

**The Real Professional**  
(excerpt from the full teaching by Kyabje Zopa Rinpoche titled *How to Be A Real Professional*)

It's not sufficient in our life only to know how to do things externally. Whatever our profession is - business or engineering or whatever, being a physician, a doctor, a professional having studied at university, a professional having studied at college how to do things in life, studied how to be a secretary, or how to be a director and run a company or how to be an accountant, all these things, how to clean, how to cook, all these things learnt at school or college or whatever. So what you learn, this profession is only external, how to do things externally. That's not enough. That's not sufficient. If you really want happiness, if you're really looking for peace and happiness, inner happiness, that's not sufficient. You need to be professional inside. You need to be professional mentally, you need inner professionalism. So a person may have all this education from college, university, how to do this, how to do that, how to be a business person and so forth, but if they are missing the inner profession then what is missing is mentally how to live life, how to do everything. The real profession is missing. That is the positive attitude, living life with this peaceful, happy, healthy mind, non-ignorance, non-anger, non-attachment, and especially with the thought of cherishing others, the ultimate good heart, the thought of cherishing others, unstained by the self-cherishing thought, the selfish mind. Without this inner professionalism, this inner qualification, without this, then what happens? Even if you succeed in the external world, in business or whatever, even though you may be externally successful your mind is not becoming happier and happier, it doesn't become more and more peaceful, more and more satisfied, more and more fulfilled - that doesn't happen. There's more and more problems, more and more unhappiness.

For example, if you have achieved reputation in this world, everyone knows you, young and old, everyone talks about you: by working so hard for so many years, bearing so many hardships, so many worries, fears for so many years. After so many years of working so hard, even though you achieve the goal of worldly reputation, everybody knows you, everyone talks about you, likes you - but in your heart there's a lot of worry, there's a lot of fear. You might lose your reputation! Anytime, something can happen to make you lose your reputation, get a bad name, or somebody can become higher, more famous than you. It's the same with wealth, somebody becomes wealthier than you, or your wealth, your power reduces. You have so many worries, fears that your power, your wealth might go down, and that you won't be more important than others. So much worry, fear, your mind, heart, filled with this, all this suffering, this worldly concern, concerned with this life, the pleasures, the comfort, having reputation, having more wealth than others, more power than others, so like that.

I have a friend who is very famous, and I heard through other friends that this is what that person is worried about in daily life, even though they have achieved so much, even though they are so famous in the world. So you may have the external profession, you achieve that goal, but the mind, the heart is empty. The heart is empty and filled with misery, filled with sufferings, problems, so much dissatisfaction, the major suffering, dissatisfaction, always wanting more and better. There's no end for that. Then relationship problems, then so many other problems, like other people taking away your possessions. By having wealth, you become concerned about people taking it away in so many different ways, through taxation or whatever. So without this inner

professionalism, the inner profession of the healthy mind, the pure mind which is Dharma, the real Dharma, so without this, no matter how much you're externally professional, life problems go on more and more.

During traveling, I think from India to the United States I saw a movie on the airplane about a very rich person in England who had a huge building. So that person, he started his business by selling cars. Then he became very wealthy; he owned all these properties. But his mind is so dissatisfied, he had so much unhappiness. His building has many rooms, so one night he sleeps in one room, then another night goes to sleep in another room. He checked where his unhappiness came from. He thought he didn't have that unhappiness before, it came since he had the car business, he thought it started from there! So he had a bodyguard buy many toy cars, and he put all these toy cars outside and he put petrol, kerosene on them and then he burned all the toy cars because he thought the car business was the root of his problems. That the car business is where his unhappiness came from. So this was his own way to stop suffering, I guess. Something like that. Also I think maybe he ate hardly any food, and drank sixty bottles of alcohol, because of unhappiness. That is because he had an external profession but he didn't have inner professionalism, living life with the positive mind, the healthy mind, that which is Dharma.

You may have all these external professions, how to do this, how to do that from school, college, university, but without inner professionalism, how to live life, how to do everything mentally, how to do everything, business, professional activity, whatever you do, with pure attitude, positive mind, non-ignorance, non-anger, non-attachment, especially with the non-selfish mind. So without that, knowing internally how to live life, how to do everything, without Dharma - if that mind which does all this activity, all the external professions is without Dharma, then along with that so many problems come. Because without Dharma, what comes? Anger, ignorance, attachment, selfish mind. So of course problems will arise. How could you have any happiness, inner happiness? Even just in this life - we're not talking about future life, rebirth in the lower realms, we're not talking about that. Just in your day to day life, this life, how can you enjoy? How can you achieve satisfaction? There is no way to achieve satisfaction and happiness. So because your attitude is that, your attitude is only external professionalism, so many problems come. It brings so many problems in life. So that's clear. So that's what I am saying. Even if one is not Buddhist, doesn't believe in reincarnation, karma, all these things, still it's a psychological thing. You need a healthy mind. Even if one is not chanting mantras, doing prostrations, this and that, but just because you want happiness, inner peace, you don't want problems in life. Nobody wants problems in life! So then you need take care of the mind, you need to take care of your mind. So your mind has to be Dharma, no choice. No question. Psychologically your mind has to be Dharma, non-ignorance, non-anger, non-attachment. Best of course is to not even have the self-cherishing thought, instead have the thought to benefit others, cherish others.

Many people have wealth, reputation, friends, everything, so why do they commit suicide, why do so many people kill themselves? There's so many people, so many among famous people, among worldly people. It's not a question of not having food to eat. It's not that. So many people [kill themselves] because of dissatisfied mind, because of problems, dissatisfied mind. Problems came from selfish mind. Ignorance, anger, attachment - because of them problems come, because the mind is not Dharma. So the problem comes, and they don't know what to do, how to deal with it. So then they just, in one second, commit suicide. They go to a high bridge, like the high bridge in San

Francisco, the Golden Gate Bridge, or the bridge in Sydney in Australia. In each country there are certain places where they jump, where they commit suicide. Because the mind is not Dharma, the mind living life, doing all these activities is not Dharma, so problems come. Many problems come, things you don't know how to handle, relationship problems and so forth. Then because one doesn't know how to handle them you get overwhelmed by problems, so just in a second the suicidal thought arises. Just in a second. Nobody kills you, nobody in the world is trying to kill you, you kill yourself.

So you can see that there are two things in how to live life: external professionalism and the other very important, the most important way to live life - Dharma. Living life with Dharma, the mind becoming Dharma.

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