



Greetings and welcome to the third week. Today's topic is the true source of healing. This teaching is from the Dzogchen tradition of Tibet, which is translated as the tradition of great perfection. So the whole idea of great perfection is that as individuals, we are completely perfect, completely free, completely perfected with kindness, compassion, love, and generosity. All the *prajnaparamitas* are perfected in us. So who we are, is in a way a true source of healing.

But in our everyday life, we lose the connection to that true source, we lose the connection to our true self. We are not able to realize who we are, not able to connect with that, not able to feel the power and healing power from it. That disconnection is the beginning of suffering. That separation, that duality, is the beginning of our suffering. We produce a lot of stories—samsaric stories, pain stories—in today's world you can see these stories in social media, in the news, in families, in your own head. These samsaric pain stories cause our suffering, and they are the result of that disconnection.

So in the Tibetan tradition, and particularly in the Dzogchen tradition, there is a metaphor we use of a child and their mother. So even in the bardo prayers,—the prayers of the intermediate state, when one dies—during that prayer, it says, "May the child and mother encounter each other again." May the child meet the mother, but what does that mean? That means "May I realize myself, may I connect with myself, may I connect with that true source." That is the prayer frequently said when somebody dies. So that is the prayer we should say all the time and remind ourselves all the time that we needed to be connected, and that connection is the true source of healing.

So when you don't feel complete it's a very similar feeling as when you're not connected to the internet. But imagine it's worse than that. There are so many people who are totally lost and disconnected from their true source of healing: themselves, who they are. That is the cause of suffering. That is the cause of every wound that we feel in our hearts. So that is a little bit of the concept behind this teaching.

I would like to ask all of you to bring your full attention to this moment. As you're listening to me and to the place where you are, bring your attention to your place at that moment you're listening to me. In your body, the awareness of your body, awareness in your body, which is aware of deep groundedness, connectedness, and stillness. Have awareness in your speech, being fully aware of the silence, feeling the silence. Awareness in your heart and your mind, being fully aware of that sacred space. Connected to your body through the stillness, connected to your speech through the silence, connected to your heart by feeling the openness.



Gradually bring your full attention to your life. Bring full attention and awareness to your life, very genuinely, very openly, being brave, being honest. And look. What is the healing that you need at this moment in your life? What is the deep-rooted wound that surfaces in many different ways with many different stories impacting your life negatively? What are the things that you have witnessed? Where are these stories coming from? Where are they rooted? In deep wounds inside yourself?

There could be so many different wounds, but I will give one example: not feeling good enough, not feeling worthy enough. Sometimes you suffer because of that deep wound, and sometimes you are not aware of that. Sometimes you identify with that. You think, "Yes, I'm not good." So how would you know you have this wound? You would say, "I'm not good enough to do that. I'm not good for this job. I'm not good for this relationship. I am not good enough to meet that person. I am not good for this task." It will come out again and again. It impacts your life and produces a lot of confusion and suffering. Just be aware of that. But deep inside the key word is "I'm not good enough. I'm not worthy enough." When was the last time you felt that? When was the last time you interacted with that feeling? When was the last time that thought, that emotion, that self-identity negatively created situations in your life? Just be aware of that.

See the stories, see the interactions, see the emotions, see the thoughts. Feel this deep pain identity, this wound: not good enough, not worthy enough. Feel it. This experience of not feeling good or worthy enough, that pain identity, is there in the first place because that emotion has been disconnected from the source. It came to exist as a result of disconnection. It gave birth to that, as continuously being disconnected, it has created a lot of stories, it has stabilized itself in your life. That's exactly what is happening. So what is lacking, it's lacking a connection.

So, the true source of healing is when you are able to connect fully to yourself. Through that connection, through that awareness, when you are able to connect fully to your wound, to your pain, to this sense of "not good enough" and "not worthy enough."

Remember, we have been talking about giving a spacious, luminous, warm hug. The one who is feeling the pain of feeling not good enough needs the connection. They need that spacious, luminous, warm hug. Recognize that. So you're bringing your full attention and awareness, and give a spacious, luminous, warm hug to that deep wound. Give a spacious, luminous, warm hug to that deep wound, to that feeling of not being good enough, not worthy enough.

It's like the pain is a child. So the mother is bringing her full attention and awareness to the child. And when the mother is giving that spacious, luminous, warm hug to the child who in this case their sense of self is not complete enough. When the child recognizes the mother it recognizes it



has been such a long time. It's like an abandoned child, a lost child, it immediately recognizes the mother, no matter how long that separation has been. And there is a deep sense of connection between the child and the mother. Feel that.

The child immediately feels a sense of belonging, a sense of knowing, feeling connected. They feel that deep loss connection is back again. Most importantly, the child is feeling that nourishment from their connection. So feel that connection between the child and the mother, the connection to that true source, and feel healing and nourishment.

So this is how you would meditate on this. I usually talk about formal and informal meditation. In formal meditation, you can sit in a five-point posture or posture that you feel comfortable in and bring your full attention to your body, breath, and mind, and allow them to fully rest. And then open up and fully look at your life and see how many stories are there. How many stories are there in the news, how many stories are there in social media? How many samsaric stories, pain stories, are there in your family? Between your friends? In your own life, in your own head? All the stories are a result of disconnection producing suffering and confusion. The moment you recognize it and trace that back to the source, when it has been disconnected, when the child was disconnected from the mother and began to suffer. When you recognize this, when the child and mother reconnect, when you're reconnecting with your true self, healing happens. So that's what we're trying to do.

Our next session, the last week, is titled "Discovering the Melody of Silence." I'm very much looking forward to it. This is very important because we talk about the silence in so many different spiritual traditions.

Sometimes silence feels like only the absence of sound or noises. But in our tradition, where we emphasize the practice of silence, it's not so much about the absence of noise and sound, but it is more about the presence of awareness of the silence. Being aware of the silence is not just a lack of sound but being aware of the silence. There is a liveliness in the awareness of the silence, there is vitality, there is joy, there is light, there is nourishment, there is even the idea of melody. This is the music. The silence is like music. It's so joyful and lively to be in. Not like it just did that and depressing to sit in absence of just sound. It's not like that.

So we're going to talk about how powerful being aware of the melody of the silence is. So that will be our next session. I welcome all of you to this session.