in the greater space. And it is all filled with sentient beings of all kind. We cannot see does not mean it's not there. I can prove it to you, we did not see coronavirus, but it is very much there, now we are looking for it, and sometimes we can see it, sometimes we don't see it, and we can't even know what is the head of coronavirus, what is the tail of coronavirus, what is the food of the coronavirus, we don't know, that's why we don't find the vaccine and medicine, you know? There are so many, so many, countless. And this is what Buddha said: "Form is emptiness, emptiness is form, form is non other than emptiness, emptiness is non other than form". So everything is happening relatively, nothing is happening ultimately. Okay? So all of you really should appreciate and cherish the most powerful thing, which is your essence inside you. Okay.

Now, last part. I leave the worst thing at the last part. Okay. In this world, we had First World War, Second World War, very very bad. So many human beings have died, and in a very very very very terrible way. Then, in between so many things, even the wars that are happening right now. So many things happening. And all of that is the misuse of the power of mind. That started from one mind, one person has started it, all the problems, big problems, started by one person. I don't have to talk about it, I don't have to research on it, the historians know it very well, all these great universities, they have hundreds and hundreds of very learned noble historians, and they know. How did everything start? If you really really go back, it goes to one person's mind. And one person's mind, if it goes in the wrong way, what can happen? First World War happened, Second World War happened, and all the famines and wars and religious disharmony, and ideological disharmony, and racial disharmonies, right now happening. All started from the mind. Nothing grew up from the ground like mushroom after a heavy rain and strong sun, not like that. It is all, all coming from the mind. Okay.

Now, what kind of mind? What part of mind that is causing all of this? Very simple. Ultimate of mind is Buddha, perfect. Even the worst person that you can think of, his or her ultimate essence is Buddha, perfect. But, not knowing that is what we call ignorance. So, there's a synonym, ignorance, ego, and self, and I. They are synonyms; they are different names for the same thing, different words to describe the same thing. So long as I call myself "I", right now I have to because it's for convenience's sake, otherwise we can't communicate, you know? But if I call myself "I" very seriously, and solidly, and neurotically, then that is the ego, beginning of the ego, formation of the ego, it is illusion. It's not there. When you look at your own "I", my friends, I don't mean to point my fingers at you, but this is habit, you know, sorry, like this, you know, please look at your own "I", where is your "I"? Where is it? Is it in your brain? Or is it in your heart? Or where is it? Or is it in your [hindi]? I mean, [hindi] is Indian word, uhh, in your safe, you know, in your safe, where you keep the money and important documents, you know? Is it in your [hindi]? Where is it? So, so you cannot find, it's not there, but then when you don't investigate, when you don't calm down and look at it, it is there, "me". "Me", you know. Then

you will say “I am so and so”, then others, when they want to get something from you, they somehow play game at you and they pretend to be afraid of you, this and that, then you think “they’re really afraid of me”, you know, then you puff up your chest and talk big. And then after some time, people really get scared of you, because then you will do scary things, you know? In the past, in history, I heard that some of these people chop people’s head off, so if you have seen your colleague’s head got chopped off, then you will be very careful, so then it will not become just like try to please somebody, it will really be out of fear, and then it becomes part of the habits. And then when these things like that, then for this person then he or she is something very very special. Something very, very special coming from above, coming from below, it is representing this, representing that, and so therefore, therefore, this person becomes so deluded and then everybody supports that delusion from all directions, then that delusion becomes so solid and so solid, then there is a delusion uniform and a delusion hat, and a delusion, how do you say, delusion this and delusion that, and so many things built around the delusion. So that person becomes like some sort of, in theistic religion, according to the theistic religion, they look like some kind of god, and they play god, then everybody listens to them, then war starts. Then one war is won, then second war starts, and then that is won, the third war starts, and that is lost, then everybody’s ego is hurt, so then they would do their best to start the fourth war and make sure that they win, and they can because others, they managed to defeat them and are a little bit relaxed, and then these ones who lost, they become so so so so angry, and they come with the full force, then they win. Like this. Then this for all kinds of wars throughout history, everywhere, and humans killing humans, and no hesitation to do anything to other fellow human beings, and all kinds of things, tortures, and killings, and robbings, and whatnot. So all of this is coming from that uncontrolled, deluded mind. That is power of mind went wrong.

But power of mind, real power of mind is positive, compassion, you know? Real power of mind is compassion. In so many of His Holiness the Dalai Lama’s teachings he talks about compassion, right? So, the human being’s nature is compassion, we all can see it, we all can see it. And the nature of human being is compassion; therefore this kind of aggression, this kind of negative aspect of ego will not last. So, all those big big big wars did not last, they fell apart at the end. You know, if you fight, fight, fight, how many times can you win? You win one time, you win two times, then you use your right hand so many times to hit with the sword, then it becomes old, you know. Then all the muscles get torn, and here and there and you develop rheumatism, and all kinds of things, and after some time, your right hand will get chopped, and then that will be the beginning of the end of your war, you see? That is just an example. So, it cannot last, so at the end, it will be for nothing. So many millions of people die for absolutely nothing. People still like to say they died for something great, and they still want to continue these kinds of wars and everything, but actually, they died for nothing. They died for [to] make more wars, which is not good. So, I’m not saying the world will have the end of all of this, I’m not saying this, but individually, you and I, each one of us can have end of it.

