

Benefits of Offering Service to the Guru

Thank you very much.

So our reason to be here in Italy, at Lama Tsong Khapa Institute, where the director, the SPC [spiritual program coordinator], all the staff here, with FPMT Italy, arranged to receive His Holiness to give all the different teachings. Everything went so well. Unbelievable, unbelievable accomplishment, service. Wow. People have really enjoyed: the happiness they normally achieve is just external, sensual, attachment, just like that, nothing new, just the same story, from beginningless rebirths. His Holiness is *sooooo* extremely pleased. It went extremely well, and so I want to say from my heart, billions, zillions, trillions, numberless thanks, billions, zillions, trillions, numberless thanks! It's really wonderful, the best accomplishment, as an individual and as organization.

So of course, body and mind is under the control of karma and delusion, in the nature of suffering, so of course [we have] tiredness, feel worn out - these things happen. During beginningless rebirths we did not achieve liberation from samsara, we created the cause of these contaminated aggregates. But what I want to tell you, what you have to understand, is that many eons of negative karma have been purified. *Soooooo* many eons of negative karma, heavy negative karma has been purified through bearing much hardship, serving the teachings of the Buddha, sentient beings, the guru, or compassion Buddha. *Soooo* many eons, from beginningless rebirths, so many years of negative karma is purified: you have to understand, you have to rejoice about that. So the more you feel difficulty, the more you feel tiredness, whatever happens - oh, great purification.

It's similar in retreat - how much sicknesses, or difficulty you experience in your retreat, that many eons of negative karma is purified. So during retreat, sicknesses, all kinds of difficulties manifest, so many heavy negative karmas from many eons ago, from beginningless rebirths, so many heavy negative karmas are then purified by manifesting some difficulty during the retreat. And even more purification was done here [by offering service to the guru] than in retreat.

Colophon: excerpt from the transcript of Lama Zopa Rinpoche's talk at the European Regional Meeting, ILTK, Italy, June 17 2014, transcribed by Lama Yeshe Wisdom Archive. Edited by Claire Isitt.