

The Real Thank You

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We love to say “He did it!” “She did it!” Actually, we do it ourselves.

What do we do? All the things!

Crazy things—we make them crazy. Beneficial things—we make them of benefit. You don’t have to add in anything extra there.

You don’t have to say somebody else did it, or it’s somebody else’s fault. It’s nothing to do with them! It’s nothing complicated. There are not many people involved. Just simple. Just yourself is involved.

Who is involved with your phenomena? Yourself. Who is involved with creating your qualities? Still yourself. Good phenomena or crazy phenomena, still just yourself created it.

Therefore, if somebody says “Thank you,” it means nothing. You know yourself if there is a “thank you” or not. You do know what you created! If another person says “thank you” or “eat shit,” either way it doesn’t change what you did. It doesn’t make negative things good if they say “thank you;” the same way, it doesn’t ruin your positive things if they say “I hate you.”

Whether there is thanks or no thanks, the best is for you to keep your priority. That means to do whatever is positive, just forget about any “thank you.” You do know what you did, if it was positive or negative. You know if you accomplished your priority or not.

Bottom line, we are crazy. We are desperate, and then excited, almost peeing in our pants. Everybody, not just American ladies screaming on the television. We know when we are crazy and when we are stable, if we are honest with ourselves. More than “thank you,” help yourself! Help means be more stable. More than exciting, stable is best. Stable means firm, like a root, like a pillar. Stable means the foundation. From that “stable,” then you can get whatever you need. All the qualities can come there onto that firm foundation, and they won’t break or go away. That is exciting more than exciting!

Firm means you are honest; stable means you are not wishy-washy. Then really you can trust yourself, piece by piece. Then, piece by piece, others can trust you, too. You can’t say he or she made you trustable or untrustable. You made yourself that way. If we are wishy-washy, it is because we made wishy-washy; if we are nasty like a rattlesnake, we made that; if we are firm like a giant tree, with all our qualities like fruit, which all the baby bugs and birdies and deers and everyone can eat to benefit them, also we made that.

You don’t need to try to put it on somebody else’s head; it’s already there on *your* head! We do it to ourselves! Think about that. More than getting excited.

You want thank you? The real thank you one, you don’t need “thank you.”

Tashi Delek!

-Gyatrul

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