



Dolpo Tulku Rinpoche Teachings

Advice For Families

No matter what kind of life we lead, the starting point is always with our family. Some people perform very well outside of their family, but, within their family they are not performing well.

This prevents everything in their lives from becoming and being stable. So the main point is, to first of all take care of one's own family and support and protect it. Then we can venture beyond, when we are relying on, and coming from a stable basis. The main point therefore, is that a good life always starts with the family.

We all want to be successful, but actually, where is success rooted? It is rooted in our mind. Therefore, to be truly successful, it is important to act with a pure mind and good heart. That is something we cannot buy anywhere. We need to develop it ourselves. It entails that whatever we do benefits ourselves as well as others. Just taking care of ourselves is a feat that any being in the world can achieve.

When we pray for peace and happiness, we usually just think of ourselves, and direct our wishes towards the future. But, if we want to have a good heart, we can start working on it right now.

We can witness a lot of wars going on everywhere in the world by watching television. A lot of people are praying for them to stop, and for peace to spread around the globe. But ultimately for the wars to end, the warring parties have to stop fighting.

Everyone involved needs to have a good heart. Only then there is a real chance for peace. Of course, we should continue praying, but we also need to take the appropriate action. Prayers are important, but a good heart is even more important. If we act with a good heart, our actions automatically benefit others.

Sometimes, we fake a good intention to look good in front of others. When we see someone in need, and we are being watched, we think: 'Oh, actually, I should do something to help this person, then people will be impressed with me.' But the moment no one is watching, we don't care about others' well-being.

Some people simply pray and wish to be good people, but they don't look at their own actions. They think, they need something that is beyond their present situation, but nothing *extra* is needed. Anything we do in our normal life can be used to help others. All we need to do is to change our motivation and then we can greatly benefit. We already have a lot of experience with our everyday life, so we can use this.

If you are a Chef, for example, then of course you need to use your profession to secure the livelihood of your family. But at the same time, you can cook very good food with the intentions that your customers will really enjoy it and, to want to make them happy. The main concern will then not be how much the food costs, but rather, the pleasurable experience they get. So one can think: 'I can support my family through my knowledge of preparing food, and at the same time, I can make people happy with it as well.'

Some people regularly visit temples to pray, but whenever they get a chance in their every day lives, they harm and mistreat people.

We should think what these deities we pray to actually need. Let's take the Deity of Compassion, Avalokiteshvara. He doesn't care about how many people came to pray in front of his statue, how many apples or how many incense sticks are offered to him. What he wishes, is for people to treat each other with compassion and to maintain peace. So the best offering is not food, but to be a good, compassionate person. This applies to all religions. They all want peace, harmony and love. So if we give them what they want, we give them the best offering.

So one can think, 'Oh, today I don't have time to go to the temple, but Avalokiteshvara's teachings say, that I should act compassionately and help others. So today I have to work for eight hours at the office and I will be a nice and considerate person.' If it feels difficult to be like that all the time, we can just make a vow to be a good person today. Only for today, we will not get angry with our colleagues. This is the best kind of practice.

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