

Lama Zopa Rinpoche

The Letter A: All Phenomena Come From the Mind

(video extract: [KOPAN 141201 s1400 LZR XXT Letter A: All phenomena come from the mind](#))

Another example. Okay. A design like this on a blackboard, a design like that is A. Okay? So you see A. You are taught A and you see A. You see A. But now go back, now you go back to your childhood time, now you back to your childhood time, to your childhood time before you were taught “This is A.” You go back to your childhood time before you learned A. So what you see at first is a design like this on the blackboard. Okay? It is just a design. You don’t see that “This is A.” You may be seeing A but you are not seeing “This is A.” You are not seeing that, you are not yet taught that. Because you are not taught that yet, so you see a design like this. Okay? Then your parents or teacher, somebody, introduces you, labels “A.” The person labeled “This is A.” They labeled it, they named it, from the mind. They taught you, so you believe it. Before that you see the base, you are not seeing “This is A.” You understand? It is very clear. You don’t see “This is A,” you see the base, just the base of the A. When you are taught by your parents or a teacher who label “This is A,” labeled by their mind “This is A,” then you follow, you believe that. Then your mind labels A. Then your mind *merely*... I want to add this one [word] even now: it is not only labeled but *merely* labeled A. *Merely* labeled A. *Merely* labeled A. Then after that... Your mind merely labeled A on that base that is like this, then after that, then there is the appearance of A. Then there is the appearance of A to you. Then you see A. Only then you see A. So your seeing A is dependent on first your mind labeling A, your mind merely imputing A, and that depends on somebody teaching you, introducing you, with their mind merely labeling A. So A came from your mind. You see? If you are not taught, if your mind does not merely label A, you don’t see “This is A,” at all. You see? That’s clear. Now the A that appears, that you see, came from your mind. Like that all phenomena came from your mind. Okay?