

## *Advice for the Vajrakilaya Retreat*

Venerable Gyatrul Rinpoche

October 27th, 2018

I don't have too much to say about your Kilaya retreat. Just thank you, everybody, for practicing!

But then, according to what you are practicing, you have to keep harmony! Look at the practice—look at its meaning. If we want to get its meaning, that means we need harmony. With harmony, then our practice has a foundation. We can practice firmly from that.

Whatever you are practicing, you have to keep pure discipline, too. That means to keep your samaya clean, and also to follow whatever rules we have as our tradition. Whether you like our tradition or not, we have rules to keep everybody's conduct clean. Does that mean running around without your pants? Oho, I don't think so! I think you maybe need to check on that!

Vajrasattva and Vajrakilaya, they are Tashi Choling's lama. They are Tashi Choling's yidam. Kilaya is everything—lama, yidam, dakini, and dharma protector. Vajrasattva is everything, the same way. Therefore, we have been practicing them for so many years.

Lingtrul Rinpoche is so wonderful, tell him from me, "Thank you for coming, Rinpoche." He comes and supports us every time. He is humble, a very good lama.

Lots of students have been coming to the practices for many years now. I hope they are focusing! I hope they are paying attention. I hope they have been paying attention a little bit to the meaning, too.

Americans can be amazingly stubborn! I hope that doing Kilaya and Vajrasattva practice can make their stubbornness a little bit softer. It's up to them, though!

Some people think if they're stubborn they can control everything. Actually they just destroy themselves. They don't know how to control themselves, but they want to control everybody else. We don't need that.

At the very beginning, when we were building the Vajrasattva statue, for example, nobody was stubborn. Everyone was very harmonious, and trying so hard, working together. At that time we had no stubborn lamas and no stubborn students. Later it got more complicated. Now these days it looks like people are calming down again.

When you do Kilaya, try to calm down. Try to let go of your trip a little bit. That way it is real practice, if you are focusing on that. We can choose what we want to focus on. We can choose what we hold and what we throw away. Garbage is just garbage—therefore, put it in the garbage! Don't be mixed up about that.

Newer students, you don't need to follow the stubborn old donkey style of some of the older students. You newer ones don't have so many trips, it looks like — that's good! You don't need to copy others' trips. Copy their qualities, yes, if you can. Then everybody goes up together. But that doesn't mean to get arrogant. Our qualities are our humbleness.

In my case, now everything is finishing, even my life. You guys, don't follow my faults. Slowly, slowly, let your own qualities blossom in your own mindstreams. Your own flower, that will become your own fruit, your own realization. That is the real lineage of the real lamas. Follow that one. Not this funky old man with no qualities and just a nasty mouth.

Anyway, everybody try, now it is Kilaya time. This is your opportunity, not to be stubborn or arrogant but to be the opposite. No more donkey, okay, braying and squealing? Just flexible. And quiet!

Okay, thank you!

Tashi Delek!

*-Gyatral*