On this planet, four Buddha already reached the end of it. Each one of them liberated millions and millions of sentient beings, to reach the end of it. Under Buddha Sakyamuni, starting from Lord Maitreya, Guru Padmasambhava, so on and so forth, until now, Milarepa, so on and so

forth, hundreds and thousands, millions of individuals who reached the end of it. Who reached the absolute liberation. So that will happen at an individual level. At group level, I don't want to say inauspicious things, but it will take a long, long time, unimaginable long time for our calculation. Our calculation will break if we count how much time it will take for all sentient beings to reach Buddhahood, but it will happen, of course. Nothing is permanent, it will happen, but it will be a very long time. But each one of us, we can help some number of people, a hundred, a thousand, ten thousand, a million, a billion. Right now, Earth has less than 8 billion people, if they're helped by 1%, will be very good. Each one of them becomes 1% more aware of their power of mind. And each one of them becomes 1% aware of the benefit of positivity and compassion. Compassion is extremely important, compassion is a natural thing. You see, wolf whose diet is absolute meat, but wolf will never eat its own baby, rather starve. And it will feed the baby with its own food, even if it's starving, so that is compassion. Compassion is nature. We are nurtured by our parents when we are helpless and hopeless, and we are actually based on compassion. We survive with compassion, if there is no compassion, we don't survive. We don't survive by aggression. If large percentage of people and sentient beings around us are aggressive, we will not survive. It would be like zombie apocalypse, you know? So it would be like that, if all around are not compassionate. But more people around are compassionate, we thrive, we survive, we will be prosperous, we will be very happy. The world should be compassionate world, and then people who are not compassionate should be minority, so that the majority can influence them and help them to become more compassionate. That is the power of the mind, okay?

[1:24:08] So, all the best for all of you, all my friends, I did not quote from the sacred text of Buddha or sacred texts of great masters because I wanted to talk to you directly. Having said that, everything that I have said is actually, whether I quote or not, it is the essence of those teachings that I have received, so it is from there. It is the teachings of my gurus, it is the teachings of the Buddha, it is all the great texts which I have learned, it is coming from that. And you are perfect, you are the future Buddha. I put my hands together for you because I see your ultimate as future Buddha, but each of you have some work to do, some of you have a little bit of ego, some of you have a little bit of greed, some of you have a little bit of jealousy, some of you have a little bit of unnecessary rubbish going on, so you have to handle that, okay? All the best, so Buddha bless you, Buddha bless your body, Buddha bless your speech, and on top of everything, Buddha bless your mind. How does Buddha bless your mind is: Buddha is living inside you, you are the temple of Buddha, so Buddha inside is right now sleeping, so I pray that Buddha wake up, and then shine through you, okay? And function through your activities.

Alright, I think time is up. I talked a little bit too long but I think I meant well, and I hope all of you got something and I am okay here, my teacher is now 99 years old, he's okay here, and I know that all of you okay there, so don't get carried away, just relax, stay at home, don't do unnecessary things, don't run around unnecessarily, and keep social distancing, and also eat healthy food and don't do unnecessary things, so that you will be strong, and you will be okay. We have to be here on this Earth to help all sentient beings, and I am quite sure this pandemic might repeat in the winter. So we have to be very careful to get used to how to handle with this situation, and I pray, we all should pray, that our dear doctors, they will find, and scientists,

they will find vaccine for it. They will, definitely. They should find it before the winter, if not, before the next winter, okay? So, if it goes on for too many years, I think we might break down. So before the next winter the vaccine should be there. But so more difficult for us to get these things. Right now, because of the lack of knowledge, lack of familiarity, we are very vulnerable. We have to wear our hand gloves, we have to wear our goggles, we have to wear our masks. So these things are inconvenient but we have to bear this, and I hope they at least find something that we can take so we don't have to do those things. But then, vaccine will be the answer. I don't want to be negative, but I tell you in advance, my friends, don't get too excited if we have the vaccine. Something else will come, because there's so many things we don't know, so many things. We are quite thick headed, you know? We got this, so many pandemics in the past, one after another, and so many people died, we still don't learn. We have Ebola, we have SARS, we have MERS, now we have Corona, and then we have AIDS, still we have no vaccine for it, so all kinds of things, you know, there will be so many more things coming. It is not coming, we are discovering, it is sign of our, let's say, development or progress, we recognize them, and so then we will handle them one by one. So I want all of you to be very careful with everything, and especially don't eat things that are not eatable, okay? All the best, okay.

[1:30:45] Let us dedicate the merit of this teaching for the benefit of all sentient beings. So all the translators, thank you very much for bearing with me, and thank you for making connection between me and everyone, otherwise I would be talking to myself, so your translation is very important. And all the organizers, thank you for putting us together. It is good for me to share what I have, and good for you to listen to what I have to say because this is coming from my gurus, coming from Lord Buddha's teachings, from sincere heart, so thank you for everything. And then above all, live long life, long meaningful life, and be the good human being to make this world a better place. For that, we dedicate.

[Recitation in Tibetan]

I have two words to say after the dedication, yeah? Okay. If you have your fingernail too long, don't cut your finger, cut your fingernail. That is your ego, okay. Don't cut your self esteem, cut your ego. Okay. And also, you know, one finger to wipe your tear is greater than a million hands that clap for you, okay? So, I hope you understand what I mean. All the best.

Transcription: Gabriela Urricariet, 2020