

Director of a Dharma Center - How to Practice

Rejoice every day. It is essential. This is how to be a fortunate person as rejoicing eliminates ignorance and delusions and causes happiness. Nagarjuna advised kings who are busy to rejoice in others' good works and dedicate the merit. Then success in business or whatever just comes easily.

Jealousy is an obstacle to your happiness in samsara and for your long term wishes. We should rejoice in others' good fortune. Practice contentment. Problems arise from desire. Practice forgiveness to those who hurt you.

As a director of a Dharma centre you face a lot of things that hurt your ego. This is a great challenge for your practice. When you live in a cave or a tree you don't see much of your mistakes, you think, "I'm a good person with no delusions", but still the mistakes are inside. Being director at a centre, so many people are like a mirror teaching us (not from books), forcing out your pride, jealousy, anger, so you see what has to be purified, you have to apply the antidote. It's all showing what impurities you have, the suffering that we have. It's like a dirty cloth. When a dirty cloth is cleaned with water not much dirt is seen, but when you add soap it makes the dirt come out. That's good!

People who talk in a way you don't like and hurt your attachment, they are like soap. Accept people who hurt your attachment and self-cherishing. They are helping you by showing you your delusions, to help you be free from samsara. Helping you to be perfect, pure, to practice the path.

In the practice of chöd you invite spirits to you; they create violence to you in the cemeteries and haunted places. Your ego, self-cherishing blows up like a balloon and becomes clear. The false 'I'. Then you realize emptiness. Washing the dirty cloth of the mind is like army training for many years, so see that you are here in this job, this position to defeat delusions.

Anyone can chant mantras. Real Dharma is rare. Cherish and care for sentient beings from the heart. When someone creates an angry situation, it is so important to practice patience. This is the real Dharma.

Colophon: Transcribed by Stephanie Brennan (Director – Kunsang Yeshe centre) with apologies for any mistakes. Notes from teaching by Kyabje Lama Zopa Rinpoche at Jinsiu Farlin Centre, Taipei, Taiwan on 26th March 2007. Edited by Claire Isitt, FPMT International Office, May 22nd 2007.