

T.Y.S. Lama Gangchen
Tibetan lama world healer

Inner peace teachings
from Kunpen Lama Gangchen, Milan, Italy

Return
to
peace

Transcripts

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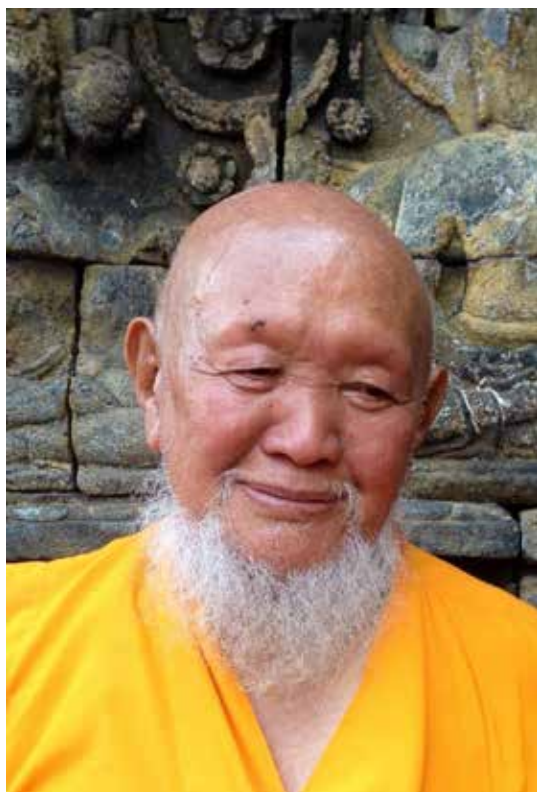
Return to peace

Transcripts of inner peace teachings
given at Kunpen Lama Gangchen, Milan, Italy
December 1994 to January 1995

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This transcript has been edited to make it more easy to read. However, Rinpoche's English has been left as close as possible to his own. We hope that you will be able to feel the very special energy which comes through Rinpoche's speech.



Lama Gangchen Tulku Rinpoche is the holder of a long and unbroken lineage of healing lamas and tantric masters. He has a profound knowledge of the interdependent relationship between the body and mind, and has developed the ability to understand the causes and conditions of both mental and physical illness, beyond the mere physical symptoms. In this way he is able to aid many people overcome and heal their physical and mental problems by helping them to reconnect with their innermost pure-crystal self-healing energy.

December 20th, 1994
Kunpen Lama Gangchen

We are all working together for peace. Peace for our world, the container, but also for all beings and the environment, the contents. But first we need to recognise what peace is, because peace does not just mean the absence of war. Our group is working for the development of peace so we particularly need to learn very well the true meaning of peace. In this world we have many traditions, such as politics, religions, moralities – which in reality are all trying to make peace. Peace is their final goal, but before we can realise peace we need to understand many things. We need to understand that at this time we are living opposite to peace.

We need to make peace our main goal in life. If we make peace our main goal then all the other things that we need in our life will come automatically or we will understand that we do not need those things anymore. Whatever we like to do: samsara things, nirvana things, political things, business things, if we live alone or with others, do a normal job or work for enlightenment; whatever we want, whatever we need, if we have peace then our situation will come successful. If we have no peace, our situation might temporarily seem ok, but on the energy level it is different and finally we will experience problems. A peace base is very important before we do anything.

*The motivation we develop is the door of any activity,
and this motivation should always be peace.*

Peace is daily life. Peace is temporary life. Peace is permanent life. We need to recognise that peace is important in every moment of our life. Peace is like the base of the spine and peace is our constant companion. Peace is our lover. Peace is our guru. Peace is our friend. Peace is our family. Recognise the importance of peace in life and embrace it. When we hug peace we will smile, feel relaxed and harmonious, our

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memory and wisdom will increase: everything we like to do will be successful.

In each second we experience both samsara and nirvana, so please recognise our peace work. This is not about Buddhism or religion – everyone needs to recognise inner peace because it is the root of life, the basis. If our mind is mixed with peace, then automatically we will feel good. If our mind is mixed with emotional reactions, then automatically we will feel not good and anything we do is not coming well. Make peace. This is my request to you and the reason why I made the Lama Gangchen World Peace Foundation. Peace is our main goal.

Enlightenment means big peace.

We need to develop our percentage of inner peace from the first moon to the full moon; from first peace to full peace. We are working together for this aim so we need to rejoice and be happy. *Tendrel Nyinpo* means choosing peace all the time. Guru Shakyamuni Buddha taught 101 texts, in which he explained many things. Today people complain that there is not enough technology inside cars and aeroplanes, but Buddha understood and explained dependant arising which is basis of motion and technology. Dependent arising or cause and effect is actually an explanation of everything. All explanations condensed into one point; a 2500 years old explanation that is as valid today as it was then. It is working now because this explanation has truth power. We now need to use this explanation in a positive way, to make peace.

If we don't have peace today, then tomorrow we will get a problem. For this reason we need peace centres, foundations and publications. We need to work together for peace. When I was young, in Tibet, I prayed and dedicated my positive actions to all sentient beings. Now I forgot my monastery life and am living in a modern world, so I talk on the radio, I am on television, I am in the newspapers and

I advertise self-healing and peace everywhere I go. I am running and jumping, here and there giving peace messages. Calculate how many kilometres I travel in one year! Even when I am in an aeroplane, as I fly over different countries, I am always praying for peace for that country, peace to all the families, peace for that society, peace for all the sick people. Maybe you think I am crazy, but we all need to be happy and so we all need to work for peace. Generally, we work too much and have little time for holidays, but when we work for peace we don't need holidays. We all need to choose something for this world: some people choose war, but we can choose peace! To do this we need to be able to recognise peace very well.

Peace is very precious for our generation and so we need to show a good example to Europe and to our world. One day the governments need to recognise our peace job. But, even if they don't recognise our work we will continue to be recognised by peace itself! Generally peace is female energy. Feminine and woman is actually different! Generally speaking women are peaceful. But if we check on a subtle level we will find that men have female energy inside and women also have male energy. You need to understand and know how to use these energies with wisdom.

We need to show good images and good examples to this world. We need to put good images on television, radio and in the newspapers. We have to make peace company all the time. We have to make peace-space all the time. When we feel angry our space is blocked, our memory is lost and then we say stupid things. If we embrace our husband, wife or partner with peace then they become shining, like a moon, and then we can really enjoy. Kiss and embrace with peace!

December 21st, 1994
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We are here to do something for our personal world but also for the world in general. We all have many wishes for our life, so we need to do something to realise them: we need to choose to work for peace. To be successful we need inner and world peace very much. We need to develop peace from small to big, and then our family and business will be successful, whether we are alone or surrounded by people we are happy and everything is possible.

Peace is our company. Peace is the basis of our spine. Peace is our friend.

When we have peace-space inside then whatever we say and think, our relations with others, our business, our spiritual path is all coming well. So, with peace many different things are possible; we can lose our family or business, we can lose an arm or foot, these are difficult experiences but not really problems if we have inner peace. Please do not lose inner peace, keep it at all times. Never lose peace. We are always looking at material things; we want beautiful houses, cars and clothes, but the most beautiful thing is the inner peace in our mind. There is no need to accept or follow a particular religion to develop peace-space. Peace-space is the number one beauty that we can have. If our mind is beautiful due to inner peace, we are more beautiful than a god.

Inner peace is mind beauty.

Now it is almost Christmas day, so this is my Christmas message to you all. Our centre, Kunpen Lama Gangchen, is small and we are a small group but we are working for peace in many different ways: we are all peace messengers. We need to become similar to the newspapers, television and the radio so we can give peace messages everywhere in the world! All over the world people are running from morning until

night, looking for good messages. We may think that we need science, but if we have inner peace we already have everything.

Peace should be the message of our generation to the generations of the 21st century. In America people are looking into many different things including religion, because they are not satisfied. If we want to feel satisfied we need to develop peace, the most beautiful thing. Whatever we need, a girlfriend or boyfriend or enlightenment, is coming automatically if we have inner peace. Even though we are looking into many things, even though we wish and wait for many things, we need to keep and develop inner peace. Regardless of the positive or negative movement of samsara, we need to hug and embrace peace constantly. We should start making our foundation for the New Year right now: *I do not want to lose my peace*. If we think in this way, next year will come well.

