No Time for Depression as So Much to Rejoice About

Lama Zopa Rinpoche's reply to a student who had concerns about health and having given back their ordinations vows, which led to them feeling very isolated and depressed and being unable to study or practice:

"My most dear, most kind, most precious wish-fulfilling xxxx,

Thank you very much for your kind letter. The most important point is that you were ordained and tried very hard and then studied *Master's Program* and *Basic Program* for years - so you did much better than me! I didn't finish my studies, so wow, wow, wow, you are much better than me, study and knowledge both so good, you made so much preparation in the mind to actualize the path, to achieve enlightenment, so I rejoice, rejoice, rejoice. No time for depression, only for rejoicing, so much to rejoice in. Also you met His Holiness the Dalai Lama – Chenrezig, and the perfectly qualified teacher, received teachings, so rejoice, rejoice, rejoice, no time to regret, so much to rejoice about.

You met the Buddhadharma that shows the four noble truths and the path to achieve liberation from samsara. Not only that, you met the maha-paramitayana that shows the path to achieve enlightenment and to liberate numberless sentient beings from the oceans of samsaric sufferings and bring them to full enlightenment. And you met Mahayana tantra whereby with highest yoga tantra you can achieve enlightenment in one life and therefore is the quickest way to free the numberless sentient beings from the oceans of samsaric sufferings and to bring them to full enlightenment. So wow, wow, wow, wow, amazing, amazing, amazing, so no time for depression, wow wow, wow, wow, wow, wow!

You have done a good job. Now you are lay, you can still achieve enlightenment, you still can practice lam-rim, lo-jong, and that is the main purpose of your life, the purpose of breathing, why we are breathing.

If you can study lam-rim that should be the main teaching, just like the wandering ascetics, the monks whose only belonging is the *Lam-rim Chen-mo*, they don't have anything else, don't carry anything but the lam-rim, so like that. So that is main one to study, to meditate on – the lam-rim, you have to actualize this, otherwise we will suffer. Without realizations on guru devotion, renunciation, bodhicitta, right view and particularly tantra, you will be suffering in samsara endlessly. Do you want to do that? I don't think so.

You should know it's not just practice for this lifetime, the practice becomes preparation for all your lives, so eons, eons, eons, all your future lives, to go to a pure land, then enlightenment, to be free from samsara, enlightenment and then to benefit all sentient beings and enlighten them. Don't think you are alone.

Thank you very, very much.

With much love and prayers, Lama Zopa

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