

## **Rinpoche's Advice on How to Make Talking on the Phone Beneficial**

While I was talking on the phone I was going around all the relics, pictures of Buddha, and tsa-tsas that I have piled up on a round table in my room.

Then I thought, Roger and Holly spend so many hours talking on the phone, it would be very nice to have a stupa which they can go around. Also, this is my suggestion to FPMT International Office [and center staff].

Arrange some small stupas on a table. It can be many tsa-tsas, but especially you should have some stupas that contain the four powerful mantras, as well as photos of Buddha, statues, texts etc. It should be beautifully set up, very pleasing and inspiring. Make delightful offerings—flowers, water, lights and other offerings—around the stupas. The seven precious royal emblems and eight offering goddesses, carrying offerings, etc., can go around the edge of the table. The stupa could be either in the garden, in the middle of each room, or in the center of the building. Then, because people spend many hours on the telephone, they can take the opportunity to circumambulate as much as they can.

Even if their speech is not virtuous, due to their motivation the action of their body becomes virtuous; not only virtuous but the cause of enlightenment, the highest success, and, by the way, liberation from samsara, and happiness in future lives. For more information on this please see the letter I wrote to Ian Green about the benefits of holy objects (*Benefits of Having Many Holy Objects*, available to read and download at <http://www.fpmt.org/teachers/zopa/advice/Default.asp>).

In this way one's life is not wasted; by doing circumambulations it becomes extremely profound. For example, Lama Atisha always traveled with a Kadampa stupa and circumambulated it very often. So you can see that circumambulating is very, very important.

If one's speech is virtuous and, on top of that, the action of one's body also becomes virtuous by circumambulating, one collects so much more merit; no question, then, if the action of one's mind is also virtuous. This is why it is important to take the opportunity for one's body, speech and mind to be virtuous as much as possible and put effort in that; because the nature of life is impermanence and death.

The other thing one can do, as it doesn't need two hands to talk on the phone, is to turn a prayer wheel with the other hand. This causes all the sentient beings to be purified. Beams emit from the prayer wheel and purify yourself and all sentient beings of the six realms. They achieve all the realizations, especially great loving kindness, compassion and bodhicitta; the whole path, the five wisdoms etc.

### **Then remember the benefits of working for the holy guru**

Rinpoche told a student, Fabrizio, who is working for Kyabje Ribur Rinpoche, and as Ribur Rinpoche was away for a long time, Fabrizio was feeling very lonely; he said he felt his life was meaningless.

"You are doing this work because Ribur Rinpoche advised you, so it is extremely beneficial. In fact, you are following your guru's advice, which means every day you are correctly devoting to your virtuous friend, so this is bringing you closer to enlightenment.

Because you obtained the advice of your guru and are following it, this action is bringing you closer to enlightenment. Each day, you go to work thinking of the benefits of obtaining Rinpoche's advice and how it is bringing you closer to enlightenment. You should be extremely excited. Every time you open the door of the gelato shop you should remember this. Each time you go to work it is bringing you closer to enlightenment, purifying past lives' negative karma and delusions and collecting the most extensive merit. Just as Buddha gave teachings differently to every being, exactly fitting their needs, according to their minds, in the same way this is Rinpoche's method to bring you to enlightenment, this is what fits your karma; making gelato brings you to enlightenment."

*Colophon: Transcribed by Ven Holly Ansett at Kachoe Dechen Ling, Aptos, October 2004; Very lightly edited by Thubten Labdron, Nov. 2004 and Claire Isitt, Dec 2004*