

Hell or Enlightenment Depend on Your Mind

Lama Zopa Rinpoche recorded the following conversation with a student directly on his iPad in Nov 2013. The student was sharing the news that gold was being offered to the spire of the Bodhgaya stupa, and Rinpoche was telling the student to rejoice, as jealousy only causes suffering, not happiness.

“Tell people this: hell, enlightenment, samsara, nirvana, every day happiness and suffering, comes from one’s own mind. Thinking this way leads to hell, thinking that way leads to enlightenment. Every day happiness and suffering as well as samsara and nirvana all depend upon what concept we generate.

So therefore it becomes so important to always generate positive concepts, positive ways of thinking. This is Dharma practice. Using particular unfavorable conditions that you experience to think that you are finishing the result of past negative karma and then use that on the path to enlightenment, use in the practice of bodhicitta. Experience the problems, sickness we experience for other sentient beings in order to free sentient beings from suffering, from the cause of suffering and enable them to achieve the dharmakaya.

So in this way Dharma obstacles, problems, sicknesses become the path to happiness, are transformed into happiness, and are beneficial to all sentient beings.”

Colophon: Edited by Claire Isitt, Jan 2014.