

## Dharma is Needed for the Happiness of Sentient Beings

*While waiting for a flight to Hong Kong at Kuala Lumpur Airport in Malaysia, Lama Zopa Rinpoche gave the following advice to Ven. Thubten Dondrub, resident teacher at Buddha House, Australia, who videoed the talk on his phone.*

*We invite you to read the edited advice below, while **watching [the video!](#)***

“Good morning, good afternoon, maybe good night! Thank you very much; thank you so much for your prayers for me, for sentient beings, for Buddha, from where all sentient beings receive their happiness.

For sentient beings to have not only temporary happiness – when we say ‘happiness,’ we should not think only temporary happiness, only samsara happiness – don't think [that] – we must think ultimate happiness, liberation from samsara forever, then peerless happiness – full enlightenment.

So when I recite the long version of the *Six Session [Guru Yoga]*, instead of happiness I say 'enlightenment,' full enlightenment, the cause of enlightenment. I change that [word because] it helps my mind to think of highest happiness, true happiness. Just to say 'happiness' normally means temporary happiness, makes one think of temporary happiness. And we have had temporary happiness numberless times from beginningless rebirths.

Why we have the center is to have happiness for sentient beings – to increase, to develop happiness for sentient beings.

To help [sentient beings] have perfect human rebirth in the next life, to be born in a perfect human body, to achieve all that happiness, to have means of living, the conditions. All that happiness needs pure morality - preliminary practice in a past life, then pure morality. Even just to be reborn as a human being, without talking about having the perfect human rebirth, needs pure morality; [we need] that and then also not just an ordinary human body, but need the perfect human rebirth to meet Buddha-Dharma, to follow Buddha-Dharma. Only that [gives the] opportunity to be guided by the perfectly qualified guru.

So we need pure morality and charity, and to dedicate the merits to receive a precious human body which has all the opportunities, and [to practice] the graduated path of the lower capable being, including refuge. So that in the next life we are able to meet the Dharma and be guided by the perfectly qualified guru. It may not be necessary to have refuge just to be an ordinary human being, but to meet Dharma again and to be guided by the guru and so forth we should have refuge as a cause, as well as pure morality.

So you see there is a need for Buddhism [in order] for sentient beings to achieve happiness in future lifetimes, even perfect human rebirth.

Then to achieve ultimate happiness, liberation from samsara, sentient beings need to achieve the fundamental path of great insight - “lhag tong”- special insight. Then special concentration, shamatha. And that depends on the higher training of morality - so there is the graduated path of the middle capable being - the basic path - you need that. To

achieve liberation from the oceans of samsaric suffering forever you need to achieve direct perception of emptiness which directly ceases the seed of delusions. So for that you need special insight, the wisdom which realizes emptiness unified with shamatha, the higher training in concentration, and [that depends on] the higher training in pure morality. So you can see we need Buddhism to bring sentient beings to ultimate happiness.

Then to bring sentient beings to full enlightenment, the basic path, the root, is bodhicitta. The root of the Mahayana path to enlightenment is bodhicitta, and that depends on great compassion to all sentient beings. So in order to generate great compassion for all sentient beings first you have to realize your own samsara, your own deep oceans of samsaric suffering. Then it is very easy to generate real compassion for others, otherwise your compassion is very limited, is just on your lips. Your compassion is very limited, very small compassion. “

(Ven Roger interrupts to say that the plane is leaving - Rinpoche laughs and leaves to catch the plane to Hong Kong).

*Colophon: Teaching given to Ven Thubten Dondrub at Kuala Lumpur Airport, Malaysia on Monday 18 March 2013. Transcribed by Thubten Dondrub, Adelaide, March 2, 2013. Lightly edited by Claire Isitt.*