The United Nations and governments promote peace, but peace is also something individual that we need to save ourselves. We need to understand the importance of peace for everyone in samsara and nirvana. For example, one friend sent me a letter, actually now she is dead but before dying she wrote to me, as an old friend. She was sick with cancer and also mentally sick, she was showing too much emotional reaction to her friends and family. After she met me and we made a puja ceremony she changed and resolved all her family problems. She was able to make peace with all her relatives before dying. She said in her letter: *Thank you, now I am dying, but no problem. I can die happily*. Her husband and daughter have been to see me today. What I would like to say is that Kunpen Lama Gangchen is working hard to benefit the body and mind suffering of many people. She said: *I got peace*, and this is what we are working for.

Everyday we are reciting **OM BISHWA SHANTI HUM**: inner and world peace. If one person, in their personal inner world, gets peace, then this is wonderful. Generally we have one world, but we have

both collective and individual peace. This woman solved her personal samsara problem and she found happiness and peace in which to die. This is not a cure, it is something much more – it is healing. Healing means more than cure. Cure is when we eat an aspirin for a headache. Healing means changing this woman's reaction into harmony and peace. Before dying this woman said: *Give this letter to Rinpoche and all my friends.* I am always repeating that I am a healer. My healing lineage is true and beneficial for suffering beings. I am not saying that I am great and wonderful because this world has many different healers – I am just showing the methods of the Supreme Healers.

*We have many beautiful things such as houses, cars and clothes,
but the best thing is to have a beautiful mind.*

The most important thing we can have for our spiritual life, for our daily material life, for our relationships, business, for this life and other lives, is peace. If our girlfriend or boyfriend is peaceful inside, then their inner light and beauty is automatically coming out. If we show too much reaction, people feel afraid and nervous of us – whatever we get, no matter how beautiful or precious, people are still scared of us. We need to make mind 'make-up' first. We spend many hours each day in the bathroom, but sometimes we need to look at the tiredness, nervousness and jealousy that we have in our mind. We need a physical mirror and a mind mirror. We need to check if our mind is beautiful or ugly, a full moon or a dark moon. If we have mental peace and happiness, we get fewer wrinkles. Wrinkles come very slowly or not at all.

In this world we think a lot about making money, about having and buying different things: we change our clothes and shoes so many times in one year. It would be much better if instead we made our mind beautiful. First, we need to accept this idea and prepare by thinking: *enough of my stupid mind.* For example, my friends are travelling many times to Nepal and India.

In the beginning they bought many things, they used them for one week and then put them in a box. After some time I checked and they are buying less things. Buying less is also one beautiful 'make-up'! After travelling, people change a lot. I am not checking in a direct way, but indirectly I am looking at what is changing mentally and physically. I am very happy about these kinds of things. When we first meet a guru or spiritual guide we need to get the message quickly – we need the essence of the message: we need mind 'make-up' because we need to make our mind peaceful. We Tibetans read big books, make prayer ceremonies and follow many rules and moralities, for example in the monastery we had to wake up at 4 am, we had to shower with cold water – very cold water – but the essence of all this is to make our mind peaceful.

We need to change the base of our mind from nervous to peaceful.

Where there is morality there usually comes a lot of complaining! In religion, for example, we complain about religious dress because we don't like it. This is just one morality of one spiritual system. In reality, the way we dress is not morality; morality is when we do something with our mind together. But people look at the symbols of religion, they only see the external things and they often don't like what they see. In this way we make many excuses. So, we need do something in a very easy and direct way – we need to go directly to peace.

The first seed is peace and the final goal is enlightenment-peace.

We need to recognise peace. We need to hug and embrace peace all the time. We need the company of peace. We need to do everything with peace. We can use positive dependent arising causes and conditions to make peace, just as negative dependant arising causes and conditions make war and disharmony. We all like and want beautiful things – but comparing the most beautiful possessions we have to the direct mind of peace helps us to understand which is the

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best one. We need to choose peace and then all other things come automatically. Peace means that you don't need to *stomp, stomp, stomp* when you are walking: walking becomes peaceful. Speech is peaceful. All our body actions are peaceful. Peace means that all the movement of our body, speech, mind, qualities and actions are made peacefully. Then we see everyone, both others and ourselves as beautiful. With inner peace, our mind sees the beauty of others and this means that even a hug becomes more than a normal hug. This is more than a normal method.

Everyone likes to have a better life, so the best way to do this is to develop peace!

Peace is dangerous to lose. If we lose all our material things, never mind, but we should never lose our mind of peace. Like the girl who is dying, she is losing her body and family, but she can die peaceful and happy. If we have peace when we die, wherever we like to go, whether we believe in a Buddhist or Catholic way, we can reach that place.

December 23rd, 1994
Kunpen Lama Gangchen

At Christmas we need to give beautiful things to each other. But more than this we need to give peace messages, an outer and inner smile, to each other. Give peace and get a nice reaction, nice movements, nice thoughts; this is a nice way of giving. We need to give peace presents. Peace is the best present. We should ask ourselves why we need to give presents? Christmas is actually a religious ceremony to remember the birthday of Jesus, so in reality there is no need to give anything materially; instead we need to give positive messages to the world. At Christmas we need to give spiritual message of love, harmony and joy. The minimum gift to each other should be small or big peace. Then, the memory of Jesus becomes really a spiritual ceremony. You know, in these days giving peace is a really big present. If we give an expensive gift but show some kind of reaction: *Ah, but it is too expensive, I can't afford this*, and then after think *I'm ashamed, I must be no good*, it would have been better for us to give a small flower with beautiful peace.

When we give with peace that energy spreads out. In particularly we need to make some commitment – maybe we have problems with a relative, parent, girlfriend or neighbour – we should think I respect Christmas and therefore tomorrow I will make peace relations. This is truly respecting Jesus birthday. For example, if we smoke we pollute the inner and outer environment so smoking less is respecting the birthday of Jesus. Less drugs, less jealousy, less alcohol, less anger, less nervousness is really respecting Jesus. We need to learn how to use our jealousy, anger and energy positively.

Originally, positive and negative, did not exist – only neutral.

We can use the birthday of Jesus as an occasion to make our negative thought supermarket less; then Jesus will be really happy with us.

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Actually I would like to give presents to all my friends, but I do not have enough money, so I thought I would talk a little about peace because this is beneficial for our daily life and not just for one day. A flower wilts in one day, but if we keep our peace message well then no one can destroy it. I want to give you all a peace message, a peace consort, peace company, a peace-space base. Maybe now it is hard for us to understand peace-space – but we know well the opposite or negative side of peace space: it is anger.

Anger means no peace-space.

We need to give each other peace, then when we kiss it is very beautiful and not just a habit. Developing peace is a good way of wishing Jesus a happy birthday. Many holy days, such as Buddha's birthday, are on full moon days. This is a message that we need to do more positive things. We need to change our family and relationship problems then life in this world is easier. Changing bad habits into good habits is the wish of the holy beings.

These days how we see morality is different for everyone. For example, in some societies men have relationships with men and women have relationships with women. Also inside religion there are problems, for example they say *this person is this and that person is that* and so on. It is difficult to say what is right or wrong, so the best morality to follow is inner peace. We need to take care and develop our mind; we need to “make-up” our mind so it becomes beautiful, happy, healthy and positive.

With peace our mind is very easy, very beautiful and very useful.

It is actually easier for us to take care of our mind than our body because the body needs a good diet and medical care, to take care of the mind we just need to say *stop* to negativity and develop peace. Enlightenment is in our hand. Buddha is always with us wherever

we are and in each moment, but we create so many blockage and excuses. We must remember that peace is there in each moment. Before, religious and moralistic systems took care of many things – this is wonderful – but today the main point is sometimes very far away or missing. Nowadays, we don't want to and don't have time to follow all these rules, so we need take care of one main point: inner peace. By developing inner peace, we can make peace in our family, in our society and in this world.

We are so fortunate and lucky because in ancient times we needed to study many years, make many purification practice and so on before receiving any explanations about inner peace. In all religions the main point is inner peace but often these teachings are kept very secretly, so to get to them takes so long and people get bored. Nowadays we need the main point very quickly. If we don't know how to take care of inner peace then it is a problem not just a difficulty. If our mind is not peaceful then even if we are surrounded by gold, jewels and dollars, our heart is beating fast, we are worried and full of fear and samsara suffering. We spend lots of energy looking for the best Christmas gifts – jewels, clothes, perfumes, cars; all these gifts are ok and wonderful but the best gift is peace mind. Taking care of our mind is really '*merry christmas*'.

