

On Saying Mantra While Working

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Everybody is always working. Cleaning, sweeping, blowing the leaves, so many things. Driving here and there. We do get ourselves busy. But don't forget to say Vajrasattva. You don't have to stop your busyness, your precious busy things! I'm not saying that. The short mantra you can say in one second, it looks like. We can do that, again and again. Of course it could be Chenrezig or Guru Rinpoche or Tara or any mantra. Whichever one you like, go for! Any mantra means you are not wasting your time.

As you are working, don't ignore your work, but also say mantra as much as you can. If your work is something like sweeping or being a carpenter, then you can say mantra no problem. Your mouth has that freedom. If you can't say it continuously, then again and again, here and there, piece by piece. We have so many pieces in one day or in one hour. Lots of mantras will fit there. Maybe one mantra takes one second—maybe you just say one and then you have to get busy. Maybe you really need to focus so you don't chop your finger or whatever—good, focus! Don't be stupid! Pay attention! Then maybe ten minutes later, another one-second mantra, then again busy. That's okay. Again and again and again—that's important.

It can be that your mouth is filled with mantra except when it is busy eating or drinking. Otherwise mantra can fit there, this tiny instant, that tiny instant. Maybe just one mantra, or just two or three. That's okay. Just slowly try.

Even when you are making your cup of tea, before you drink it—you can say mantra at that time while it's boiling, while you are waiting for the nice color, while you are getting the cookies or whatever. I don't forget my tea—every day I drink it. It looks like I really took some heavy vow to drink tea! Somebody might say, "Hey, mister! You keep your tea vow really nicely! How about your Vajrasattva?" That would be embarrassing! You see, I don't do myself what I am teaching. That is why you shouldn't follow me—I am just a funky old man with no mantra.

Anyway, old or young, we need Vajrasattva. Vajrasattva includes everything. All millions of buddhas are there. All countless bodhisattvas are there. All the realized gurus, all the lamas and great masters are there. Not just of the present, but of all three times. And not only Tibetan or one tradition. All the Japanese buddhas are there, too, and the Chinese, and the Indian. The American Indians, they have something they pray to—that is included. Jesus, same thing. All the Hindu deities, same thing. Everything that everybody prays to anyplace—just focus on Vajrasattva, everything is there.

Don't waste your time. That means don't forget your mantra. Anytime. Oh—and you might think, "I don't have my mala!" It's okay. Vajrasattva doesn't mind. He's not like your girlfriend or your boyfriend, always complaining! Anyway, your brain is your mala. You know if you said one mantra or not.

Tashi Delek!

-Gyatrul

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