

Lama Zopa Rinpoche

Protecting your mind by protecting karma

(video extract: [KOPAN 20141130 s1400 LZR XXT Protecting your mind by protecting karma](#))

Everything, every trouble, is due to something that you did wrong in the past. You harmed others in the past, so it is the result of that. Whatever you experience in this life, any problem, any problem from other sentient beings, all is the result of how you treated sentient beings in the past. It is all a result of that: you harmed sentient beings. You didn't practice good heart, you harmed them. You didn't practice good heart to free them from suffering and cause them happiness. You didn't practice that and instead you harmed others in the past. So whatever problem you experience in life, it aaaaaaaaaaall came from your own negative karma, the harm that was done in the past to other sentient beings, which came from your own mind. So aaaaaaaaaaall the happiness that you experience in this life and aaaaaaaaaaall the suffering that you experience in this life, aaaaaaaaaaall came from your own mind. You see? We think, "Oh, others did harm to me, destroyed me. Oh, oh, oh, it came from others." No, that is toooooooooootally, that is *tootally* wrong. Because you never think, either you don't know reincarnation and karma or you even if you know them intellectually, so when problems come, "Oh, they come from outside. Oh, I have to kill and smash others. Oh, suffering came from others." You don't think of past lives, you don't think of your negative karma, that it came from your negative karma. You don't think of karma. You don't know karma, you don't think of karma. Even if you know it intellectually, but when problems come, you don't think of it. So all the blame goes to others; the blame doesn't go to the selfish mind.

So what I am saying? It is like this. Happiness and problems, whatever we experience in day to day life, in this life, it aaaaaaaaaaall came from your mind. It all just completely came from your mind. Basically it came from your mind. All the problems came from your own negative mind. All happiness, comfort, all success, everything came from your positive mind, virtuous mind, healthy mind, virtuous mind. A virtuous mind, another word for it is *a healthy mind*. A virtuous mind is a healthy mind. Like this the result of cheating one sentient being, the result of cheating one sentient being one time in this life, the result is that for one thousand lives you get cheated by that sentient being, by the reincarnation of that sentient being who you cheated in this life.

Therefore, you see, the whole point is that if you want to work for happiness, if you want to abandon suffering and you want to achieve happiness, if you want to work for happiness, then the whole point is to be careful, to protect yourself, to protect your mind, to look after your mind, to look after your life, to look after your mind by abandoning negative karma and practicing good karma, virtuous actions. You practice virtuous actions, good karma, and abandon harmful karma, negative karma, the harmful karma that harms you and harms others, so you abandon that. Oh, that is protecting karma.

Protecting karma, oh, that is the basic, basic, basic, basic, basic practice, meditation. That is the basic meditation.

People like meditation, yes. People like meditation, “Oh, meditate, meditate, meditate.” They put their hands like this (*Rinpoche puts his hands on his knees*), “Oh, meditate, meditate.” Every day for hours they meditate, meditate. For hours they meditate, meditate, for years and years, but they never learn about karma. They never learn about karma, they never practice protecting karma. The essential practice, that is not learned, not practiced – practicing good karma, the cause of all happiness, and then abandoning the cause of all the problems, negative karma. Abandoning that, that is not done. The most important thing is not done but “Oh, meditation, meditation, meditation,” for hours and hours every day, for years and years, but it doesn’t do much. It doesn’t help. That meditation doesn’t help them be careful with karma. The real thing, it doesn’t help. There is no connection, so it doesn’t help with that. If you are doing good meditation, it should help with karma. If you abandon more and more negative karma and practice more and more good karma, that means your meditation is helpful. That means you are doing good meditation, if that is happening.

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