

On Bardo Practice II

Venerable Gyatrul Rinpoche

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Everyone needs to listen carefully to the bardo retreat teachings, because they will show you what 'bardo' really means. In general people think the bardo is a BIG DEAL. Actually, the bardo just means 'that which is between': between one thought and the next, between one breath and the next, between the eye closing and the eye opening. Everybody thinks the bardo is something else than their present experience.

Actually all samsaric experience is a bardo: the hell realms are hot and cold bardos, there is the hungry spirit bardo, the animal bardo, the god and demigod bardos. There are the bardos of generation and completion stage, too. Each instant, if you recognize that instant's bardo, you are liberated. Now that we have the chance of the bardo of this life we can make the habit of and train in recognizing the bardos.

Everyone thinks bardo training has to be a big chunk, one week or one month. No, a bardo doesn't take that long, and to train in recognizing a bardo you don't need to have many days for it to be worthwhile, either. The bardo is each second following the previous: one second, two second, three second. One concept, two concept, three concept. The bardo of our confusion is continuous, so training in recognizing that bardo can be continuous, too. If you want some other big scary important bardo, tough luck.

Tashi Delek!

-Gyatrul