



Welcome everyone. My name is Yongey Mingyur Rinpoche and I'm teaching the meditation. We will be exploring some important meditation teachings from what we call *The Way of the Bodhisattva*. This ancient text was taught by Shantideva I think more than 1,000 years before in India. This text is really beneficial for me, it touched my heart, as well as many practitioners throughout India and Tibet during ancient times and still now. This is one of the most famous ancient texts, and this text's main focus is about lovingkindness, compassion, and *bodhicitta*. We will explore the essence of short, deep teachings within these few weeks.

First, today, I would like to focus on the what we call equalization of self and others. This practice really helps me to understand more about others. We understand more about others, and at the same time, we understand [more] about ourselves. Therefore, equalization. The main practice of this meditation is to understand that yourself and everybody else are sharing one unique quality, which is what we call feeling.

The text *The Way of the Bodhisattva* said it's like your right and left hand. Both have feeling, sensation. If you try to do a good massage to the right hand, and you try to pinch the left hand, and if someone asks you which one you like, both have feeling. Both have sensation. One hurts, one feels good. Why are both the same? Both have feeling and that is part of our body. Wherever there is feeling, [wherever] there is sensation, there is the wish to be happy and to not want pain, suffering, or problems. Similarly, within your body like that, you can understand others.

Let me ask you a question. How many of you want to be happy? Raise your hand. You can raise your hand in front of the screen. Even though I cannot see you, I think you raised your hand, right? That is the the common experience, common feeling. The common desire that everybody shares. Why do you come here to listen to my talk? [You're] looking for happiness, right now. And while you're listening to my talk, maybe you move, right? Maybe you are listening that way [crosses arms]. You're listening that way [crosses arms again]. Why? Looking for happiness. This way's too long. Not comfortable, huh? This way, oh it feels a little bit good, feel a little bit happy. Each movement of your body, each feeling, each breath, each eye's blink, is looking for happiness.

The Buddha said, this feeling of looking for happiness, of don't want to suffer, is the sign of what we call basic innate goodness. Basic innate goodness means that we all have this enlightened nature, we all have wonderful nature. This nature is peaceful, pure, free, and always with us. Our true nature. The basic innate goodness is our true nature. It has all the qualities like awareness, love and compassion, and wisdom. So you and all beings are sharing the same basic goodness.

But, the problem is we may not recognize what are the causes of happiness. The real cause of happiness is to connect with your true nature—awareness, love and compassion, and wisdom. But sometimes we don't know. Therefore today, the main practice that we're going to do is first to understand yourself, your



feeling, then to understand this with all beings. And to understand you and all beings are equal—we all have wonderful nature and we all are looking for happiness and don't want to suffer. We are wishing for all of us to be happy.

Let's practice together. First, please keep your spine loosely straight, if possible. You can sit on a chair, on the cushion, on the ground, or wherever you are, just stay calm, comfortable. Now, please close your eyes if you want. You can close your eyes and please feel your body and relax the muscles within your body. Please be aware of any sensations. Maybe gravity, lightness, or maybe relaxation. Maybe you cannot relax—there's tightness and tensions. It doesn't matter. You can scan your body from head to feet and then try to relax muscles in the body. If you cannot relax, that's okay. Allow that you cannot relax. Give permission that you cannot relax. When you allow that you cannot relax, that means you are relaxing. Actually, for the awareness, relax or not relaxed, it doesn't matter.

Now ask a question: Why am I doing this meditation? Why am I following this meditation guide? Because you're looking for happiness. Maybe you're looking for peace, meaning, or purpose. And that is wonderful, and that is self-love, self-kindness, compassion, and care for yourself. Maybe you're worried, "Am I doing right or wrong? Am I really following this instruction?" Or, "Maybe I'm making some mistakes. How can I tell that I'm understanding this teaching?" You're worried about that. Why? Because you don't want a problem. You don't want to have obstacles. That is compassion. You're looking for happiness. That is love. You don't want a problem. That is compassion. So self-love and self-compassion are right here now. Please appreciate that.

Appreciate that this feeling of looking for happiness, of not wanting to suffer. . . The essence of that feeling is love and compassion. How wonderful. That feeling of looking for happiness, of not wanting to suffer, is a sign of my true nature—basic innate goodness. How wonderful.

The Buddha said it's like homesickness. If there's a bird flying away from the nest, no matter how the bird goes, in the end, [it wants] to return to the nest. For us, [it's] the same. We want to go back to our true nature, our real home. We want to go back to who we are.

So what is our home? The basic innate goodness, the buddhanature, the original purity—there are so many names. Therefore, our true nature is free from suffering. It is peaceful. It is free. Therefore, we want to be happy. How wonderful. How wonderful that we have this desire of looking for happiness. This desire of looking for happiness is the inner sense that we want to go back to our real home

Now if you want, you can open your eyes. If you see somebody there—maybe your friends, family, people outside of your house or place where you stay, pets, neighbors, birds up in the sky—they are also the same as you. They are looking for happiness. Every movement, every breath, every eye's blink. Just

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like you. They have wonderful nature too. They all have, on a deeper level, awareness, love and compassion, and wisdom.

But sometimes we don't know what are the real causes of happiness. The real cause of happiness is to connect with our innate quality of awareness, love and compassion, and wisdom. So wish that: may they have happiness and the causes of happiness. And not only people nearby you, not only your friends or family circle, but all beings. People in your town, village, and in your country.

Now please expand your love and compassion. For your love is to wish them to be happy and to have the causes of happiness. May they have happiness and the causes of happiness. May they be free from suffering and the causes of suffering. And now expand to all beings. Whoever wants to be happy, may they have happiness and the causes of happiness. May all beings be free from suffering and the causes of suffering.

Okay, now we already finished the meditation together about equalizing self and others. Next week, we will explore the exchange of self and others. See you again next week.