

■ Teachings and ADVICE

This section features the precious teachings and advice of FPMT teachers, lineage lamas and notable Buddhist scholars.

LAMA YESHE'S WISDOM



HIS HOLINESS IS THE LIGHT TO PURIFY NEGATIVITIES

By Lama Yeshe

Lama Yeshe spoke with Geoff Jukes just after His Holiness the Dalai Lama came to visit Istituto Lama Tzong Khapa in 1982 – the end of His Holiness' month-long tour of FPMT centers in Europe. This teaching comes in response to Geoff's question: "Do you think His Holiness coming to Europe has any special significance?"

Lama Yeshe wearing a ceremonial crown of the five dhyani buddhas for the Tara statue procession, Kopan Monastery, Nepal, 1976. Photo courtesy of the Lama Yeshe Wisdom Archive.

In the West there are many forms of Buddhism and many centers established by the students. I feel that we are having some success, that Buddhism is helpful for Western people. For that reason, I feel that Buddhism is not something for people who are only into meditation; I think Buddhism has something for society and the entire Western world.

... His Holiness the Dalai Lama is the figure, the top leader politically and spiritually. Tibetans believe he is a great leader in this world – which is very rare! For His Holiness to come to the Western world is the insurance that Buddhism has been established culturally in the various countries and centers, that Buddhism is not some kind of trip. It is insurance that Buddhism is something cultural, something truly and sincerely involved in serious work, and is becoming part

of the future for the Western world. I really feel that His Holiness coming to Europe is like Guru Shakyamuni coming to this earth to make firm the Dharma, the wisdom-light that is the path to liberation for all European people. Now with His Holiness the Dalai Lama's blessing, and all the European Dharma students and those teachers who work dedicating their lives to Western people, Dharma quickly becomes more significant and successful.

To bring the Dharma to the Western world is not an easy job. There are a lot of misconceptions within the Western environment, and they have to be addressed and purified by coming to understand the true picture of Buddhism. I think His Holiness is the light to purify all kinds of negativities that are vibrating – objectifying Buddhism and,

within Buddhist circles, holding on to sectarianism. I think His Holiness is the completely equanimous representative of not only the Tibetan tradition, but of the entire world's religions: he is the universal representative.

Therefore, especially at this critical time, I think His Holiness the Dalai Lama's coming is very important for all people, not only for religious people, but even non-religious people, to make the world community harmonious. His Holiness' message, from my understanding when listening to his lectures, is universal love, universal compassion, and for each of us to take universal responsibility to bring universal people to happiness. Somehow everybody understands that message.

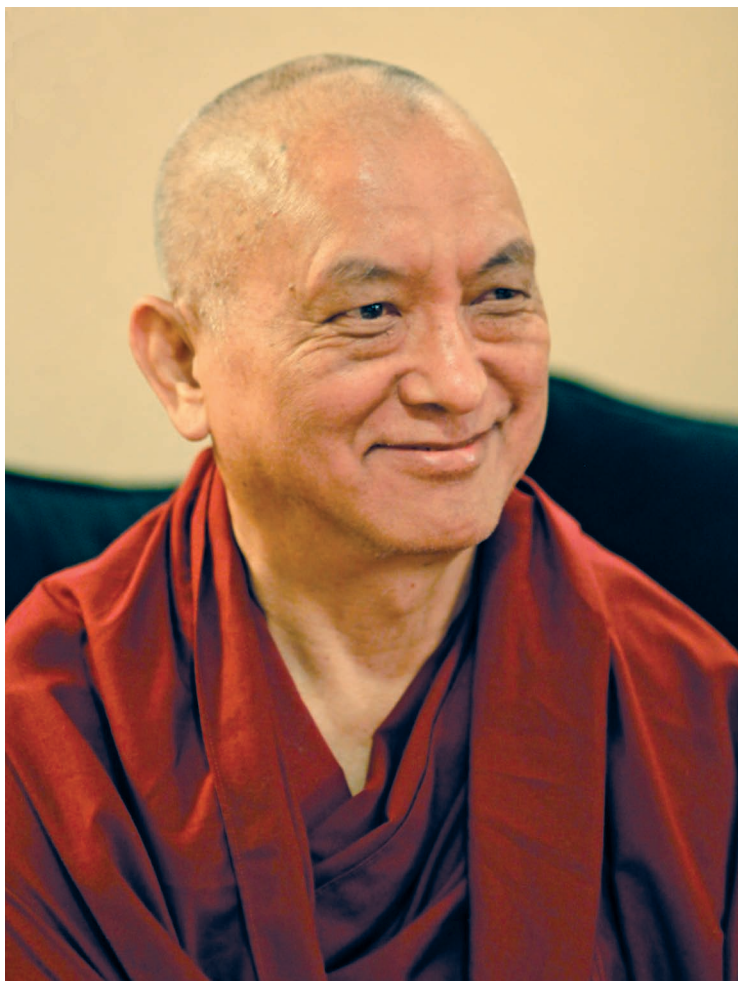
I think the Dalai Lama's coming is an incredible, incredible blessing. I and the Western people really feel something very unusual now that His Holiness has come. There is some kind of incredible harmony and good understanding between everyone in our global community. I think this understanding brings better peace, liberation and harmony to the world. I think it is very important because His Holiness teaches the best way for harmonious development, individually and universally. ♦

The complete interview is available on *Bringing Dharma to the West*, a DVD from the Lama Yeshe Wisdom Archive (www.lamayeshe.com) featuring Lama Yeshe's 1982 interviews with Geoff Jukes and Brian Beresford about Buddhism coming to the West, the development of FPMT centers and related topics.

ADVICE FROM A VIRTUOUS FRIEND

WHAT BUDDHA DID FOR YOU

By Lama Zopa Rinpoche



We have to understand what Buddha did in order to be able to reveal the three baskets of teachings, the 100 volumes of the *Kangyur*. The Buddha taught these sutra and tantra teachings to us sentient beings, which includes you. To sentient beings, which includes you, the Buddha taught the 84,000 teachings which come in three baskets; and the Hinayana, Mahayana Paramitayana and Mahayana Secret Mantra Vajrayana. Buddha completed the merits of wisdom and the merits of virtue in order to actualize the whole entire path and achieve the dharmakaya and rupakaya – so that he could reveal the path to us sentient beings. That means including you. Buddha has included you; he hasn't left you out. "Sentient beings" includes you.

After completing the path and achieving enlightenment, Buddha wanted to clearly show how to achieve the whole entire path to enlightenment; how to achieve the happiness of future lives, liberation from samsara and full enlightenment. That is why the Buddha taught all those 100 volumes.

The Buddha sacrificed his life. He practiced **charity** for three countless great eons – not only for

Lama Zopa Rinpoche, April 2010.
Photo by Ven. Roger Kunsang.