

# ***If YOU THINK YOU CAN'T PRACTICE THE RIGHT WAY***

## *Remembering The Buddha's Blessings Are Like Sunshine*

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Sometimes students say, “I can't do the practice! It's so difficult! I try to go straight, but then I always go the wrong way! I can't practice nicely!”

So what? Just practice! Only buddhas practice really nicely.

People say, “I can't do the visualization!”

I don't care about your visualization! Just try sincerely! That is our key.

We are sentient beings. That means upside-down beings. Of course our practice is upside-down!

Buddha has no jealousy, no partiality. Buddha is for all sentient beings. There isn't a rule: this group can receive blessings, that group doesn't receive them. No, no. Buddha is not stingy.

Buddha is like the sun. All the Buddha's blessings are like sunshine, everywhere. Free. That means, whoever you are, high or low, if you practice, you receive blessings. You don't have to ask, “Am I part of that blessing group?”

You are a sentient being. Even more than that, you are a human being! You do have buddhanature. That means you can practice. You are qualified. Buddhanature has no politics, this group or that group. Buddhanature is not wishy-washy like your brain! Buddhanature doesn't say “Yes, yes!” and then instantly, “No, no!” Buddhanature is equally everywhere. When you practice, you connect to that. That is the blessing! There isn't some other one. Blessing means 'connect.'

Maybe you think you do connect. Or maybe you think nothing happens. Doesn't matter, whatever you think! Do you think buddhanature is waiting for you? Do you think buddhanature is disappointed in you? Or happy for you? No! Buddhanature is always there. Practice means your chance to focus on that. You are not making anything. You are not buying anything. You don't need to borrow something. You don't need to do a construction project to build it. Already there, your buddhanature! Just try to focus on what you already have!

If you think, “I can't practice nicely, therefore there's no connection!” Give me a break! Are you crazy? That's just self-centered. That is just thinking you need something special. No, no.

If you try, that is all the 'special' you need.

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Anyway, you are not special. Sorry! We are not special people, not special beings. Just sentient beings. So do we need to get some other special thing? No. That is also not the way. What you need, you already have—your own nature. Like your own nose. You already have your nose, you don't need to take one from anybody else. Anyway, theirs wouldn't fit! Disaster!

When can we do something really nicely, practice or whatever, anything? When we are liberated. Then we will do things really nicely.

Until then, try! If you try sincerely, you don't need any more 'nicely' than that. If you don't try, that is on your head. But if you try to practice, nobody can say you are not successful. All the buddhas promised. All the lineage masters repeated that. They are not liars. If you try, there is blessing. Okay? That you can trust.

I don't know if you need something more special than blessings—if you do, maybe you can buy it somewhere. Maybe it would be very expensive. I don't know. If you find that thing, you could teach me about it. You could teach all the buddhas, even! I don't know about those things. I just know that we need to practice. Do the practice, try, and there is blessing. That is 100% trustable.

Tashi Delek!

*- Gyatrul*