

Orgyen Chowang Rinpoche

Week Three, *Uncovering Our Pristine Mind: The Path to Unconditional Happiness*

June 20, 2016

“A Good Heart”



Hello again. Today I want address what we call the good heart. I call meditation a form of connection, because meditation connects you with who you truly are. Our fundamental nature is very comfortable. When we meditate, we are not connecting with our thoughts, our emotions, or our belief systems—we connect with our natural, unconditional mind. When we meditate, we become just as our mind is—calm, clear, boundless. By meditating we can connect with our most genuine self. This is important because we tend to always feel disconnection in our lives. The more thoughts and emotions we have (especially the negative ones), the more we will feel the discontent of disconnection. The more connected we feel, the more content we will feel also. When we meditate we become more content because we experience who we genuinely are—no gaps. All gaps disappear. You can connect with yourself in the best way, your best, most natural state of mind.

To meditate is to connect with yourself, but it is also to connect with others—with family, friends, and the rest of humanity. How we do connect with others, though? What do we need in order to connect with friends, family, and everyone else? We need a good heart. Negative thoughts like anger and jealousy cause disconnection between ourselves and others. The more anger cuts us off from our ourselves, the more we disconnect mentally and emotionally from others. Whether it is your partner, your family, your friends—the anger causes separation. Anger destroys our connections. Negative thoughts and emotions disconnect us from what we love and appreciate, and they tend to succeed at causing these separations. Many of us have problems with fear, and are unable to connect with family, friends, and the rest of humanity because we are cut off by our negative emotions.

The best way to connect with humanity is by cultivating a good heart. There are so many benefits to the good heart. Today I will talk about how positive thoughts and emotions bring about a connection between ourselves and others. In the practice of meditation there are two components: to connect with ourselves and to connect with the rest of humanity. The good heart is not simplistic—it has four components: love, compassion, rejoicing, and impartiality. If you have these four components of the good heart, you can connect genuinely with everyone. When



we can connect, we can work to bring about happiness for ourselves and others. Therefore, I want to go into some detail about what each component means.

The first is love. Love is very popular. Everybody says they love each other, but I don't know what they truly mean. “I love you.” People say it, but what do they mean? Where does true love reside? True love is not self-centered, not something you want for yourself from others. True love, the Buddha says, is when you sincerely desire for the conditions of happiness for others. Love is sincere wish, not a selfish wish, for the happiness of our loved ones. Happiness takes many forms. To wish for happiness for others means to wish them success, joy, good health, a sense of mental-emotional and physical well-being.

But how do we develop that wish for happiness for others? Here is one technique that I know to develop love. Consider the question, “What do I want? What do I wish for?” We tend to wish for happiness—success, joy, good health—for ourselves first. But what about others? All of humanity wants happiness as well. What you want, they want also. When you realize that all beings wish for happiness just as you do, you realize that they are just like you. When we realize this, our wish for the happiness of the world becomes more sincere. To wish sincerely that everyone in the world experiences happiness—that is called love. When you wish for happiness for your family—that means you love your family. When you wish for happiness for all humanity—that means you love all humanity.

Love is a positive emotion, so it creates many good conditions. The sincere wish of love makes connections between ourselves and others more possible. Other people perceive that love and they become more positive—just as when we're aggressive, people perceive that aggression and become more negative. If you become more positive, you send out this unconditional love that people respond to and send back to you. Our connections with others create more positive conditions. This is the way to connect with others.

Orgyen Chowang Rinpoche

Week Three, *Uncovering Our Pristine Mind: The Path to Unconditional Happiness*

June 20, 2016

“A Good Heart”



We all have some degree of love in ourselves, but we can more diligent in cultivating it. The most important thing I want to say is that we can all become better at developing and cultivating ourselves. We have maybe ten or twenty percent this kind love, but we can expand it to forty, fifty, or sixty percent. That would be a tremendous difference in our relationships and connections. The connections brought about by love allow us to enjoy and to trust others and to be in harmony with them.

The second component of the good heart is compassion. Compassion is the sincere wish for the liberation of others from the conditions of suffering. Suffering is not limited to the pains of injury, illness, or hospitalization. Suffering has many meanings and many different levels. Stress is a form of suffering. Unhappiness is a form of suffering. Anxiety is a form of suffering. When we ask ourselves, “What do I want?” we do not want the conditions of suffering. Other people also do not want suffering. To recognize this is to have the right perspective. When we realize that all of us seek to be free from suffering, it is easier to be more compassionate. We realize, “I don’t want anyone suffering—family, friends, humanity.” You understand compassion by realizing you yourself would not want to experience their mental, emotional, or physical suffering. Even the stress of delayed flights at the airport—that is a form of suffering, and we wish sincerely that people not experience this suffering.

If you have this attitude of compassion, you will get along with people better. People enjoy your presence. Through the good heart we make connections not through the selfish motives of the ego, but through love and compassion. Compassion influences your attitude, your actions, and your behaviors. Others perceive this change, and it can cause a change in their attitude.

The third component of the good heart is rejoicing. To rejoice is very important. Rejoicing means that we rejoice in the happiness and success of others, without jealousy. Usually, when others enjoy success, we can tend to be envious of their success. But envy does not help us and it does not help others. The envious mind is a small, small mind. But the broad mind has a different attitude. Consider how much you appreciate when others rejoicing in your success. The good



heart rejoices in and appreciates the happiness of others without envy, and rejoicing allows you make your connections with others even better. When you are loving, compassionate, and rejoice in the happiness of others, your heart is a noble and powerful heart.

The fourth component of the good heart is impartiality. The good heart is impartial because its loving, compassionate, rejoicing attitude extends to all of humanity. It is not limited to one race or one religion. The impartiality of the good heart fills your entire being. When you love all members of your family fully and treat all of your students equally, that is impartiality. When you develop impartiality, it is the best way to connect with all of humanity.

These four components of the good heart—love, compassion, rejoicing, and impartiality—represent the best ways to improve our connection with others. When you have a good heart, your thoughts and emotions expand and become colored by the good heart. When you don't have a good heart, negative thoughts and emotions take over your mind, and your connections deteriorate. These disconnections destroy relationships and destroy happiness. Sometimes we don't pay attention to our minds. We pay attention to TV, but not the mind. Mindfulness means the ability to monitor our minds. Therefore, you need to realize that we must reduce our negative thoughts and emotions and enhance positive thoughts and emotions. The good heart transforms our relationships.