When we touch our heart and recite **OM BISHWA SHANTI HUM**, it means don't lose peace. Great yogis and spiritual practitioners are respected for their peaceful qualities. So, for Jesus birthday celebration we need link to positive things. In Tibetan language peace is called *Shide*, the word is made from the two words *shiwā* and *dewa* which mean peace and happy.

The real meaning of generosity is giving peace and love.

December 26th, 1994
Kunpen Lama Gangchen

I never prepare my talks but my mind is always thinking about how I can give good messages to this world and how I can show the way of enlightenment – this is my nature. I am busy thinking 24 hours a day, so I need to say sorry because I have no time to prepare a talk.

There are two different ways of teaching. The first is to explain in our language or according to our own system, such as the Gelugpa Buddhist system in my case, the second is to make general explanations and show personal experiences. There are also many kinds of moralities or rules to increase peace, harmony and kindness but first we need to learn about the essence of what we need to develop. My base is what I learnt through my traditional education, which I still continue some aspects of today because my habits are fixed like that. I don't teach people to do what I do, I teach a completely different way. For example on one side I am sitting on a throne speaking with you, but on the other side I am thinking and living with you in a friendly kind of way. What I learnt is different from what I now teach and speak, but the goal is still the same. I am speaking in a friendly and modern way but the lineage and the power is the same. Modern society is too busy so it needs to get the message, lineage and energy quickly and directly, not by listening and studying for many years. For example, what do three prostrations or mandala-offering mean? Of course on the energy level you receive something, but even if you follow these traditional things with other lamas there is no need for you to do them with me as you still receive same energy.

To give self-healing messages quickly and directly to people who want them I am on the radio, television and in the newspaper. I am giving all the answers without waiting for questions! I left behind my monastery life in Nepal and in Sera Monastery in India to help all those people who respect me. Whether you follow me or not is

up to you – I am not pushing. I just run here and there giving peace messages, travelling many kilometres each month and each year. This is my crazy nature; what I have, I like to share with everyone. My main motivation is to share Self-Healing and inner and world peace, but automatically I also bring everywhere I go Tibetan culture, dance, songs, art, poems, tantra and mantra, because I am Tibetan by birth. I want to give the message of Self-Healing to everybody. Self-Healing means that our self is beautiful and important, but this self has something wrong because it is covered by negative.

*We need to separate our negative self from our positive self,
then we will be self-liberated and self-enlightenment will come as a result.*

We need a peace base. We need peace company. The basis of both samsara and nirvana is peace. We need to learn how to recognise peace. Our body, speech and mind are covered by unpeacefulness; therefore we need do something to uncover the peace that is already there. Samsara and nirvana are both here, we need to recognise interdependence and we need to work with peace. Whatever situation we are in we need a peace basis, because even if without it we get temporary success, later it will fall down. If we have a peace basis then the way of enlightenment automatically comes. We shouldn't think that we already know peace because we need to know many details, as well as how we can mix peace with our lives in every moment. Nirvana and samsara are both there, it depends what we like to do or make with them. We think about our girlfriend or boyfriend twenty-four hours a day – we need to develop a similar interest in peace. We need to watch peace like we watch our bank account! One day we will all die. We will lose our physical body from sickness and our organs will fail us. Our gross level body and speech will all be lost. Only our subtle level body, speech and mind energy will remain, only the subtle colours, mind, wind and form will remain. We will exist only on a subtle level. The truth power of our body, speech, mind, qualities and actions will remain, just as a small seed holds incredible space our

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very subtle mind holds the truth power energy from this life to the next. The power of Self-Healing will still remain due to truth power. Everyday we repeat: *by the power of the truth*, but we also need to feel and understand that this energy is working strongly and influencing over many lives.

We like beautiful things, so why don't we make our mind beautiful: peaceful. Then even if we have no beautiful clothes or houses, if we live in a cave or at a crossroads we still have the best one! Even if we have many beautiful samsara things, if we have inner beauty then we don't have extreme emotional reactions and life becomes better. We don't lose out with inner peace. We need to take care of our inner beauty: peace. The most beautiful one is the most peaceful one. Our one morality is inner peace.

The energy level continues to be influential. For example, we have been to the Borobudur stupa-mandala in Indonesia and to Bodhgaya in India where Guru Shakyamuni Buddha taught about peace 2,500 years ago, but still in this century we can feel the influence of the beautiful energy there. Energy level is working. For example, battlegrounds have an unpeaceful and sad energy. Also here in Via Marco Polo 13, in one hundred years time people won't know what happened here, but they will feel different here, as we are always speaking about and generating peace. This Italian earth is getting a peace vibration for the future! Now we have organs, body, speech, mind, colours, forms and self identity, but one day we will lose all this gross level and only our mind, the essence of all this, will remain. In our dreams we do many things; in reality it is only one or three or six hours but it can seem like days, even years. This feeling influences us and sometimes we say that we are tired because of our dreams!

If we accept many lives or not, they do exist. Our subtle mind with peace continues after death. When our physical body has gone, our subtle mind working with space (small space is inner space and very

big space is bigger than outer space) holds everything positive or negative. It is very important to develop peace. We need to save our very subtle energy – then when we die, our small self or very subtle mind will take all responsibility.

Until now we have mixed our mind and body with unpeacefulness and negativity, so we need Self-Healing. We want the best for our life, we want peace and happiness, and our self needs to be peaceful. Our unpeaceful self needs healing. We need to check if this is true or not. I hope you understand what I am saying. I am not a great speaker, but I am trying to share my experience. I am similar to a 7th century person who is bringing ancient feelings to a modern world. If you want to follow me it is very easy you just need to change unpeaceful to peaceful. Even my speech is very difficult to translate – the translator needs to be interested and have a deep understanding in what I am doing to be able to give my message to you. I am happy that we have similar mentality and hopes. But samsara is very deep and so many people have become tired.

We need to learn how to mix samsara with peace. We need to live all experiences with peace, and then whatever we join or touch will be positive. For example, our house can sometimes cause us suffering but if we think of it as a mandala it is immediately coming positive. By the power of dependent arising, if we think that our body, speech, mind, qualities and actions are pure then they will change to positive. *Dzogchen* is a very high level practice but more than this we have *Tendrel Nyingpo* or dependent arising, which means that the essence of all energy moves to the positive or peaceful side. My experience is that *Tendril Nyingpo* is useful for everyone; *Dzogchen* is a wonderful but very specialised practice that few people can manage to fit into their normal life and society in the way *Tendrel Nyingpo* does. We need to develop the World Peace Buddha inside of us.

We need to mix our body, speech, mind, qualities and actions with peace.

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We need to greet each other with peace. Whatever else we do when we meet is just custom, for example when we shake hands, when we kiss 2, 3 or even 4 times, hugging, touching heads or noses or even making 3 prostrations. Whatever customs we might have all beings have the same suffering, all people whether they live in the east, west, north or south have the same wishes. If we understand inner peace in detail, then we can understand Guru Shakyamuni Buddha, his teaching and peace. I am not asking you to follow Buddhism; I am asking you to develop peace. Then automatically an understanding of peace-space or shunyata comes. Shunyata means emptiness. Shunyata means absolute space. Self-Healing means changing unpeaceful to peaceful. This is my crazy wisdom wish, my dedication and my way of action.

Everyone needs to get more peace! Where we work, sleep, move, drive and talk we need peace meditation; in our family life, city life, village life, when we are sick, happy, young, old, dying and dead we need peace. I would like to join peace with you, but how much you develop is up to you. Peace is our mantra. Spread peace from friend to friend. Develop inner peace and world peace, because although our personal samsara is very big our collective universe is even bigger! I would like to give you inner peace because one day our physical body will fail and the only point left will be our mind.

*Our mind needs peace
because if we are unpeaceful it is very difficult for us.*

We have to develop one very easy morality. I try not to give many rules or commitments, but we all need to take the one commitment of developing inner peace. These days other moralities are difficult, for example some governments now accept homosexuality – right or wrong we cannot say, but it is not possible to complain. Morality is now very difficult to practice because it means different things to different people. Even if we live in a monastery it is difficult to practice morality, therefore for this reason we need inner peace morality.

Inner peace develops into big peace and this is the way of enlightenment. We need to use our body, speech, mind, qualities and actions in very peaceful ways, then this peace will reflect everywhere in society. It is very difficult to take care physically, when we get something wrong we need doctors, money, diets, medicine and so on. If we accept to take care of our mind it is very easy. Normally our mind is going everywhere, following jealousy, nervousness, tiredness and bored, so why not follow peace.

