

ADVICE FROM LAMA ZOPA RINPOCHE FOR ALL THOSE WORKING IN FPMT CENTERS AND STUDY GROUPS, ESPECIALLY FOR THOSE FEELING OVERWHELMED.

Lama Yeshe often used to say that it's not up to mind, it's up to karma. He quite often used to say that, or He would say just accept the situation when things are not happening. If something can be remedied, then you decide whether to get the benefit from acting on it. That means that if you can manage, you can try, if there is an opportunity then you can act on it. There is no point just to be unhappy in this life. If there is something which cannot be remedied at all then what is the point of disliking it, there is no benefit in that, so you are better to accept it.

If you have many activities, many responsibilities, and if you think of this as a burden then stress comes. Even if you are doing the job, if you look at all this as burden your mind is not happy. Lung and stress come and your mind becomes so unhappy. So with all your activities, responsibilities, rather than taking all of this as a burden, if you look at this as an opportunity to be useful, to see that you are useful for other sentient beings, look at all these activities and responsibilities as a positive opportunity and think 'I am so fortunate to benefit others', then that's one technique to stop squeezing the mind and developing lung (which also can bring high blood pressure and badly affect your health). So instead thinking of the benefit you are able to offer through all your work generates joy and happiness in your heart.

It is very essential to always remember to keep a mind of bodhicitta. That should be the main refuge in life. And to remember that what you are doing is according to the wishes and advice of the Guru. Always think how sentient beings are most kind and precious, and are suffering. The whole purpose of this life is to serve others and to ensure that they have happiness in all future lives. To give one's own life to sentient beings who are most kind and precious, who are numberless. Developing your inner qualities, your realizations of the path which means you are able to offer deeper and better success, more extensive qualities to others; to liberate others from suffering and cause them to achieve not only temporary but ultimate happiness.

His Holiness says: 'As long as the sky exists and suffering beings exist, I will abide and I will eliminate the sufferings of sentient beings as much as possible.'

In everyday life practice mindfulness as much as possible. Think that everyone is the wish-fulfilling jewel for all your happiness, so you yourself will be a wish-fulfilling jewel for all sentient beings.

*Colophon: Advice given during a talk at Land of Medicine Buddha, April 6th 2003.
Transcribed by Ven.Munsel and Ven.Angie; lightly edited by Claire Isitt.*