

June 22, 2007

Dear Students,

I am now in open, spacious, and relaxed retreat in Seattle. I will be in this retreat for at least three months, during which time I will not be giving teachings. After three months time, I will let you know what the following three months will be like.

My advice for you during this three-month period is as follows:

དད་བརྩོན་ཤེས་རབ་ལྷན་པའི་སློབ་མ་རྣམས། །ཤེས་རབ་འཕེལ་བའི་ཆེད་དུ་སློབ་སྦྱོང་ལྷག །
བརྩོན་འགྲུས་འཕེལ་བའི་ཆེད་དུ་སློམ་དུ་ལྷག །ཐམས་ཅད་མཉམ་པ་ཉིད་དུ་སློམ་པར་བྱེད། །

My students, who have faith, diligence, and prajna,
In order to increase your prajna, study.
In order to increase your diligence, meditate.
Meditate on everything as being equality.

The view that you should train in over the next three months is as follows:

ནམ་མཁའ་སྟོང་པ་མཐའ་དབུས་མེད་པ་དང་། །ས་གོང་དུམ་བུ་སྟེང་འོག་མེད་པ་དང་། །
འགྲོ་བ་རྣམས་ལ་བདག་གཞན་མེད་པ་བཞིན། །ཚོས་ཀུན་མཉམ་པ་ཉིད་དུ་ཤེས་པར་བྱ། །

Just as empty space has neither end nor center,
This spherical planet has neither top nor bottom,
And wandering beings are neither self nor other,
Know that all phenomena are equality.

That is not just empty talk, it is how things actually are.

Use Milarepa's vajra song *Equality and Seven Things to Forget* to help yourselves train in this view. Memorize it and sing it many times.

Sarva Mangalam,
Khenpo Tsültrim Gyamtso Rinpoche

P.S. Khenpo Rinpoche is answering emails only occasionally at this time. So if you write to him, please do not expect an immediate reply. Thank you for your patience—Ari