Nowadays, many people seem to be doing strange things, therefore there is no faith from a moral point of view. It is sometimes difficult for us to follow and believe. Due to the *Tendrel* power of cause and effect if we really follow our guru then it is wonderful and we will get positive realisations. Doubt means we lose a chance and our energy. Doubt is the enemy of tantra. According to ancient tradition we need to follow our guru very well, without any doubt, then each moment is coming positive. We need to develop peace. Peace is perfect. Peace in Sanskrit is shanti. Peace in Tibetan is shide, this comes from two words shiwa meaning peace and dewa meaning happy mind. In our tradition we have many books on renunciation, bodhicitta and shunyata, but we also have peace explanations. Self-Healing means changing unpeaceful into peaceful. We are not the only ones who need peace, every being and the world needs peace. We all need to recognise peace.

These days people don't like so much religion, so peace is our only chance. Peace is wonderful and is the essence of all good things! All teachers, masters and guides need to understand that peace is the only chance for this world, and then all their teachings will be good for this world. Compassion and love are beneficial, but people's minds are very difficult.

You need to recognise that your one chance to help the world is peace.

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We need to make booklets about peace. We need to send peace messages to all peace foundations and to the UN, Nobel committee and so on and then they will understand more about peace.

Peace is deep, lovely and near. Peace is our chance!

Question

What are the signs of peace realisation?

Answer

We need to develop small peace to big peace. We need to continuously develop peace and never lose it. If someone says to us: *You're horrible* we must think *I'm beautiful, with peace*. If we accept what the other person says and start to think: *But why am I horrible?* we immediately lose our peace. Instead we should think: *My friend does not recognise peace*. First we need patience, second we need to smile and thirdly we need to find the way to turn our friend in a different way.

Whatever positive we do, we mix it with fear and doubt. If we try our best, then whether success comes or not, it's ok. To do our best is very beautiful. Some people fail at everything their whole life and so get blocked and upset. When we try our best, then successful or not we don't get difficulties or problems. It is ok because we did our best.

December 27th, 1994
Kunpen Lama Gangchen

Peace is the path of self-development.

Why do we need Self-Healing? We need Self-Healing because we have unpeacefulness with us all the time. We need to separate unpeacefulness from our self and join our self with peace instead. Peace is a very big subject and depending how we look at it, it can be a very complicated or very easy subject. It can be both short and long.

On one level peace means relaxation, quietness and tranquillity, it means that nothing is moving, there is just peace. On another level peace can be our goal or a state that we need to reach. We are like a guest of peace trying to reach the peaceful guesthouse so that we can enjoy there. Peace is our subtle mind's original pure nature. After that our mind moved in the wrong way and mixed with unpeacefulness and many other dirty things. Because of this we get continual problems. We need to recognise this and begin to change it, we need to mix our mind with good and positive things.

From morning to afternoon, from month to month, year to year, we are looking, searching and wishing for the most beautiful, perfect and peaceful things, but we never get what we want. We need to recognise this. At the very base our self is mixed with unpeacefulness and therefore it is not possible to find absolute peace in external things. We have to check what happened to our '*small self*'. Originally what was there? We need to do some inner research. We always search for beauty, peace and perfection in external things but even when we achieve relative success we still get fear, difficulties, suffering and heaviness because our base is like that. We need to check our original self very well. We say that we are spiritual people, that we practice dharma but we still get many reactions because we never check our nature. We need to join precious things with our self. Until now we

have joined with negative things. First, we need to take care very well of our inner world. Then, once we have joined our original nature with positive then everything is going very well. We need to check-up if our inner world of *self* is mixed with nirvana or positive mind, if it is then even if we do samsara things they are all going nirvana way, they are all positive... We need to take care very well of self because this is our seed and basis.

Our Group has the name of Self-Healing and this has many deep meanings. It means we need to develop our understanding by checking up deeply our *self* at all times: when we begin a friendship, when we look, speak, think and hug. If our *self* is peaceful, then everything goes well, smoothly and spontaneously; everything we do goes in the positive way of enlightenment. If our base is unpeaceful, then even if we do many positive things externally it is still difficult to reach our final goal. We need to recognise this! This means that samsara and nirvana are both reflections of our *self*. Whether we experience samsara or nirvana depends on whether we mix our *self* with positive and peaceful or with negative and unpeaceful. We now have books Self-Healing 1, 2 and 3. My wish is to slowly explain more deeply Self-Healing because it is all related to peace, so please learn Self-Healing well and share this knowledge and experience with the world. Our Peace Foundation is an inner peace message. A peace foundation is not just stopping war – it is also about teaching inner peace methods to our friends. We need to do something together for this world. Everything we do we are mixing with peace messages.

Peace is a seed from where everything branches out. Peace manifestations are all results or fruits of these peace seeds. We all need to make our *self* peaceful and develop trees, leaves and fruits of peace. We need to use this fruit to benefit others. Peace seeds benefit both others and ourselves. We are always trying to look our best, to look beautiful and we can get this when our mind is peaceful. Peace is our first and best 'make-up'. But it is not only 'make-up' for our mind,

it is also for our body, speech, mind, qualities and actions. We need to make everything beautiful with peace. In this way it is possible to make the container and contents into a peace mandala. All beings and the environment will become a peace mandala.

*Buddhism respects all sentient beings collectively
and each sentient being individually.*

We need to develop our maximum inner peace beauty. Please don't lose your inner peace. Even if we lose everything else, never mind, but we shouldn't lose our main inner peace point. Even if we lose part of our body or our girlfriend, boyfriend or business, our mind won't go up and down but will always remain constant with peace. This makes our physical health and all our important relationships very good. Inner peace is very important.

On Lama Tsongkhapa day we need to mix our small mind of peace with Lama Tsongkhapa's great mind of peace. It is fully possible to mix our minds – because if we already mix with anger and attachment and so on, why can't we mix with Lama Tsongkhapa's mind. We need to choose the positive side 24 hours a day. Dependent arising is very powerful. We can meditate for one or two hours a day, but this is separate from our daily life. We need 24 hours a day, in each moment, when we work and move, to mix our mind energy with peace. Interdependence is very powerful. We need to mix every action and every movement with peace; this is the way of enlightenment. Even if everyday we are touching samsara things, if we have the mind of peace then this automatically becomes a spiritual way. We have 4 actions: peace, increase, power and wrath. Without peace the other actions are not possible. This is a very important message. Without peace, nothing works. Peace is beautiful; so please choose the beautiful one, the best one!

World peace now and forever by Lama Tsongkhapa's blessing.

December 28th, 1994
Kunpen Lama Gangchen

We need everything in our life to be more peaceful and calm: the way we work, speak, dress and drive. All these actions we need to carry out with peace then they will be beautiful. Even when we get old, thanks to the power of inner peace we will still be beautiful. Please, all my near and far friends – we need to develop peace to help others.

We need to take care of our inner peace, then our negative will go away and the positive will come in through the open door of peace.

Even if our face is beautiful we are still nervous, jealous, and angry, we have many personal and relationship problems and our wishes are never fulfilled. We feel alone. We need a mirror, instead of blaming others! Fire-like anger is so difficult because other people see our face and not what is inside of us, and this is a big problem for our life.

We need to change unpeaceful into peaceful.

The most beautiful thing we can get is a peaceful mind. I am not against work, money, eating and relationships, but we need a beautiful peaceful mind and a good heart. Peace-space means we can accept many things. We need to develop peace with the everyday things that surround us. We have many things we dislike and we make many excuses for the negative things in our life but in reality we can make all this beautiful. For example, two old ugly people with beards can look at each other and think *beautiful* – this is samsara way.

It is possible for our mind to make anything beautiful.

Before we do any high level meditations, we first of all need a peace base. New Year is coming so we need to do peace singing, peace dancing, and peace hugging.

January 1st, 1995
Kunpen Lama Gangchen

In this meditation room we have the painting of Jesus, Buddha and me holding inner and world peace. Before, all religions kept very separate but now we need to get all this information together. We made the Self-Healing practice in January 1993 at Velletri near Rome. There were many auspicious signs at that time. Also today, our friends came from Israel and are telling good news from there about Jewish, Christian and Muslim co-operation. So, on the energy level, something is working. We should respect religion, science and all human beings wishes as we're looking for the best and most beautiful ideas! The best thing we can find for our life is mind peace. We are running from generation to generation, century to century, to find inner peace. Until now inner and world peace is not really recognised, but in actually fact mind peace is the most important thing for all individuals.

