

Discovering Dharma

A student wrote to Lama Zopa Rinpoche:

"What a profound impact your book on [How to Practice Dharma](#) [published by [Lama Yeshe Wisdom Archive](#)] had on my mind. I had read about the eight worldly dharmas before numerous times – it never really impacted me like it did while reading your book. I wept and wept with the knowledge that after all these years of trying to learn the Dharma and thinking that I was making some progress practicing the Dharma, that in reality, I have never really practiced Dharma without the eight worldly dharmas controlling me – so much time has been wasted!

I stuck notes on my computer, phone, water jug, food pantry with the word 'motivation' to remind me to check my 'true motivation.' ... I have written on a note card a prayer from your book that I say before I drive my car ... before I read my holy Dharma books and before I begin my morning practice and night practice. I am eternally grateful for you taking the time to write that book for without it, I would have continued doing what I had always done ... and wasted my entire life ... unknowingly."

Rinpoche replied:

"My very dear most kind precious [student],

Skies of thanks for your discovering Dharma, trying to practice Dharma with every action. Thank you very, very much. That's the real Dharma. Even in the monasteries studying so much extensive philosophy, but sometimes Dharma gets left out for some people. Looking like practicing Dharma, but not practicing Dharma.

It is so precious what you have discovered, what you experienced. You discovered Dharma, what Dharma is. Numberless thanks again.

With much love and prayer, Lama Zopa"

Colophon: Scribe Ven. Sarab Thresher, Tushita, Dharamsala, India, June 2013. Lightly edited by Claire Isitt.