

On This Precious Tiny Instant

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If we cry when the lama dies, that means before that we should have practiced. You don't need to cry at the lama's passing; what you need to do is practice while he is still here! Now is when you have the opportunity to practice—but at this time, your opportunity time, you don't do it! You wait until the opportunity to cry later! That is really useless, hopeless style. Nobody thinks, "I am going to die soon—right now is my opportunity to practice." We wait until the last minute and then weep and wail. That is not just Americans—people everywhere are the same. Nobody recognizes, "This right now, this is my opportunity to practice."

Do you think you aren't going to die?

We think we need so much, so many things; and then your human life is gone in one snap of your fingers—and what do we really have at that time? Just our bad habits. All our habits, which are reflections of our actions in this life, reflections of our suffering, suffering, suffering. We can't wash them away, can't erase them. Those reflections are stuck. Read about the bardo, you will see! What you face there, what is waiting. That way we need to wake up a little bit. Little bit be conscious. Little bit practice. Little bit practice Vajrasattva—OM BENZAR SATTO HUNG, OM BENZAR SATTO HUNG, OM BENZAR SATTO HUNG...

Or OM MANI PEME HUNG, if you like. The important thing is to recognize what you are practicing. If you have a Vajrasattva statue or thangka, recognize that, slowly, slowly. That is your support, enlightened body. Enlightened form. Then, slowly, slowly, recognize all forms are that way—all forms are Vajrasattva. All the sound is Vajrasattva. All the smells. Anything you perceive, everything arising is Vajrasattva. Then hopefully when we die, all the forms will be Vajrasattva—dust and everything, sound, sticks and stones, all Vajrasattva. All phenomena are Vajrasattva's wisdom mind. Like you. Your body, Vajrasattva; your consciousness is Vajrasattva; your intestines or whatever exists, any particle or hair of your body, even—everything is Vajrasattva. Like a ball of butter—the whole thing is butter. Each piece, each part, each side, each direction, outside and inside—still butter. If you smash it, it's still butter. If you make it round again, still butter. If you melt it, still butter. Everything is like that.

Except not you—you are not butter! Look at your face! So pretty, like a mushroom! Oh, my mistake—not a mushroom...a dried mushroom! So pretty, we need to take your picture continuously!

Anyway, everybody try like that. When are we going to practice? Each second. Each second we don't know if the next second we will be alive or dead. While we are alive this second, we still have one second's opportunity — one second's chance to practice. One chance to say OM BENZAR SATTO HUNG. One chance to see Vajrasattva's body, speech, mind, qualities. One chance to connect with that. That really will benefit you when you die. That really is an offering to your lama and to all the buddhas and bodhisattvas, really that is generosity toward all sentient beings, one second sincere practice. Really that is the greatest kindness toward yourself, too. So try like that, okay? We don't have to make a big deal, many hours or months or years of retreat, blah, blah, blah, big deal like that. Better than many years' retreat only in the mouth is one second really sincerely practicing with the brain, with the mind, with body, speech, and mind together.

Okay, goddamns? Try like that. Everyone loves to rush everywhere in the ten directions, except in the direction of practice. Everyone has such patience in pushing back practice, patiently waiting until next life or next eon to start their practice, like really they were being generous to somebody by waiting for that. Don't be that stupid, okay? Your human life is short. Even a long one is short. We don't know how many tiny seconds we have, how many instants we will still be a human being. Don't waste that one, okay? Even just a tiny one. Your human being instant is more precious than diamonds or jewels. If you use one precious tiny instant to say OM BENZAR SATTO HUNG with faith, then you are keeping your jewels, not throwing away. You have something in your pocket, a real one. More than running in the ten directions, berserk, chasing the guys, chasing the ladies, chasing all your things, try chasing Vajrasattva instead. One second, one BENZAR SATTO HUNG. One second, one tiny speck of dust recognize as Vajrasattva. You don't need to go hunting or searching! Already there.

Try, okay? Each precious human second. Each Vajrasattva dust. Each BENZAR SATTO syllable. Each Vajrasattva thought, wisdom is there. Tiny one, tiny one — don't ignore, okay? Tiny BENZAR SATTO HUNG, every day, every day, then becoming habit. That kind of habit we need. Most of our habits are garbage, but Vajrasattva habit we need. Try that, okay?

Tashi Delek!

-Gyatru

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