

Barbeque Talk. Osel Tendzin
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It's all about the four immeasurables. I think that's almost the key to everything. Whether or not you see lights and you have non-thought and you have great luminosity and all this stuff, there is still this body. There's still this existence.

And no matter how much retreat you do, sooner or later you come down from the mountain. And there's somebody going to be there to irritate the shit out of you. But it is my firm conviction that if you dedicate over and over again, may all beings be free from suffering, may they enjoy happiness, may they be free from the root of suffering, may they enjoy equanimity, etc. Every time you practice, there is a dedication of merit at the end of your practice, right? No matter what the practice is.

Usually we just read through it. But take the time, even if it's a four-line prayer to actually mean it and say it. And it does melt a lot of the hardness and aggression that has developed in our chronic cycles for such a long time.

Remember, there is no enemy, and everything is a projection of your mind.

I'm happy - right now! (laughter). The main thing is not to misinterpret the karmic consequences, and the main kind of consequence of having a body is to be able to practice. No body, no practice.

However, on the other hand, if things don't go that way, if perhaps the body turns toward decay and death, and it seems that if you have just the notion that this life is all that there is, you have very limited vision.

You have a very small mind.

And it's not a matter of reincarnation or any of that foolishness.

It's a matter of stretching your mind beyond time and realizing that all forms, bodies, and sense perceptions and whatnot are just purely arising in the mind all the time.

So if you think simply for this life, then you don't really understand that. What you understand is ego.

So as far as I'm concerned, I'll practice for this life, but as Khyentse Rinpoche said, this retreat is for future lives. So whether you believe it or not, it's worth thinking about.

It cuts through the speed of trying to accomplish all this stuff in your lifetime. And also at the same time it cuts through the ambition of thinking that you have to, or you were chosen to, or you were empowered to, or any of those other silly things that happen.

And then, not just one other lifetime, but endless lifetimes.

As long as there are sentient beings, there's a possibility for refining your realizations. As long as there are sentient beings, there's a possibility for refining your realizations.

And that is my story.