Peace doesn't just mean meditating quietly. It means we need to transform all of our actions into peace actions. The base of our mind, our principal mind, needs peace-space. Peace should be our continuous companion, and then even our samsara actions take us to nirvana as the base is positive. This is the meaning of *tantra*. In *tantra* we have many teachings like union and so on, but this works on the energy level due to our mind. Our samsaric life is busy and we have to work to buy food, but if our mind is peaceful the whole day then things go in a positive way: all beautiful, happiness, success, friendship, will come around us. Peace is the beginning and end.

Peace is very important for all beings and environment.

Our natural mind is always looking for peace, but the wrong things always distract us. If we follow peace, it doesn't matter if we are poor or rich because everything is working easily for us. If we are unpeaceful then even if we are very rich our life can be too heavy.

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If our mind is peaceful when we are sick or weak, then it is ok, no problem! Therefore it is important for us to join our mind with peace. Nowadays it is not possible to live separately from society, we cannot go off to live in a cave or monastery, and therefore we need to develop peace in our normal busy life with peace. Then our normal and negative samsaric life will go in the direction of nirvana. This is the modern spiritual way that we need to recognise and develop.

Don't change your external situation, change your mind!

Maybe we are physically very beautiful, but if our mind is not beautiful then we still harm others. The most beautiful is to have a peaceful mind. If on top of a peaceful mind we do mantra recitation, yoga, sadhanas and so on then we will get realisations and enlightenment very quickly. If we have no peace base, no inner beauty, we can't do many retreats and we experience problems. If our base is an unpeaceful mind then we need to make it go far away by breathing that mind out and breathing inner peace in. We need to join this peace with our mind energy. Please don't lose your mind peace! No matter what, peace is the most important practice and the essence of all religions. Peace is the first morality and first responsibility. Now, it is very difficult to keep moralities – we cannot say what things are right or wrong. The best morality that we can all follow is to keep mind peace. Then, we have everything and we become happy and comfortable. This is why Guru Shakyamuni Buddha taught *tantra* – the path of transformation. We transform our mind from unpeaceful to peaceful, that's all.

January 3rd, 1995
Kunpen Lama Gangchen

We have many wonderful systems, religions, moralities and methods, but our lives are busy and so we have no time to practice and learn them – it's difficult. We need to follow the one morality of inner peace – this is the one chance we have to take care of our mind. Without inner peace, all relative experience and all samsara things are too difficult. It is really difficult to take care of our family, job and everything else without inner peace. Example, our body is really very difficult to take care of. On the relative level it is difficult.

All our life we do our best for our body but later it harms us. So, principally we need to take care of our mind. There are both gross and subtle levels of the mind and we need to do something to make our mind peaceful, happy, beautiful and healthy on all levels. This is practical dharma. If we are alone or have many people around us we get problems, if we take too much care we also get problems, so we need to take care of our mind.

First, we need to recognise the mind and then we can take care of it very well, example if we get a fever we take good care of our body. Now we need to take care of our mind, we need to change our unpeaceful mind into a peaceful mind – we need to throw out one by one all our mind problems to make our mind peaceful and beautiful.

On gross, subtle and very subtle levels our mind and energy need to work in many different ways. We need to deal every day with our body and mind, with our nervousness and with our inner peace. We need to check up practically the benefits of nervousness and peacefulness. If we have a nervous mind, what kind of nervous blood and circulation do we make? Our anger, nervousness and blood all mix together and so our energy is unstable, peace makes our blood cool down and become stable like touching the earth.

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The earth is the most sure and steady thing in samsara. Wherever our mind goes we need to learn how to deal with it. If our mind is in the organs or mixed with anger we need to deal with this, we need to control and pacify it. We need to prepare very well and learn how to make space.

We need to see inner space as very big and beautiful. We are born from our mama's womb – our body develops and we grow into a child and we go to school, but all the actions we make are recorded on our inner space disc. Also it records life after life. When we die our mind-energy becomes very small, but our inner space disc holds everything, so we need learn how to use this space positively.

*If we link any experience with peace it is coming positive.
Whatever we link with nervousness is coming negative.
Dependant arising works like that.*

Guru Shakyamuni Buddha, all knowing one, taught us that *Tendrel* is the essence of everything. With positive dependent arising everything is working, more than this what does Buddha need to say? We need to deal with our mind and inner space with peace, then, whether we like to do samsara or nirvana things, everything is automatically working and successful, taking us on the liberating path of nirvana. We need to prepare by learning each day to make our mind and energy peaceful. Until now our mind has had many difficulties; we need to create inner peace-space then it is coming more beautiful. This is our one hope, our one chance!

People following a religious path are some kind of ok, but other than peace normal people have no hope. Peace is not just meditating and reciting mantras in a corner. We need to deal with our life 24 hours a day with peace. This is possible. Until now we did everything with unpeaceful and many bad things happened to us, so it is also possible to do with peace. Our group needs to learn more about this in this

New Year, we need to write peace messages and we need to show peace ideas and work for world peace. This doesn't mean making meetings or agreements, it means that each person needs to recognise and use inner peace. I hope each day you learn something more and make space.

*If you think I am alone and need a hug, think:
"now I have peace company – the best one" then peace is coming to you.*

We need inner peace as mind make-up.

*Peace is space, peace is company, peace is our final goal, and peace is our
family.*

January 4th, 1995
Kunpen Lama Gangchen

We need a peace base, and then whatever we like to do it is working well. If on top of a peace base we like to follow other moralities they are also working better. With peace, if we like to follow samsaric life we are busy but not suffering. We feel tiredness, difficulties and problems but it is not painful; it is different because our base is peaceful space.

Inner peace means mind beautiful.

Everyday we need to develop inner beauty. If we have peace of mind, then all things are coming automatically to us, everything is very interesting, very beautiful, and very delicious. If our mind base is unpeaceful then we have many dislikes and reactions because the base is the problem. This is possible because we mix like and dislike with our mind. We need to make our mind peaceful, and then all objects become beautiful. Peace is not only one meditation. Peace is single pointedly thinking of peace with our family, in our group, when we are alone, for our country and city, in our job, for our body, speech, mind, qualities and actions. When we are young if our parents give us negative information then we are suffering, if they give us positive information and influences then we are happy. This shows the need for a peace-base. If we kiss and hug with peace it is much more nicer and delicious than just a custom. If we have a peace base, then peace grows up automatically. If we plant a fruit seed we get fruit. If we plant medicine we get medicine. If we plant poison we get poison.

*Peace gives us wisdom, memory, ideas, happiness
and it makes our energy wake-up.*

All children need the same level education, but they also need individual education according to their needs. In Tibet a high lama reincarnation with a precious pure crystal nature is kept separately

and only given positive information – then afterwards they give only good information. This is why we keep young lamas separate and they don't follow normal education. Normal means many kinds of information, maybe about drugs, about killing and other bad information; in this way many children are destroyed. Separate means that the base is peaceful and beautiful, therefore we keep our precious children separate and only give good information. Like Lama Michel, he is now 13 and he is sitting here 6 hours! Look at other boys, how busy they are! This means that how we make our mind beautiful and peaceful is in the hand of information. If we give good information to the mind this is good mind *make-up*, the mind becomes a peaceful base, then if we like to do Vajrayogini sadhana, or 10 or 20 sadhanas, then the energy is working. If we have no base, if we need to do by force, then it is not working and we get many reactions and many questions because the base is a problem.

There are peace symbols in all different cultures. In the west, we still don't know what the mind is, so we can't speak about *shiné* concentration or awareness, that's why we speak first about developing inner peace. The real understanding of peace is much bigger and wider than simple concentration.

Peace learning.

January 10th, 1995
Kunpen Lama Gangchen

Someone meets a lama and for them this is one chance for their life, so they need easy and direct information like seed syllables and path to liberation. I am doing like that – crazy way. This is my dedication. If people understand what I'm doing then I'm happy. So, I'm speaking about inner and world peace. Inner peace is not much considered, but before we can get world peace we need inner peace – it is more easy, practical and beneficial. Generally there is not enough talking about peace, but we actually need to realise it in our daily life. Great lamas speak of renunciation, bodhicitta, shunyata and tantra – but if we have inner peace then this is all coming automatically. If I have a long-life I would like to teach all my friends about inner peace and write letters to the United Nations explaining about inner and world peace. I want to talk about how to make inner peace everyday, not just during one concentration meditation. We need to join each moment in samsara and nirvana with peace – this is not just spiritual Buddhism way but a useful idea for our life. I would like to make you enjoy good conversation with your girlfriend or boyfriend, with peace! This kind of thing is very important.

