



Welcome back again. This talk is going to be on sympathetic joy. We all have an inherent capacity for sympathetic joy, which is our ability to vicariously feel joy on others' behalf. When we can access sympathetic joy, that happiness or mental strength we experience is a very pure kind of joy. It's a sustainable kind of happiness that's always accessible and at our disposal, so this is a very helpful practice.

Sympathetic joy is an experience of great happiness that protects you from envy and jealousy, which are the opposite emotions of sympathetic joy. Sympathetic joy can prevent you from becoming lost in your own self-pity, or overcome by the insecurities and suffering related to envy and jealousy. Sympathetic joy protects us and promotes our well-being. Sympathetic joy, as the Buddha said is *kana mato we'i dewa*, which is the joy or happiness that has none of the delusion of our own ego, since it is being vicariously happy on others behalf. So there's very little chance for one's own ego and attachments to get involved.

A mother who is really happy to witness her child's success in a soccer game is experiencing sympathetic joy. So are the citizens of a country who are really happy about their sportsmen's great performance in the Olympics. There are many other ways that we might access this joy for others from time to time. Even if we ourselves are not performing or succeeding, we're able to vicariously feel so much joy and happiness for others. It's a celebration or joyful event—there's a much cleaner feeling when you're not caught in your own self-centeredness or small-mindedness.

To access sympathetic joy, start by taking a couple of deep breaths in and out. [Pause.]

Then, imagine you are a soccer fan supporting your country's soccer team. You're watching from the stadium and your team wins the game. Notice how you feel so ecstatically joyful and happy. In that moment, you're not thinking “I've beaten others.” You're thinking about how your country has won the game and how happy you are. In that moment you feel so much happiness and joy. Try to be in touch with that. It could be with any sport, how you feel great happiness and joy when your team or your sports stars are able to perform their great work on the field. [Pause.]

If you're a mother or father, you could consider the great joy and happiness you feel when your children are doing well. You feel even greater happiness for them than you would if it was your achievement. When your child takes their first step or speaks their first full sentence, you feel so great. When they return from their first day of school having gained some new knowledge, you



feel so happy. In this way, you feel joy vicariously as a parent. You may also feel it with a spouse for whom you have much tsewa, love, and care. When they do well, you feel so much happiness.

With that same feeling, try to think of all the people who are doing well in the world—enjoying a good standard of living financially, with a good education and family life. Their influence in society is growing, their power and position is becoming more appreciated by the rest of the society and the global community at large. Try to have the same kind of joy for anyone in the world who is doing well as you felt in the stadium for your sports star. They are all essentially on your team. They are all living beings and you care that all living beings do well. All living beings deserve that. So when they’re doing well, why not rejoice on their behalf, like you do for your favorite sports star, just like when your own team is doing really well?

Then think, “May they do even better so I could rejoice even more.” You could witness how all people grow from infants to children and then into adults. You’re able to rejoice as a parent on behalf of all living beings who are doing well. They are doing well through their own merit, their own effort, with their own hard work and gathering of resources, conditions, friends, and support. When they’re happy, make that happiness your happiness. There's no reason why you can't feel it in the same way just as you did when your sports star scored that great goal.

Then rejoice in the achievements of the buddhas, in their abandonment of all ignorance and their achievement of the awakened state of mind. Rejoice in all of the great work that the bodhisattvas are able to accomplish on behalf of themselves and others, in the abandonment of their own ignorance and the awakening of their own enlightened mind, just like the buddhas and having an equal level of benefit to the buddhas.

Buddhas and bodhisattvas really do manifest in the world. We don't always see buddhas and bodhisattvas as we expect them to be, as they are in photographs. Buddhas and bodhisattvas manifest amongst us, in our own human world among human beings. They may be great doctors, nurses, teachers, leaders, environmentalists, writers, musicians, or scientists. Whoever is able to benefit human society, enhancing happiness and joy in the world, they are the emissaries of the buddhas and the bodhisattvas. So rejoice in their accomplishments and how they have touched and transformed human society and the world.

Feel an appreciation for them as emissaries of the buddhas and bodhisattvas among us in this world. Feel this world being protected by the blessings of the buddhas and bodhisattvas.



Appreciate all the great beings in that way. As there is a lot of suffering and conditions of suffering, there are also so many blessings in this world, in our lives, in our societies, and in this earth. The sun, moon, oceans, rivers, mountains, and all the natural beauty of the Earth itself creates a rich and full experience of wonderment, and you can really rejoice in the way the Earth supports so many living beings, and water gives life. Rejoice in all of those positive things.

There's so much to appreciate, and it's your natural inheritance from being born on this Earth. Be in that gay state of mind through and through and really connect with it. That is sympathetic joy.

I hope in these four talks, you have been able to get in touch with yourself first of all, to get in touch with your own mind, emotions, and inherent positive qualities. I hope you've been able to shed your negative and confused states of mind and emotions, to bring a sense of peace and joy into your life. Then I hope you've been able to spread this to your own family, and from there even further to the global community and the global family. That is my intention. Thank you very much.