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NGALSO
Path to Enlightenment

Daily practice to enlightenment! Lama Gangchen Rinpoche

This text is an edited transcription of a speech given by Lama Gangchen Rinpoche at Albagnano Healing Meditation Centre, Italy, on the 23rd of March 2019.

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Repeat after me:

By the power of the truth
By all the human beings' attention, not agitation
By all the holy beings' blessings
Violence culture
Be transformed into a non-violent culture
Peace culture now and forever

Peace education now and forever
Spiritual education now and forever
Buddhism culture now and forever
Buddhism education now and forever
Non-formal education now and forever
Non-violence investment now and forever
Non-violence medicine now and forever
Natural medicine now and forever
Spiritual medicine now and forever
Theravadan medicine now and forever
Mahayana medicine now and forever
Vajrayana medicine now and forever

If you want you can record this message with your phone or another machine, but most important is to please record this message, this meditation, in your own heart and mind. We can share this message with other people, but we all have to practice it! This means what I have asked you to repeat just now - you need to practice everyday! I'm not asking you to repeat a sadhana - I know many of you are already doing this and I rejoice - but I'm requesting you to practice this meditation that I'm teaching now.

What I asked you to repeat should not be just something we say, not just nice words. It is something that should really touch our heart and something that we should deeply meditate on and put into practice for ourself, for our own physical body, for our mind, for our emotions, for our friends, our family, our country. If we really practice this, then everywhere we will find solutions - otherwise life today is just getting more and more expensive in many different ways.

We are mostly European here and we are used to having everything: a high level of life. We have beautiful houses, cars, hot water, air conditioning. We can manage everything with remote controls - we just press a button. We have telephones, computers and many other things. Europe is very famous in the world for a high level of lifestyle. But in a way it's no longer like this. In reality the money people have is getting less and less and we are always trying to find solutions to some difficulty or other.

The world in which we live is very, very beautiful, Europe is very beautiful and very special is Italy which is my own country! Everything is very beautiful, the people are nice and in particular in Italy we have very good food, a beautiful environment, beautiful art and so on - everything is so nice. But you know now there is an economic problem - I don't need to explain all these problems because you already know about the problems in the world! But, what can we do? It's not a matter of speaking about these problems and the solutions in a conference for just 1 or 2 hours. What we have to do - in our way - is really change something inside of ourselves, in our way of living. This means not just for one hour, not just during our meditation time; it doesn't mean just meditating for one hour or something like this. We have to do something in our life: from morning to afternoon, from afternoon to night, from night to morning, to the day after, and so on. All the time, 24 hours, we really need to do something practically to change - not just recite some mantra or do a meditation. We really have to change something inside of us, around us, all over the world, and so on. We can do this, it is possible, and this is what we are trying to do here.

The point is, we should deeply meditate on the meaning of the slogans. In this way, we will find inner solutions. These words, this meditation, is a cheaper solution for our mind and for our daily life. If we meditate well this concept will touch us deeply. Actually it's very simple - but we are very lazy, we are always making some excuse!

I've studied for many years philosophy, sutra and tantra, astrology and Tibetan medicine, and all kinds of other subjects. But, what I'm teaching here is something very direct, easy to practice, from heart to heart. I'm teaching something that can touch your heart, touch your mind in an easy way. I'm not teaching philosophy and sutra and tantra in a deep way - I'm trying to teach something very direct.

I first came to Europe invited as a lama healer. I came from the 7th century and just jumped into the 21st century. I understood since then that we need healing in many different ways: physical healing, mental healing, environmental healing and so on. We have all kinds of problems and difficulties that we need practical ways to heal. I came as a lama healer not as a teacher - you have much more knowledge than me. You have a lot of studies, degrees, universities and so on. You have a lot of capacity for studying. I came here as a lama healer because we really need a lot of healing on many, many levels. Everything I'm teaching you is about healing.

