

On Not Being Unhappy

Venerable Gyatrul Rinpoche

December 4th, 2018

How come you want to be unhappy? So interesting, human beings. Our habit.

Look at your own situation. Maybe good, maybe bad, maybe terrible, but nothing unhappy there. The unhappy is our own brain. Situation is just situation.

Everybody is very uptight. You are all very smart, but uptight way smart, making yourself crazy. You say, "No, no!" "No, wait—Yes, yes!" Then again you change, "Wait—I want 'No, no!' again!" That way you can't take even one step. You have frozen yourself. Just calm down. You don't need to go crazy. You don't need to be lazy, but you don't need to be crazy, either. No lazy, no crazy. Okay? That way is simple. You can look where you're stepping, and check, and then step or not step. No reason to be uptight. Even children can do that, watching their footsteps. They aren't uptight. Just they look and then if it looks okay, they go for it! Children really have no hesitation. So interesting, you can watch them. They have lots of trips!

Bottom line, no reason to be unhappy! Nobody's poking you!

What is poking you? You are poking yourself.

What is the poker? Your habit.

You want to find the real source, you have to point at that if you want to poke the one that is poking you. Some other person or other being, that is not your enemy. Not the source, the real one. You want to point at somebody, just point at your own habit.

What habit? Self-cherishing. That is our one real target.

Without habit, nothing's there! Nobody's torturing you. Nobody's forcing you.

But if you want to be arrogant, then you can make yourself unhappy. If you want to be proud, then you can unhappy. If you want hatred or desire, then yes, I guarantee it. Our five poisons, they are unhappiness's mommy and daddy. Like thousands or millions of apples from a giant tree, so many unhappy fruits. A poison tree makes poison apples, every time. Each one, if you eat it, will make you sick or kill you. Guaranteed. There will never be one apple from a poison tree that is medicine instead. That is why we call them 'poisons.' Poison absolutely makes you unhappy, 100%. That word 'poison'—instantly we can understand nothing good is there.

But you have the dharma. You have lots of methods to antidote your poison. You don't need to make a big deal, you just need to do that! So what's the problem? You can't go there instantly. It doesn't work. You have to go step by step. You want unhappy step or happy one, up to you. Unhappy doesn't benefit. Doesn't benefit yourself. Doesn't benefit others.

You can just stay happy way. You don't have to torture yourself. Up to you.

Tashi Delek!

-Gyatrul

This material is being made available as a free download by Vimala Treasures. ©2018 Vimala