



Dolpo Tulku Rinpoche - Belehrungen

Listen to your body to find inner peace

Dolpo Tulku Rinpoche explains how using the physical body can bring the mind closer to our nature, leading to relaxation and joy

Firstly I want to express my view on the physical body, the mind and our nature. I request you to listen carefully and to make some investigations through your practice. What I have understood through my own practice over the years, is that the physical body is much closer to nature than the mind. I'm saying something a little bit different from the usual, different from traditional topics and different from the texts. But think about it, it's a very important thing.

Nature features two things, the physical, visible nature, which is this physical body and the invisible nature, which is the nature of that which you may call: Buddha nature, rigpa, etc. Now, what about the mind? Mind is influenced a lot by your religion. Mind is influenced by culture and mind is influenced by what you are learning. Mind is under the influence of so many things, but does the body get influenced by politics? No way. By philosophers, no, your teacher, no, priests, no, monks, no. The physical body is very much engaged with the natural elements, the five elements and nature.

We Buddhist value investigation, which is very good, and prevents us from becoming blind faith followers. But at the same time, it's good to use your body, because when the body leads, it will lead to where there is no influence from politics, philosophers, or culture.

When you do Pranayama, breathing exercises, focusing on your body sensation you feel very relaxed, so much at peace, so full of joy. Why? Because your mind comes very close to (invisible) nature and that which brings it close to (invisible) nature is the physical body. So, this physical body is the visible process of nature by means of which your monkey mind gets hooked to this physical body and brings it very close to (invisible) nature. That's why you feel so pleasant. Said in an easy way, I tried to express an important view, an important piece of knowledge. As I said in the beginning it might be a little different from what we have been saying until now.

Life is really a great gift, if you look at it from the right angle, life is full of joy. But what is the right angle?

Mentally, the right angle is so simple, it doesn't need anything and please don't wait to educate yourself to be happy.

Engage with your physical body. The physical body brings you into peace, joyfulness and happiness, because the body doesn't get influenced by enemies, friends, teachers, gurus, priests. It's just natural. Sometimes people make it out to be so negative, they say, it's kind of mechanical, and they have somewhat negative thoughts about the body's reactions. But for me this is the great stairway, the great elevator, the very close elevator to going into Yog or Buddha nature and wisdom. When you get angry, immediately listen to your body, because when you listen to your body, it won't tell you anything. It is just so calm and peaceful.

But do we listen to our body? No! When we get angry, we listen to our mind about why he did this and why she did that. "Why did they do it? It's not fair. I do not deserve this." All this we call intelligence. Intelligence is influenced by many bits of information. You can be very intelligent, because the more you spoil your mind, the more structures you gain, the more the influence of your professor, your guru, your culture increases and your mind is no more intelligent.

Inner practice is a different thing, when you look at it from a Dzogchen point of view, this body is very intelligent, not intellectual, but very intelligent and it's very organic. It doesn't get influenced by anybody. So when you listen to your body, there are sensations. Only sensations. Sensation will not tell you: I'm the good one. I'm the bad one. I'm the heavy one or the light one, possible, not possible. Nothing. It's just very neutral.

Source: Pranayama online teaching, Sunday Nov. 5, 2023 Transcribed and edited by Carmen Jakob & Kerstin Mick