

***THANK YOU FOR KEEPING THE MONTHLY PRACTICES
CONNECTING TO THE ENERGY OF GURU RINPOCHE'S TRADITION***

Venerable Gyatrul Rinpoche
June 24th , 2021

While watching a livestreaming monthly puja one afternoon, Rinpoche sent the following message to the sangha.

I would like to say something: Everybody, thank you for doing all the monthly practices!

It is so wonderful that the centers are keeping the tradition of holding practices on Guru Rinpoche and Dakini Days, as well as the new moon and full moon, without fail! Each center was opened by His Holiness Dudjom Rinpoche, who was an emanation of Berotsana himself—amazing! Each center has his blessing—*that* kind of blessing. Each center has his energy, the energy of his tradition, which is the tradition of all of Guru Rinpoche's twenty-five principal disciples. They were not just superficial or funky guys, absolutely not! That is Guru Rinpoche's own energy. Therefore, it is amazing good karma and good fortune that you guys are keeping the practices of that lineage and not ignoring them. When you practice, you are practicing with Guru Rinpoche and those twenty-five disciples.

Practice happily! Joyfully keep the practices and turn your mind fully to them in a happy way when you practice. You can rejoice to be following this tradition! The reason? We are following the wisdom mind treasures (*tuk ter*) of H.H. Dudjom Rinpoche and Mingyur Dorje, not just somebody's blah blah blah. All of their terma, teachings, and practices are filled with the blessings of Guru Rinpoche and Berotsana.

When you have the opportunity to practice for one or two hours, don't waste it. Don't pollute it with gossip or joking, or arguing or creating disharmony, or talking about each other, or comparing who is prettier or more handsome. Also, all your smoking and drinking stuff you can do a little bit less, or you can stop for a few minutes, please, okay? Those things have nothing to do with this. Instead, focus on what you are practicing, whether it is Guru Rinpoche or Yeshe Tsogyal, or any other deity. Recognize what an extraordinary opportunity you have to practice, to recite the words of Berotsana's own wisdom speech, and connect to the direct tradition of Guru Rinpoche.

Seeing you guys, I am really happy! Your practice, everyone together—for me, this is the best present, the best generosity. Thank you, thank you!

- Gyatrul