

Practicing Patience

Rinpoche: How is your friend now?

Student: my friend is practicing patience and not fighting with her husband and children.

Rinpoche: That is good that your friend doesn't fight any more, it's best not to fight and instead to practice patience - that is the real Dharma, please tell her.

Practicing patience doesn't mean that if someone asks you to immediately kill a gigantic lady, the size of Mount Meru or the size of a louse, you do everything that the person asks. It is not like that! What it means is that in your heart you feel or think that this person is the most kind, the most precious, the most dear one. This is what guru Buddha has taught - you need to practice patience with somebody, because the person who is called 'enemy', the one who has anger towards you, then if you practice patience towards that person and don't get angry back, then that person gives you the most precious thing, enlightenment, the state of omniscient mind. With that person you can bring the numberless sentient beings to enlightenment, free them from the oceans of samsaric sufferings and bring them to full enlightenment. So this becomes the reason to practice patience.

You have to be skillful in answering the other person, therefore you have to have wisdom and therefore you need to learn Dharma. You can give this advice as a gift to anyone. I am saying you can give this, I am not saying you should.

Also without practicing patience, when you are angry you completely destroy your precious merits, if you had not dedicated the merit for enlightenment and sealed the dedication with emptiness. If the merits are not dedicated for enlightenment, with emptiness, then even if we did retreat for many years, did many virtuous things, many strong extensive virtuous actions, nothing will happen, no realizations, and no change to the mind - hahahahhahahaha! Please send this message to your friend. Thank you. Sending this to her is more precious than all the wish-fulfilling jewels, more than one billion dollars, or the sky filled with wish-granting jewels,

*Colophon: Advice typed by Rinpoche on the iPad; Kachoe Dechen Ling, USA, Nov 2013.
Rinpoche asked that this be made widely available. Lightly edited by Claire Isitt.*