In ancient times there were many moralities, systems and methods – today we have peace. Nowadays life is very different for most people from 50 years ago. People find it really difficult to follow ancient methods even if they like the idea, therefore the best and first morality is inner peace. We're always watching and waiting for beautiful things, but the most beautiful thing is mind beauty. When we have mind beauty we see all other beauty automatically. If we have no mind beauty then even if we get one or two pimples here and there we experience a lot of suffering. With inner peace the rest follows naturally and even if it doesn't come we still feel ok. If we have inner peace even if our hand gets cut off – no problem. This shows us that our mind is very important. We need to recognise and

accept this. Otherwise even if we live in a beautiful and rich country we will always get problems. I would like to say in my crazy way, that taking care of our mind is in fact much easier than taking care of our body. Instead of thinking *I don't like* or breaking off a relationship which make our mind unpeaceful follow *Tendrel*.

Scientists have made many dangerous things, they have made atom bombs and weapons, but all this technology can also be used in a positive way. We need to decide to use phenomena in a positive way, to make happiness and not suffering. We need to use all the things in samsara and nirvana in a positive way. All held in a yogi's hand like sun, moon and rainbows. We're all interested in getting power, therefore we need to use phenomena in the right way. For example scientists have also used their knowledge to make things such as aeroplanes and computers. The most important thing is to use inner peace; from inner peace we can make world peace. Then everything is possible! We need to develop one inner peace morality. It is not possible to say if a morality is right or wrong – society is freer.

Concentrate on inner peace.

I personally like the old traditional moralities and therefore I support Tibetan monasteries and cultures in India, Nepal and Tibet. But modern society is modern, we are nearing the 3rd millennium, the 21st century, so we need to show good images for the future generations. We need to show positive new images and messages, one example and one chance is inner peace. If we say to people they are wrong – they will never accept and will answer that we are also wrong. No chance. Now many groups are interested in peace, mantra recitation and so on, they are attracted to it because peoples' natural minds are like that. Our group is working daily for inner and world peace.

In ancient times there was hand to hand fighting to make peace – in that time it was some how kind of working. Now it is nearly

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the Maitreya or Shambala time and the right time to develop inner peace. Please, it is very important to do something to develop my small wish. From ancient times until today the morning light of dawn comes from the east, from there the sun rises and the moon too. Also Christianity, Buddhism, Judaism, Hinduism and Muslim all came in the east of this world. Then, many systems of therapy came from the east to west, such as acupuncture, yoga, etc, even scientists originated in the eastern side, so don't feel that east and west are separate.

If you stop the morning sun, it will be dark everywhere!

I come from Tibet, and am now living in Italy, and I like to make and develop inner peace messages and Self-Healing. This is exactly the karma system but put in a modern way. I want to develop one more light and make all my friends develop big light – this is my wish. If I have a long-life I would like to teach this. I'm going to pray for a long-life for all of us, lamas and all friends, because we all need to work together. I'm working in many ways – I don't need food and clothes – nothing really. What I want is to do something beneficial for this world and for all my friends. I want to give all of you one position, according to your seed capacity – then there is no need for you to worry about your future. If you learn Self-Healing well in the future you will have no spiritual problems because we are making a peace base. Self-Healing action is touching everything.

Question

How can we make inner peace and world peace through the Self-Healing method?

Answer

We're speaking about peace but wars are fought to make peace. Really, this just makes more problems. If we develop inner peace then world peace is really coming. Peace, pace, shanti, shalom, shide, pax – we need to think about their meanings. We all know that having an inner

peace mind is important. The word *shide* has 2 meanings: the first is *shiné* or meditation, but meditation is actually only one method to peace, the second is that we need many different peace methods. We need to do all the movements of our body, speech, mind, qualities and actions with peace. This is possible. So inner peace is very important and we need to know how to make mind peaceful.

Question

How is it possible that everything can be peaceful?

Answer

Yes, possible. The original nature of the container and contents, our mind and the environment, is very peaceful and pure. This original nature we need to touch, hold and take care of. If the original is wrong or negative then it is not possible to change, but our original was not negative – we created it! We have mixed our pure mind with unpeacefulness, with negative, with ego, we have thought *me me me* and now we don't understand anything.

We don't really know our true nature. You need to think carefully about this: in the beginning negative did not exist, it is something we created. We shouldn't think that Buddha nature is something far away from us – if we examine our daily life actions we will understand the negative and confusion that we create. In one day we create so much negative – why not create positive? Everyday we need to do the best for our mind and life; we always need to hope for something more beautiful and better. Externally everything is changing, in business for example the dollar goes up and down, so the best thing is to have a beautiful mind. A beautiful mind is better than a beautiful body because our body is getting older and more painful, with white hairs and pimples. We have to say *bye, bye* to our body a little each day because every day we get older and uglier. The body is not a good quality friend. With a peaceful mind we get younger, happier and more joyful everyday. It is better for us to choose a beautiful and

peaceful mind. We need to choose something in this world so please choose to mix your mind with peace company and peace friends. Hug with peace. Kiss with peace. Speak with peace. Make your body actions very peaceful and soft. Make your mind actions peaceful and soft. Even if you lose all your material things, please don't lose your inner peace. Take care of your mind and be busy with peace. Live your normal life but with a mind of peace. In this way city life is working, otherwise city life is not easy. With a peaceful mind, life in a city is becoming something special.

Each person has inner space – don't make this space similar to coca-cola but keep it like space. We need space training teachings. Most space is blocked in different ways, for example by ignorance but also by small things such as saying: *I don't like*, which automatically causes blockages. We need to use full space at enlightenment time. We need to use all our space little by little and make full space. Space is peace and we need this as the base of our mind. I have already talked about space many times – how big is the space in this world? We think we know, but actually the space inside our heads is blocked. Scientists are using a lot the space quality in televisions, computers and telephones. Yogis are using the inner space quality; they are playing and flying in space! I hope this message slowly comes through my books. We need to develop Western Buddhism and crazy wisdom – this really means easy to understand, to develop and to touch. This is my wish and dedication for you Westerners. In Asia I'm also supporting a lot in traditional ways. Two different ways. Scientists and religion need to join and give answers to the world because just one or the other is not enough anymore. Good answers are joint answer.

Tonight we need to dedicate our prayers for the Japanese earthquake victims. We need to dedicate energy to the bardo beings, to the sick people, to heal fear, to give protection, to stabilise the earth and to overcome this experience well. We need to make many dedications. We need to give them peace company.

By the power of the truth may all beings develop peace and joy.

We need to think, make discussions and meditation. Words are nice but we need to understand on a very deep level. We need to think if this is true or not true. We need to learn and research. We need to check-up well what happens after we are unpeaceful?

A few days before I said – no matter how much we take care of material things we will still get problems, suffering and, bad results will always come because material things are contaminated and polluted. For example, no matter how much anti-wrinkle cream we use, tomorrow we will get more wrinkles. It is so expensive to take care of the body because it is always degenerating. This quality – no matter how much we take care of it, it still degenerates – means our body is not really our friend. Guru Shakyamuni Buddha said: *samsara has no essence*, therefore personal samsara no matter how much we take care of our body for example is too expensive and isn't successful because there is no essence. This is normal talk, not religion. We have mixed unpeaceful with our original nature and created samsara or relative enjoyment. This is our choice and we experience the bad results. We are peaceful by nature but we have forgotten this, so now we try to use unpeaceful energy to get what we want. In ancient times we had many good peace methods, but we have lost them. Now we experience many dangers, this is samsara nature, so we have to choose mind peace as our principal point. By taking care of our mind we automatically experience success in samsara, in our work, with our business, girlfriend, boyfriend, whether we are alone or in a group. Don't worry about neglecting the material level, because when we take care of the mind everything is coming automatically more successful, smooth and peaceful.

