



In this final talk, I will discuss the end result of realizing pristine mind. When you meditate, you develop a good heart, which leads to the awakening of the pristine mind and complete access to the pristine mind.

A realization enables you to experience some degree of pristine mind, but it's not total. Maybe you experience thirty percent pristine mind from time to time. There's significant benefit to that. But if you have never meditated, your pristine mind is completely covered, inaccessible. The ordinary person's mind is dominated by mental events. The majority of us live that way. We live with mental events, these thoughts and emotions embedded into our minds. The ordinary mind is a complicated and distorted mind. We make decisions with the ordinary mind, work with the ordinary mind and make relationships with the ordinary mind. Everything comes from the ordinary mind. This is how we develop problems—because so much experience comes to us through the ordinary mind. We are all engaging, connecting, walking, talking, living the samsara experience with ordinary mind.

But once you access some degree of pristine mind, you no longer need the ordinary mind. We can live with pristine mind under any circumstances. Let's say your body is unhealthy from consuming toxic food, and you live with that bad health. Your body is distorted and contaminated, and you live with the consequences. What you eat impacts your body and your mind. This is like living with distorted mind. Our mind becomes distorted when we let ourselves receive and be led by the external information and mental event. This is a challenge we face all the time. In the distorted mind, every action causes a reaction.

But in order to access some degree of the pristine mind experience, we meditate by following the teachings of the Dzogchen tradition, what we call a “thousand-thousand year history” of tradition. Practitioners of pristine mind meditation have a choice: to live ordinary mind or to live pristine mind.



When you live pristine mind, it is like exercising and eating a good diet of healthy food, and enjoying your healthy body. You walk, drink, talk, and live with a healthy body and all its energy and enthusiasm. Many people understand the experience of a good physical body. That is a normal experience.

Similarly, once your mind is pristine, you can live with pristine mind experience. You will always have joy and enthusiasm. Pristine mind is not simply peaceful. It is a vibration, a presence, majestic and dignified. When living with pristine mind, you speak, make decisions, and engage your relationships with dignity and confidence, because there are no negative thoughts. Everything you do can be informed by pristine mind.

The pristine mind is a thousand, thousand times more effective than an ordinary mind. Thousands of years of meditators experience pristine mind. The yogi Milarepa wrote a hundred thousand songs—why so many? He was always laughing and singing because of his joy, because of his pristine mind. The enjoyment of all things—art, poetry, music—can come from pristine mind.

Many Westerners imagine monks as simply remaining in monasteries. But when you look at the history of the Buddhist tradition, many monks reside in monasteries, but not all. Many monks and yogis are musicians, singers, artists, creators—everything comes from within them when they are meditating. When their thoughts and emotions dissipate, when their mind is pristine, they all create. All wonderful things come from that.

Therefore, once you experience pristine mind through meditation, you can live the pristine mind. That is the goal: to live everything with the pristine mind. The more you meditate, the more pristine mind awakens, the more you access pristine mind. The realization of pristine mind is what we call the journey deep into pristine mind. Meditation is that journey.



First you realize pristine mind, and then you abide with pristine mind. Abiding with pristine mind gives you more access to it. The more you access pristine mind, the more your thoughts and emotions disappear. The more your thoughts and emotions disappear, the more happiness, well-being, joy, and positive qualities arise. That is called enlightenment.

What is enlightenment? Enlightenment fully expands the pristine mind. In the enlightened state, there are no negative thoughts, no negative emotions, no belief systems or tendencies whatsoever. It is the end of suffering: nirvana.

When the mind is completely pristine and enlightened, all negative distortions cease to exist. Not just for one moment, but under all circumstances, 24 hours a day, seven days a week! Not a single shred of imperfection. That is the awakening of the pristine mind—when the enlightened person is living completely—every day, every moment—with pristine mind. Living fully with pristine mind is the goal of pristine mind meditation. It is a completely perfect enlightenment.

These four talks are the four stages of what I very clearly describe in my book, *Our Pristine Mind: A Practical Guide to Unconditional Happiness*. Although unconditional happiness is the true purpose of pristine mind, I want to say a few words on conditional happiness. When the mind is distorted, we are always looking for conditions—something we can see, or hear, or touch—that will make us happy, temporarily. Everything conditional is a momentary happiness. We are happy and content as long as the circumstances remain. But when the circumstances disappear, we feel lost. Conditional happiness is dependent on circumstances.

If your happiness and confidence are conditional, then we are vulnerable. These conditions could disappear at any moment. For this reason, we should not look for nor depend on conditions. Of course, we need to have some degree of conditional happiness, but unconditional happiness is most important.

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In this context, unconditional happiness is when all the distortions of negative thoughts and emotions dissipate, so that the mind is pristine. In the pristine mind, we experience a sense of mental and emotional wellbeing continually and unconditionally. You experience happiness seemingly for no reason, because it is happiness continually without condition.

When you experience the unconditional happiness of pristine mind, your relationships will not be deteriorated by the disappearance of lesser, conditional happiness. You can still count on unconditional happiness. When you have unconditional happiness, the experience of conditional happiness is even more powerful because you find happiness everywhere—not only in circumstances, but also within you. This unconditional happiness is the goal of the practice of pristine mind.

Thank you very much for watching these videos and listening to my talks. May you find unconditional happiness. Thank you.