

## Lama Zopa Rinpoche

### ***Living life with intelligent self-cherishing thought***

(video extract: [KOPAN 20141130 s1400 LZR XXT Intelligent self-cherishing thought](#))

That's why I say: working for others with a good heart, but on the way your happiness succeeds. By the way, it happens. Oh, that. Now *that*, now that you understand – how the happiness of yourself comes by the way, how it succeeds. Success and happiness for yourself come by the way. That is what I say.

That is why His Holiness the Dalai Lama says that even if you can't live your life with cherishing others, with a good heart cherishing others, even if you can't live your life with that, but at least if you are going to lead your life with self-cherishing thought then live your life with *intelligent* self-cherishing thought. You should live your life with *intelligent* self-cherishing thought.

So intelligent self-cherishing thought is like this: you see, now, the aim is your happiness. In your heart the aim is not others' [happiness], it is your happiness. The achievement is your happiness. But, *BUUUUT* that depends on good karma, so you cause others to be happy. That depends on good karma, so you cause others to be happy. In order to achieve happiness for yourself, you cause others to be happy. You do good things, good karma, to bring happiness to others. You abandon the negative karma of harming others, but the goal is happiness of yourself. For that, you cause happiness to others. Oh, it is involved with, it is related with, karma. It involves abandoning negative karma and creating good karma. Oh, it involves that, it comes down to that. So that is the intelligent [way of] living life with a selfish mind, it is intelligent. The goal is your happiness, it is not for the happiness of others. What I was talking about before is that your goal is the happiness of others, who are numberless, but now here it is the happiness of yourself, one person, yourself. But for the success of that... You can't run away from karma so for that success you have to cause happiness to others. To not harm them so as to achieve happiness for yourself. Oh, at least that. At least, even if you can't live your life with cherishing others, then living life with self-cherishing thought, live your life with *intelligent* self-cherishing thought. That is His Holiness's advice.

I think that maybe I will stop here. Thank you very much.

*Colophon: Lightly edited by Ven. Tenzin Palmo (Marketa Bartosova), December 2014. Further editing by Joan Nicell, FPMT Education Services, December 2014.*