If we never take care of our mind peace, then even if we're very rich and successful we are full of fear, doubt and nervousness, we have difficult relations, feel unhappy and lonely. The world is full

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of people feeling like this because they never take care of their mind peace. Many people even suicide because they never take care of their mind. In reality it is easier to take care of the mind than the body. The decision to break a relationship with a boyfriend or girlfriend causes great suffering – instead of this why not partner your mind with peace then everything is coming really beautiful. If we have a peace mind it is beautiful, joyful and easier, we have more energy and it is easier to deal with many difficult mentalities. As a result we get younger and our samsara gets older! With inner peace we get happier, younger and more joyful.

If we have a peaceful mind then even if we are physically sick, die or see dangerous things there is no problem. If we have inner peace then even if we see someone dying or experiencing a difficult situation it is possible to help them.

We need develop a peace mind and peace company.

We have a lot of negative company such as our anger and jealousy. We need to keep these inner enemies distant and make peace company and this will give us a peace influence. Until now we have mixed with unpeaceful and got bad results. There is no need to follow anger and attachment. Don't just think: "I know this, I know" – we need another company, another system, another morality! Inner peace – makes world peace. Even if our aim is not enlightenment with a peaceful mind we'll automatically reach there, like once you are in the aeroplane you have no choice but to arrive at the destination. We need to kiss and hug with peace and not just as a custom.

We all need to develop mind peace – whatever percentage of peace we've already got we need to keep it and not let it leak away. Peace meditation means mixing our body, speech, mind, qualities and actions with peace – all our energy and movements with peace. We need to make a peace mandala and a beautiful thought supermarket.

We need one method. In the same way a mandala is full of decoration, lights, trees and so on, we need to make our inner images and mind mandala full of beautiful things. It is very important for us to have positive images as company. Also when we sing and dance – we need to mix it with peaceful and spiritual energy. In Kunpen Lama Gangchen we sing many different kinds of songs and this is a little bit more light and enjoyable than meditation and teaching. We can make singing and dancing into the way of enlightenment. Buddha accepts everything. If someone is very stupid or cuckoo, Buddha accepts this and says: *this is the way of enlightenment for you*. In the West, we have the habit to sing and dance, so we need to make this into the way of enlightenment.

*With peace our speech is nicer, more powerful,
influential and interesting like Vajra speech.*

We can develop peace through singing, dancing or any other action. Buddha shows union to us as samsara people are doing union – it looks very similar. People are looking and thinking if the Buddha is also doing like that then they can accept. This is why there are many different kinds of reincarnations and many strange crazy behaving yogis. They are not really crazy but they act this way to benefit others. These days I am talking crazy wisdom – because spiritually perfect people say too many heavy things, give too many rules and people don't like this anymore. Morality is very difficult now, so peoples' nature needs to develop. Slow people need to slowly develop. Middle people need to middle develop. Quick ones need to quickly develop. We can't give the wrong method to the wrong person – it needs to match with their nature. So, Buddha is incredible, All Knowing One, this is true and not just respect. I'm promoting Buddhism due to my personal experience. I have checked Guru Buddha Shakyamuni's teaching – everything is perfect in every moment. In ancient times, there were many rules and systems because people needed them.

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*Buddha is really the All Knowing One,
so he knows what normal people need.*

I would like to say that it is possible to become like Buddha, we have the capacity for enlightenment. We already have some inner light, an inner guru, Buddha, wisdom, knowledge, capacity – we just need to develop it. If we develop these things then automatically the inner Buddha will manifest.

January 22nd, 1995
Kunpen Lama Gangchen

Peace education is not only something for governments or the United Nations, it is something really useful for our daily life, for any moment whatever we are doing spiritually or generally. Peace education is very useful. Maybe everyone knows how our five organs develop, but how to deal peacefully with our body, organs and mind on the gross, subtle and very subtle levels is something we need to learn well. Before I was talking about spiritual mantra company, but now I am talking in more detail about peace company. We need to learn about peace in a practical way. Maybe you have different ideas or questions.

Question

Why have we become so unpeaceful?

Answer

We have bad habits, like making war and fighting to make peace. Even when we do sadhanas or meditation we get many interferences and distractions, we remember our job or our attachments, anger and guilt. When we pray, we remember many other things. We have this busy mind habit – everyone has this interference. We need a new peace goal, this is very important. We need to choose what we want for our life, someone chooses the life of monk, someone the life of a nun, another person chooses a life of retreat; for these people life is wonderful, but their practice is different.

Developing peace is just a different kind of practice that fits in with any kind of lifestyle or religious belief. Inner peace is our chance to do something for this world. Inner and world peace are possible. I'm sharing this peace with you everyday. In Buddhism we receive bodhisattva vows, refuge vows and tantric vows, now I'm giving a peace vow. There is no need to do many different meditations,

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images or difficult things: just peace. One good thing we must do in this life is to give inner peace to our world. Inner peace means our mind is peaceful and beautiful. Any more questions?

Question

How is it possible to be peaceful when we are surrounded by violence?

Answer

Don't follow reactions. For example, there is no problem if you watch television but look with peace. Whatever you see, make it positive! Like when you are attracted to one girl, even if she is not really beautiful you still like her so she looks beautiful to you. Even if a girl is very beautiful, if you don't like her she looks ugly. It depends on your mind. Whatever position they are showing on television we need to make it peaceful and positive, even if they are fighting! We don't need to follow this negative way; we always need to keep peace. Living in a city is very heavy and difficult, so we always need to keep a peaceful mind. To make everyone quiet, to stop all noise, to stop this and that is not possible, but if our mind has peace then there is no problem. It's ok to be involved, but we need to be involved a different way. Action with peace. Nice action.

Question

But, even if on a personal level we create peace, the world around us is still pervaded by violence!

Answer.

We need to make our world into a mandala. Transform our house into a mandala. Our speech into vajra speech. Our body into a vajra body. Even though a mandala looks material, its essence is peaceful and beautiful. There is no reaction. Everything is beautiful. The meaning of *mandala* is holy land or holy energy. Tantric transformation is like this. We might think that it is not true or possible, but it is possible. If we think a reaction is coming like fighting or war, we also prepare many physical and mental reactions. We can prepare peace too!

Question

What should we do when someone is nasty and aggressive towards us?

Answer

You need to make sweet talk. If someone says very bad things to you, you need to use very sweet words to them. If they show negative reactions, then you show nice, soft, kind, and give all the space. There is no need to be a divinity to do this. Slowly they'll understand. If someone says something negative about someone else and you get involved and agree, you also get his or her negative influence. So even if there are three or four people saying negative things together, we shouldn't say: *Yes, it's true*, we should say something else. Maybe we could say: *let's go to the bar to drink coffee* or something different. Distract them, then like a child their mind is changing. There is no need to follow the negative of another person, we all personally need to develop positive. If we look at others with a competitive mind, for example thinking: *he's very strong. I also need to be strong*, it's not working so we should completely forget it. From a respect way: *he's very powerful* or *he's terrible*, there is no problem. Anyway you need peace. Like our governments and police – how can we completely overcome or destroy them? It's not possible, so it is better to forget these kinds of thoughts.

So, I would like to make, for those who like, one vow: a peace vow. I would like to give peace transmissions. We can receive some kind of vows through a traditional ceremony way, but what we really need is this peace commitment. We don't actually need many commitments or moralities, only this one peace morality. Whether we are Christian, Buddhist, Muslim or atheist it doesn't matter because peace morality is working. You only need to have one peace vow and peace morality to follow Lama Gangchen! This inner peace vow is our inner peace company. Peace is our goal, our aim, our wish and our gift for this world. Slowly, all my secrets are coming out!

I would like to do something with peace. I personally have many commitments, vows and things to do from the Gelugpa Buddhist tradition – but this is my personal thing. For the general public and world I'm just showing NgalSo Self-Healing and peace. Peace gift is peace education. Anyway, this is just words and I would like to do something with my mind. I'm a 7th century healer, not a doctor, which means I don't cure, I heal. This 7th century system works on the energy level. I would like to give you all inner peace light, if you want it. Generally all lamas and religions are giving many commitments: *do this, do that, don't do this*. How does this work? Now, I don't want to talk about this. I want to talk only about inner peace all the time – all the practices in Self-Healing are dedicated to inner peace. I want to talk about peace meditations, peace compassion and peace with our normal action.

