

Transforming Negative Conditions

The situation of my beloved sister these days in Tibet has me worried at the moment. Just worrying about her from afar doesn't help her, however, and it could drive me crazy! Therefore, when I put to use my former practice of Dharma that I have done up to now through listening, contemplating, and meditating, and continuously remaining on my meditation cushion, far from being mentally disturbed by the situation, by taking negative conditions on to the path, it has given a huge boost to my practice. Meditation on Dharma is said to be medicine for the mind and that is really true! O benevolent root Guru, your kindness in introducing me to the jewel-like profound shunyata of holy Dharma that is so difficult to encounter in this world is impossible for me to ever repay! I will never forget you. Thank you!

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