

## *A Peaceful Mind*

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A peaceful mind, that is key. If you want to be a scholar with a smart and busy brain, or if you want to be a practitioner, those are good; but scholars and practitioners both need a mind to start with. If that mind is cranky, stinky, and complicated, then whatever you try to do with it becomes poisoned. If that mind is clean and peaceful, then you can be positive and you can see others' peace as well. In a peaceful mind, compassion and other noble qualities can be found easily. Therefore, whether or not you are a scholar or a practitioner is not nearly as important as whether or not your mind is peaceful, happy, and contented.

Actually, in the big scheme of things, maybe it doesn't matter if your mind is peaceful or not. Maybe it doesn't matter what your mind is like, at all. But, you can see, experientially there is a difference. If your mind is stuck being political, then everything just becomes a big bag of garbage. If your mind is positive, then it's not as if there's fireworks or something obvious happening; it's subtle, but there is space for compassion, kindness, and calmness to arise. Through that, you can develop a stable mind and pure discipline. Then you can respect each other and love each other. And that is how to be sangha.

Tashi Delek!

*-Gyatrul*