



Nalandabodhi Connecticut
Paramita of the Month Newsletter



"Anything that acts as an antidote to self-grasping is Dharma practice. Whereas, even though we may engage in a great variety of practices that may appear to be spiritual, if they do not act to destroy our self-grasping, they are not Dharma practice."

- Gomo Tulku, *"Becoming a Child of the Buddhas"*

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The paramita for the month of April is that of diligence. I hope that all will excuse my lack thereof in sending this newsletter out late due to unforeseen circumstances. As in his other presentations, Patrul Rinpoche presents us with three aspects of the transcendent practice of diligence: Armor-like diligence, diligence in action, and diligence that cannot be stopped.

Armor-like diligence pertains to our thoughts when we examine the lives of the great teachers, Buddhas, and Bodhisattvas. When we see the deeds they accomplished we should not become discouraged thinking that they were only able to accomplish these deeds because they were Buddhas and Bodhisattvas and that we could never hope to accomplish the same. Instead we must recall that it was simply by acting in this way that they all became so accomplished. As their disciples, even though we might not do better, we have no choice but to emulate their actions.

If perseverance and hardship was necessary for them, how could such things not be imperative for us, weighed down by our past negative actions and lacking their training in the Dharma? We have all the freedoms and advantages of a human existence. We have met an authentic teacher and are receiving the teachings. Now that this opportunity to practice the Dharma has presented itself, we should vow with all our heart to take full advantage of it, prepared to accept hardships and take on heavy burdens. This is what Patrul Rinpoche refers to as armor-like diligence.

While we may have every intention of studying and practicing Dharma, we have a tendency to keep putting it off until later. We must avoid wasting the whole of our human lifetime forever planning to practice! Druk Pema Karpo has said:

"Death comes closer with every second.
If you unhurriedly put off today until tomorrow,
Beware of tears and regret upon your deathbed!"

Do not wait another second to engage in practice! Do something about it immediately. Totally abandon worldly activities and devote yourself to practicing Dharma now! Upon feeling the wish to practice Dharma, not letting laziness or procrastination impede us, setting to work immediately... This is what Patrul Rinpoche refers to as diligence in action.

We should not feel satisfied having completed a practice or a little retreat. We must vow to practice as long as we live, and determine to keep our efforts going, with "all the constant power of a great river." Before ending one Dharma practice focus yourself on the next and tell yourself that you will begin the next practice as soon as this one is finished. Try to make greater and greater efforts each and every day. Rigdzin Jigme Lingpa has said:

"To practice with greater tenacity the closer one gets to death
is the mark of a Dharma practitioner who has not been caught by the frost."

Practicing in this way, making our mind like a bowstring, neither too loose nor tight, this is the practice of diligence that cannot be stopped. Patrul Rinpoche closes by admonishing us that "It will get us nowhere to practice sporadically, only when we have time."

May all beings benefit!

The information presented in this newsletter is based upon teachings presented by Patrul Rinpoche presented in the text "[Words of My Perfect Teacher](#)." This text is available through [Namse Bangdzo Bookstore](#).



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