

What Brings the Happiest Life

Rinpoche wrote the following to a center celebrating its 30th anniversary

“Thanks to those who begin the center, and then all the rest who are studying, practicing and those who come from time to time and those helping the center mentally and physically. What else is there worthwhile doing? That can bring a most happy life!

Practicing Dharma - even if it is for oneself - even for one or two sentient beings – it’s so beneficial. Then if one practices Dharma for all sentient beings of the 6 realms - wow wow wow! Unbelievable benefits! Awakening yourself and others, freeing yourself in order to free others.

Even reciting mani mantra for numberless sentient beings for their enlightenment - wow wow wow wow wow!!!! Reciting the mani mantra even one time with bodhicitta - wow wow wow wow wow! So meaningful! Reciting mani without bodhicitta, the merit you create is like the sky. So reciting with bodhicitta - wow wow wow wow wow!!!

This is the reason you need a center, a place to learn Dharma and practice, where you provide a teacher etc. So you can see the unbelievable kindness of the people who make this happen, like the teacher and the director. You can see the benefits of such a place! A place where you learn the Dharma, where the causes for inner happiness and how to abandon the causes of suffering and eventually to remove all the sufferings are explained. So a place doing this: how important that is, a place providing this. And the people who help in it - wow wow wow! So meaningful. That is the happiest life.

Thank you very much from my heart to each and every one of you. I will pray for everyone to quickly end the suffering of samsara and achieve enlightenment. Thank you very much.”

Colophon: excerpted from Rinpoche’s letter to Langri Tangpa Centre, Australia; Oct 2012. Lightly edited by Claire Isitt.