

Message on First Day of Vajrasattva Retreat

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Everybody's practicing Vajrasattva through your three doors to purify obscurations—the two obscurations, as you all know—and that is why we are all here to practice. The meditation on this occasion is for everyone to constantly think of themselves as Vajrasattva. You can meditate upon Vajrasattva above the crown of your head; and you can also imagine that Vajrasattva becomes countless in number, inconceivable.

Not just benefitting only you, but purifying and benefitting the body, speech, and mind of all living beings. And not just only that, but also purifying outerly, innerly, and secretly; purifying the world, the universe, the realms of beings, and all the inhabitants by countless, inconceivable emanations of Vajrasattva. Literally, every atom is Vajrasattva. So, in this way, imagine all form to be the wisdom kaya and all speech to be the wisdom mantra, which is inconceivable and grants blessings of enlightened body, speech, mind, qualities, and activities continuously.

All sentient beings want to be happy. In order to actually accomplish happiness, they need to purify their obscurations, as you all know. That is why we are here—to purify obscurations. That means negative karma, habits, and all of our kleshas that we have accumulated from countless lives through our body, through our speech, and through our mind. By practicing Vajrasattva, this kind of purification occurs. Not only that, but we are able to realize the pure and even nature of the entire universe and all of its inhabitants to be the oneness of samsara and enlightenment. That level of view can also be appreciated through the purification.

Really, this practice is only about that, and it is the best.

Thank you, everyone, for coming to practice. As you know, practice benefits you and it benefits all other beings, if you have that intention. It is nothing but excellent to realize the pure and even nature of samsara and enlightenment. Then also if you want, in terms of fringe benefits, you accumulate vast merit through this practice because purifying obscurations means accumulating merit. If you want, you are able to extend your life and receive the benefits of longevity because purifying obscurations brings this benefit. You are able to clear obstacles, so you are purifying obscurations and accumulating merit simultaneously. But all of you know this more than me. Even just the simple benefit of being able to be free from illness—physical illness and other ordinary material-based problems—this can come about through Vajrasattva practice.

So all of you naughty boys and girls, it's great that you are here practicing. It makes me really happy.

Tashi delek!

-Gyatrul

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