

## Encouraging the Disciples to Continue with the Main Drubchens & Practices

Taught by: H.E. Garchen Rinpoche

Date: 23 June 2018

Location: Garchen Buddhist Institute, Arizona, USA

Nowadays among the Buddhists in this world, I have been to 32 countries with which I have a connection. What is the purpose of establishing a Dharma connection with them? It is to make it meaningful for both myself and others. First, to translate the *Thirty-Seven Practices of Bodhisattvas* into the local language for distribution. Second, if Dharma centers are set up in various places, the locals will be able to continue the discussion on karma, which is the great quality of the Dharma.

No one is without suffering. You should know that the remedy for suffering is the Dharma, which is not different from the Buddhadharma. The root of inner happiness is loving kindness, and the Dharma is love and compassion. Not understanding this, one would differentiate by saying this is the Buddhadharma and that is a worldly thing. Therefore, it is very important for all to continuously practice the *Thirty-Seven Practices of Bodhisattvas* and translate it into your own language.

Third, what is the purpose of establishing a Dharma center where such conditions are present? For the local disciples who are not able to travel far, but with faith in the Dharma and have merit from past lives, once you know karma, you can accept the current suffering and identify the future causes of suffering. Relying on a cause like love and compassion and by practicing it, you can obtain temporary benefits and ultimate happiness. What is the cause of achieving happiness? It is love and compassion which we must carefully guard.

With or without religion, where does suffering come from? It comes from our past lives' karma. Who created karma? Afflictive emotions. To recognize afflictive emotions is to achieve ultimate happiness. Hence, establishing a Dharma center is very important.

The Dharma is very precious in its origin, entering, and practice. The three jewels are as precious as gold in this world. Whichever Dharma center that has enough conditions may organize the Amitabha retreat, Yamantaka drubchen, the Vajrakilaya retreat and so on. All the disciples will be benefited. Your own practice will also be sustained. If you do not practice, there will be no benefit.

What are my own practices and experiences? I have some experiences in Vajrakilaya and Yamantaka practices. Therefore, in the Vajrakilaya and Yamantaka retreats, disciples can generate some experiences. Even without me, the disciples can continue to practice and benefit where you are. A person who practices can benefit his or her country. For example, the Amitabha and Vajrakilaya retreats are held in Taiwan. For your own benefits, disciples should continue to participate in the retreats. Whether I am present or not, there is no difference in the deity. Love and compassion of all the buddhas are the same. So do not stop practicing.

Currently my Dharma centers in Germany and other places have sufficient conditions to hold the Amitabha retreat, to continuously practice the *Thirty-Seven Practices of Bodhisattvas*, and to hold drubchens. No matter where you continue your practice, you can benefit the world. This is very important. It is my wish that you continue to practice.

Our bodies are impermanent, but the mind is bodhicitta—no birth, no death. About practice, the bodhicitta of the deity must enter our mind streams. This must be accomplished through practice.

Generally, there are teaching and practice. Teaching mainly relies on the words of the Buddha. Many teachings are being retained, protected and expanded. However, just teaching without practice has no benefit. Practice is related to all of our drubchens. Even if I have died, my mind does not die. Wherever you hold the drubchens, my mind will be there. The lama and the yidam deity are inseparable. It is important to continue to practice, to benefit self, others, and the world.

What causes suffering? Afflictive emotions. The remedies for afflictive emotions are Vajrakilaya and Yamantaka. This is very important. From my own experience on practices, I know that others will be benefited too. Dharma friends, disciples or sponsors, this is very important. Please do not stop practicing. Please think about it.

Wishing everyone tashi delek!