

Foundation of All Good Qualities: Teaching #3 by Arjia Rinpoche: March 23, 2008

Verse One: Relying on the Guru

1. Consider a scale on which you weigh an object: On one side, you rely on the guru. On the other side, you do your practice. You can practice the virtue of patience by putting up with the faults of your teacher. (If you get a “lemon,” make “lemonade.”)
2. Do you have to agree with everything your guru says? Can any kind of teacher be a spiritual master. Not at all: you must first check out your teacher. A perfect dharma teacher has 10 qualities:
 - a. Humble – due to his higher attaining of morality
 - b. Calm – due to his higher training of concentration
 - c. Pacified – due to his training of wisdom

These first three qualities are the essential qualities of any practitioner: morality, concentration, and wisdom

- d. Rich in oral transmission – since our knowledge is limited (Buddha is not here in Indiana), lineage is very important
- e. Having realized emptiness – a “mallet” is empty of being a “mallet.” Our “self” is empty of being a “self.” Names come from “our side.”
- f. More learned than his students
- g. Being compassionate
- h. Being hard working
- i. Having no regrets or lamentations (doesn’t complain about his students.)

When we check out our teacher, he must have at least 20% - two of these qualities: morality and compassion.

3. Once you accept a teacher, you must be constant. Don’t change from one teacher to another, to another.