

Pithy Advice

Some pithy advice from Lama Zopa Rinpoche, as reported by Ven. Roger Kunsang ([@rogerkunsang](#)) via [Twitter](#):

“What makes death very difficult – worldly concerns, the 8 worldly dharmas , attachment!
What helps – good heart!”

“Don’t let personal problems become center problems or other’s problems!”

”When someone is making you angry, don’t put the practice off to later, practice patience now! Later may never come.”

“Your Guru gives you teachings and then puts you in the situation so you have to practice that... lojong.”

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