For example, now we are all too busy looking at our phone or computer. Too busy! Everybody. We are not only busy for work or to talk to our family and friends - we are busy just looking at different information, all kinds of news from the world, all kinds of interesting and not interesting things, all kinds of stupid things. All the time we are looking. I'm worried. Why? I'm worried that one day everybody will get serious eye problems or even go blind. Already many people need some kind of glasses - also me! But if we don't limit our screen time then everybody will eventually get eye problems. This is possible. The use of technology is considered to be something of high level development in society. We say it's a development. We all have this iphone, ipad or things with other different kind of names, Chinese names, American names, this brand, that brand, many different names. It doesn't matter. In the name of development we are using in reality something that is damaging our health, both our physical and mental health.

So we need a little bit of attention. Our eyes are precious. If everybody loses their eyesight - what to do? If everyone goes blind then it's a serious problem. Life will be very difficult. We say phones and computers are technological development - this means it is supposed to make our life better and more rich. If we check, in reality it's also giving a lot of problems. In the past we were

using glasses to just make us look more beautiful, everybody was wearing sunglasses, but now we need glasses to read and for other eye problems.

So now we are doing together a Maritse retreat, Lama Osel Chenma. We are doing this small retreat since a few months and have recited many mantras. Maritse is the deity of light, her light is coming together with the sunrise, with the moon, with the planets. She is coming with light to help us. What is the meaning of light? Maritse's light gives us blessings and power to all our five senses. I don't want to explain now how this works - maybe you know better than me the power of this mantra because you are repeating **om maritse mam soho** all the time, you have this experience. Buddha's teachings are very nice, very beautiful, but somehow they are very far away from us because they are something that belongs to another century. Nowadays, it's much more important our own experience of the Buddha's teachings. Please share your experiences of meditation, recitation, Maritse, and all other kinds of healing advice. You can share with me: *ah Rinpoche I got this experience, I got that solution, I got this answer.* This is important because we are people of today, of this world, of this society... We have a new kind of buddhism in a new age. Buddha is far away in history - somebody wrote something about him - but now it's much more important what we experience, the result of our practice of Buddhism.

It is very important that we write and record about our experiences and we give our testimony to the teaching, to the practices. It's very, very important because we are modern Buddhists. Our testimony, in some way, is more important than the Buddha's story because that is from the past, from very far away. We are small people in relation to the Buddha but if we have some result, if we have some realisation, then this means Buddha's teaching is true.

All of you can get enlightenment. But, we still think enlightenment is something that we reach suddenly. It's not like that. Don't look so far away. It's not something that happens in one second, like one miracle or magic, and then one deity, one protector, one dakini or Maritse suddenly appears and we get enlightened. It's not like that, especially today this is difficult. In ancient times it was different, the environment was different, people's bodies and minds were different, there was less pollution or even no pollution at all so people could more easily get visions of dakas, dakinis, protectors... These days our bodies and minds have so much pollution, we eat pollution, drink pollution, our clothes are polluted and we have to wash them, we are surrounded by pollution. Then mental pollution such as jealousy, nervousness, anxiety, fear and so on - we don't talk! For us it's even difficult just to visualise Maritse or other deities so having a vision is really difficult to reach. Why? Because the conditions are different today. Even if we saw a

divinity we would probably be afraid - *aghhh what is this!!!* If we saw Yamantaka - we would be very afraid, it wouldn't be beneficial. Really. So we need to understand the essence of Yamantaka, the essence of Maritse. If we saw someone with many hands, many faces - nobody would believe it. How possible many hands and many faces - how? Actually I am showing to you many faces, I'm showing many different faces to everybody: some wrathful, some nice - this you saw and can understand.

In ancient times faith was also very strong, here for us in our culture, our society, faith is something much more difficult to have. For us enlightenment will not come like in the past centuries with visions and dreams and deities suddenly appearing to the practitioner - enlightenment is coming one by one, piece by piece: one ignorance less, one wisdom more. One by one. This is the way to enlightenment. So, Maritse's light can give us this. The siddhi of Maritse's realisation is to get one less ignorance and one more wisdom. In this way Maritse really helps. We can all experience the benefits of the practice of Maritse; the experience that we get one result, the experience that we lose one ignorance. One ignorance goes away and one wisdom comes. This is the light of Maritse, this is the blessing of Maritse. One by one light. This is the real meaning of enlightenment. Especially today. Anyway this is enlightenment - to have one less problem, one more wisdom, one less ignorance, one more wisdom. One by one is the way to get enlightenment. Slowly: one by one, piece by piece.

