

Change Has to Come From the Mind

Lama Tsongkhapa mentioned that all the suffering in the world comes from ignorance; therefore, the root of suffering is not outside. No matter how much scientific knowledge and education worldly people have, they still believe the cause of suffering to be outside; but that's wrong. The cause of suffering is in the mind and that's why it is the mind that has to change. Changing the mind is more important than trying to change what's outside; changing outside never finishes. Change has to come from the mind. It has to come from your mind.

The hell, hungry ghost and animal realms come from your mind, from your negative, impure mind and wrong way of thinking every moment and every day. Enlightenment, the fully awakened omniscient mind, liberation from samsara, and day-to-day happiness come from your mind and from the correct way of thinking, from positive thoughts. This is how everything comes from the mind.

For example, when you have problems in daily life, if you practice patience, compassion, thought transformation, bodhichitta, emptiness and so on, then at that time there are no more problems. In that hour and that minute when you change your mind and think differently, the problems are gone. But when you don't change your mind and keep thinking the old way, as people in the world generally do, believing that the root of suffering is outside even though they have so much scientific knowledge, well then, the suffering never finishes. There is no end to suffering.

Lama Tsongkhapa mentioned that all the sufferings come from ignorance, but this is not just something stated by Lama Tsongkhapa; the more you learn Dharma and check scientifically, the more you discover and realize that this is true.

Colophon: Extract from Rinpoche's teaching before giving the Lekshay Nyingpo transmission, 13 April 2013, Kopan, Nepal. Transcribed and edited by Ven Sarah Thresher, lightly edited by Claire Isitt and Michael Joliffe.