

# *On the 2016 Vajrasattva Retreat at Tashi Choling*

Venerable Gyatrul Rinpoche

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It is very good that everybody is going to practice Vajrasattva. Everybody needs to focus.

Don't be winding, your mind winding around here and there, that's no good.

Try to practice, and please don't forget to go step by step.

Tell everyone to practice nicely, carefully.

Everybody—old or young, man or woman, rich or poor, handsome, pretty, or ugly—everybody needs to practice, because it looks like we are all going to die.

Before we die, try, okay?

Everybody BE Vajrasattva, engage Vajrasattva.

You have this opportunity. Lingtrul Rinpoche will be there and everything is perfect.

BE Vajrasattva, BE the lama. You have Vajrasattva as your lama.

Everybody try. Everybody practice.

Stupid me, I am stuck here. Sorry I can't come!

I am here at Mimi's house in Half Moon Bay, and these ladies are taking care of me. My naughty girl (Ila) is going up for the retreat, but hopefully she will come back soon.

Everybody practice nicely—that means harmoniously and with pure discipline. Do everything nicely as much as you can for the retreat and for the practice.

That means don't think about yourself, just yourself, all the time. Focus on attaining enlightenment and omniscience, as much as you can. That should be our focus.

The geku has been talking about discipline, and I agree with him—we do need discipline. Please follow the discipline idea.

Everybody try, okay?

Tashi delek!

*-Gyatrul*

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