

## UNEDITED TRANSCRIPT

Advice from Lama Zopa Rinpoche to Ven. Thubten Kunsang, Part 2  
FPMT You Tube Channel Teachings  
Kyabje Lama Zopa Rinpoche  
July 2016  
Transcribed by Ven. Thubten Munsel  
Checked by Laura Miller/*Mandala*

[Kunsang] Yesterday I spoke what to think, and I found something in the *Arya Sanghata Sutra*, so I thought that is important.

Yes, for anybody, general people, not only who are dying with cancer, not that, I mean there's 424 disease, and, you know, there's so many, not just cancer, but, you know, even the living things, we build a house for protection, for the life, you know, comfortable life, we eat food, so many things we do for living, the cause of death, so many people die in the house, house collapse, house burned, so many ways.

So nowadays, so many earthquakes happens, and, yeah, so many people die, their house collapse, and then people die from that.

First Western nun is British nun, she was called, Sister Vajra, she lived Darjeeling, she knew my pen friend who was 90, over 80, 90 more, something, in England, she was a member of Buddhist Society in London, her name is Rachel Levy, I never met, she took care of me when I had TB, she took care of me for many years, seven [years], I think maybe seven years or something, medicine, and TB medicine, and everything. I found out later, came from her, money came from her, and school, and also, yeah, Buxa, all that.

So Sister Vajra gave me a set of robes. So this is the first, first nun, first Western nun. There was Sister, there was one, Sister,  
Ven Roger: Sister Bedi.

Rinpoche: No, no, Miss Bedi, no, this was much before. Miss Bedi become nun, but I don't think it's the first one. First one is Sister Vajra, it's friend of, my friend's friend, Rachel Levy.

So, so what happened Darjeeling, the rainy season time, I think, so rains came, and her house, her new house was built on the land, land, on the mountain, mountain, on the mountain, on the mountain floor.

So the earth come down, so the neighbors shout, but what happened was she was busy packing money, and things like that, so her house collapsed on her body, and she had umbrella, and she had the bag, with the money and things, holding, and her whole house collapsed on her body, so like that.

Anyway then people dying by food, so many people dying by food, food become, side effect, yeah, such as meat, and bones. One man catching fish, so catching fish, able to catch fish, but it went up, then dropped in his mouth and, then he got, died, he choked, died. So yeah, so full of examples, so like this.

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Here, so on the basis of yesterday, what I advised yesterday, so here, the, in the *Sanghata Sutra, Phag Pa Zung Gi Do*, in the Kangyur, the, more than hundred volumes, Buddha's teaching, \_ [Sutra text] so at beginning \_ [Sutra text], Buddha ask to listen.

So when the person is dying, then with the devotional mind, to the Tathagata, the Gone As It Is, Dezhin Shegpa, then, I prostrate to Buddha, you know, just by saying that with the devotion, not just plain [talk?] words, nothing, just saying that, but with the devotion, just one time saying that, when you're, when you're dying, Buddha said \_ [Sutra text] Buddha explained: \_ [Sutra text] Due to that merit, you know, I prostrate, I prostrate to Buddha, with the devotional mind, so just, just by that virtue, you will experience the happiness of Thirty-three Deva Realm, the desire realm, deva realm, for how long? Sixty eons, experiences, so it means, you have to know, you don't get born, don't get born in the hell, hungry ghosts, animals, lower realms, at all.

So then it says until eighty eons, you remember always life. And then it says, from life-to-life, you're free from the pains, [from?] the suffering, all the suffering it says.

\_ [Sutra text] Then when you get reborn, immediately that time, all the sufferings, sufferings get, I forgot the English, anyway they're stopped, it stopped happening, not happening.

Ven Roger: Prevented?

Rinpoche: Yeah, something like that, all the sufferings are prevented.

So, for example, for example, when, I think, Yangsi Rinpoche's mother told me, when Yangsi Rinpoche was born, she never had pain, nothing, very, very easy, comfortable, she told me, so it's like that.

So holy beings get born, get reborn, the mother don't suffer; but ordinary beings they suffer ordinary beings, get, their mother suffers, how much suffering, I think it's, a lot depends on the, also the, yeah the, how the, we get reborn, how, you know, ordinary, I mean, how much the level of mind is ordinary, so it seems like that. So like that.

So I just want [to], so therefore, so therefore, don't have to worry about, you know, to as we're Buddhists, especially then, especially them, however then rely on Buddha, Buddha, Dharma, Sangha, as Kyabje Choden Rinpoche said, as I mentioned yesterday, and never, you know, you can rely upon that, so you don't have to worry about it, at all. By relying on Buddha, Dharma, Sangha you don't, you never have to worry to be born, your mind can be happy, comfortable, never have to worry to be reborn hell, hungry ghosts, animal realms, okay.

Thank you very much, please enjoy this, okay. So see you soon. Okay thank you, thank you.

End of tape