Please tell me your own experiences. You can do it today, tomorrow or any time, write it down or even share it with other people. There are many doctors who are doing scientific research on the benefits of these practices and many groups working with me. It's very nice if you write your testimony about your experience or to make a video or record it as a song. Maybe it's difficult for you to express immediately your experience so I will share with you my own experience.

I have visited many different countries, but since the first time I visited Greece everybody I met loved me, everybody trusted me, everybody believed in me. It didn't matter what kind of knowledge they had, which kind of high level education. I don't know if they have faith or not - I can't say. Even the people working here - why are they working, what are they working for? *We are working like this for Rinpoche-la.* Who is making translation: *it is for Rinpoche-la.* Who is making books, cassettes and so on: *for Rinpoche-la.* I'm really happy with all the people who are helping me, following me. So, I'm taking care of you in many different ways because you trust me so much. I'm trying to do for you whatever you ask me: *my papa this, mama this, brother and sister this,* many people even from far away are sending me news and

asking help. My secretary, she knows all these things. I am just a cuckoo man from the 7th century - but you believe in me. Whatever I'm doing, you believe in me. Our centre is working much more than any other centre. Other centres are sometimes doing something, some activity, maybe one time each week. They are reciting sadhanas sometimes. We are doing everyday! Since September 11th in America I asked you all to recite malas, since then until now have passed 18 years. So even though this was my idea - you are doing it! I'm very happy because you are all doing this! We have foundations all over the world: Italy, America, Brazil, Holland, Spain - everywhere. India. Nepal. Many people are working for me - Why? Actually I don't know why - I'm not so beautiful - before my beard is black and now it's white - but everybody says so beautiful, most beautiful person! I'm not a special person but people like me. I'm going to all kinds of spiritual forums, buddhism forums and I'm shaking hands with all religious leaders, politicians. All kinds of different people from many different countries - Chinese, European, Brazilian, Chilean, Argentinian, Vietnamese, Cambodian - like me.

When I visited Dharmakaya, a Theravadan monastery, as a tourist with my secretary it was not allowed for women to visit the monks quarters. This rule is written there but they changed their mind and we were allowed in. Many years ago in Marseille, France, we went to a spiritual forum meeting. Dawa Lhamo was there. At that time a Catholic priest was at the meeting. He was like a retreat abbot. He said: *lama come tomorrow, I'm in retreat but always there so you come to my place to talk.* When I got there, there was an admission problem because my translator was a woman and they said not possible because women never enter here. At first they said like this, then after: *your english we don't understand so we need the translator because she understands your english. Ok this one time!* That means they love me. This is my experience. Your experiences you are never sharing with me - you are always coming here but never sharing. I'm sharing these things with you tonight because it's important to share sometimes. Anyway more than translation you need feeling tonight. Translation is not important - you need to feel something.

With deep concentration, with seriousness, with motivation, repeat after me:
Peace day, peace day, peace day.

It's very easy: peace day. It's very easy but we are never doing anything practically to realise it. We need to practice peace 24 hours a day - more than that - what do we need? More than that - what can we do? This is more than reciting a sadhana, more than everything. I'm saying this all the time but still you are not practicing. This is my sadhana: peace day.

On this subject we need to make meetings, we need to talk and discuss: how can we make peace for one day? How can we make peace inside ourself? How can we make peace with our 5 senses, with our body and mind? How can we make peace outside of our self? How can we make peace within our family, in the office, wherever we go, with whoever we talk to? Then the next day how can we make a peace day, how can we wake-up with peace and so on. We need to make this kind of commentary, similar to a Buddhist text, ourselves. Each person needs to say what peace means for them. We need peace in every moment: peace with our eyes, peace with our ears, with our nose, with our mouth, with this beard, with everything we touch. In Tibetan we call this shide, you call it peace or pace, we have this word in many different languages - no?

If we use all our senses peacefully we will have a peace day - and we can reach enlightenment in one second!

So my sadhana is very easy: peace day.