*Peace in our daily life and business, peace when we are busy,
peace when we are very negative or alone.*

We need to develop and recognise inner peace. Each person who gets an inner peace realisation, then influences his or her family and friends. In this way world peace is coming. I want to give you inner peace in many different ways, just by listening or by tantric means. Then one by one you all need a tantric interview so you can ask me the best way for you to develop peace – we need this because people have different habits and so need different kinds of education. I need to say in secret, just you and me, then maybe you some kind of accept. In public perhaps it is difficult to agree. So, I would like to give a peace vow. Then, it is very easy to develop peace because the mind accepts! Preparing means making space. I'm a seller of peace in the *Thought Supermarket*. If you like you can buy. If you don't like then it is different. If you just keep it on an intellectual level, you still didn't buy anything – you never accepted. After buying something it becomes yours, not mine, then you need take care, develop, and you can sell it to others. If you buy small peace, you get a peace basis, peace intuition, and peace vow.

Traditionally Buddhism has many vows, which many people finally need to break. I would like to sell you a peace vow to change the reactions of your body, speech, mind, qualities and actions. Reciting vows is a wonderful ancient method, but now in this society it doesn't work. Even in the great monasteries of Ganden, Drepung and Sera, they are also too busy now in the lachi, khantsen and school – they have no spare time to do meditation or keep particular commitments. Anyway, this is not my problem. Me and you, one by one, we like to do one business? I'm not giving easily this peace vow; you need to sign a peace agreement! I'm joking, but we really need do something because now we are doing nothing. There are so many rules, taxes and laws in our life so we don't want to also have to do Catholic or Buddhist morality. Inner peace morality is the best. Inner peace is the panacea that cures 100 sicknesses. Inner peace is the best panacea. Following inner peace we can touch enlightenment and all our daily life and family life is improving.

We are looking for beauty in each and every moment. We want beautiful clothes, houses and friends, but what we like today we don't want tomorrow. Everything degenerates; even our body gets older and weaker. The best thing we can have is inner peace morality, peace vow, peace-company, peace light then our daily life and family life is coming smooth. We don't need powerful mantras and yidams, because peace goes beyond all that. People all thought Shantideva was stupid – but he had realisations, he was always peaceful. NgalSo Self-Healing gives inner peace morality, peace education, peace-company, peace commitment, and peace development. If you get all these things, then you will really experience the NgalSo siddhi. Now we are very tired so we need to recover from our nervousness, loneliness and difficult relationships.

We need give good images and messages for this world – we need to conclude something and make something in a special way. We're talking about a special secret now, for the first time in history. We

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need do something in a different way for this world. If we have peace-company then we can endure horrible sickness and death. Peace-company gives us solutions for generation-to-generation, life after life. We all recognise world peace as something necessary, but we continue to ignore inner peace.

We need to open the peace secret to the world.

Someone writes this message, someone else records it and someone else really practices. I meet people worldwide of all different religions, some of them are nice, others are terrible, some are great or high level people, others are common, some are scientists, but none of them have made peace subject in detail. I want to teach inner peace education because nobody else is doing it. Many people are interested in shambala, this is wonderful and a good sign, but the shambala war is not about blood and killing. At shambala time you get inner peace realisations, inner peace light, everyone will be happy, joyful and harmonious. Also in the future kalpa or time we have the age of Maitreya, when people have much more love and peace. Maybe shambala and Maitreya are near or far, I don't know.

Now we need to develop inner peace company by taking one vow, not hundreds of vows. Inner peace company makes sense, it gives meaning to our life. Whether we like the ancient way of thinking or a modern way of thinking inner peace is very important for the future. In the future peace will be the only religion, the only thing people will accept. Peace is our only chance. We need to take care of peace in a more serious way.

How do we do Self-Healing? How do we make self-peace? We're dealing with daily life and we need to understand Buddhism from this point of view. Buddhism means taking the result into the path, for example we need nirvana peace now. Tantra means that we need to use our future qualities now. The future qualities of Akshobya,

Amitabha and Ratnasambhava we need to use now in samsara. Renunciation does not mean forgetting everything, this is just stupid, if we think this then we will get some kind of difficulty – we need to understand exactly the essence of Guru Shakyamuni Buddha's teaching is how to deal with our life, moment to moment.

January 23rd, 1995
Kunpen Lama Gangchen

In 1995, my main subject and offering to you is peace. But I have language problem and a lack of modern experience, so it's difficult for me to say exactly what I mean, but I hope you will help me. I hope you will continue to record and write my teachings. If we make a peace education generation then we will make world peace.

We need to know how to mix peace with our consciousness on the gross, subtle and very subtle levels, like we have mixed it until now with anger, ignorance and other sufferings on the gross, subtle and very subtle levels. Peace education is the generator of a peaceful mental consciousness. We need peace blessings, peace transmission, peace education, peace initiation and peace lineage. This is a reality in our centre. In 1994, at the Gelugpa Geshe meeting in the Blaise and Francis Hotel, I already said these things – therefore I'm not showing strange things for ignorant people who don't know Buddhism. We have thousands of years of Tibetan Buddhism, the energy and lineage of Guru Shakyamuni Buddha. His Holiness the Dalai Lama got the Nobel Peace Prize, not because he's a number one politician but because he shows great compassion and a very simple monk aspect. He speaks everywhere and gives many blessings, so all scientists and politicians get his peace energy, for example he can make a crowd of 100,000 people blissful, peaceful and joyful – people feel that he's a really great peace person. I believe this, so I talked about it at the geshe meeting. Guru Shakyamuni Buddha is giving peace to the inner and outer worlds, therefore this lineage is Guru Shakyamuni Buddha World Peace Buddha – all the geshees in the meeting agreed that we have a peace lineage from Guru Shakyamuni Buddha to our guru Trijang Rinpoche.

We now need to manifest this peace lineage and show peace education. If you like peace then please join us, if you don't like or don't want

peace then there is no need. This means that I didn't make something fantastic yesterday – I already told the geshe these things last year. Whether people like it or not doesn't matter.

The third millennium is very near, only five years to go, but on the energy level it has already arrived and those new brothers and sisters of the millennium need a different way. They are only interested and believe in peace, not in many different religions, because life is already too busy, complicated and crowded. Don't worry, because we'll continue for 20, 30 or 40 years together, but we need to develop an interest in peace. Through peace it is possible to do something for this world. No one is interested anymore in morality; it is not working. For example Buddhists say they want to help all sentient beings but not everyone agrees with meditation, so how can we do it? I personally pray everyday for all sentient beings, but I'm not dealing with them directly. Directly we need to work for inner and world peace education, because in this way something is possible. On another side we are following Buddha, religion, spiritual energy and something positive, but practically and personally how much do we follow morality, commitments, vows, and yidams? Even if we follow, believe and are interested, where are the vows that we keep? There are nineteen Five Dhyani Buddha commitments, sixty-four Bodhisattva Vows and so on, so it is really difficult for us to keep them all. We like and agree with them but one by one, even for practitioners, it is really difficult – we even don't have time to think of all these vows.

People actually really like to do something, but there's no time. Look also in the monastery – no time! We need to do different ways, we like to really research vows, so the best one to do is inner peace morality. We can develop inner peace by the Self-Healing method. Ngagya really makes peace and relaxation, but this is only for practitioners. We need to take a peace vow and make a peace commitment. We also need peace blessings, peace initiation and peace appointments with our lama because to change our bad habits to good we need to talk secretly!

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World peace, inner peace, now and forever, by Guru Buddha's blessing.

We all need to do something more – both in slow and quick ways. Peace is needed at the very beginning of anything we do in both samsara and nirvana and peace is the very end, our final goal. We need realisations of great peace from our practice and commitments. We need great peace and health. We don't need many commitments to get this, just one peace commitment. Develop peace – holding all your practice – then everything will come automatically. Then, it will be very easy to take care of your life.

Our body is too expensive to take care of, no matter how many creams and clothes we put on – we just become a weak old man or woman. It is expensive to take care and so hard to take care, then *ciao, ciao!* If instead we take care of our mind, then we become younger, more joyful, healthier and happier, we have more inner light and more social relations. Taking care means following one vow, one morality, one commitment. Take care of our beautiful mind. In this way we automatically get help for our family and society, we are on the way to enlightenment; we get everything.

We don't really know the peace situation, we know the words, but we don't know peace in practice. For example people think that peace is not possible, due to our attachment, anger, jealousy and competition we feel weak. I think there is no need to be worried in this way. I will show you an example. Yamantaka looks so wrathful, he has so many hands and fangs, he looks more wrathful than Vajrasattva but inside he is very, very peaceful. He just looks unusual with 34 angry arms! The outer manifestation is nothing.

Sometimes in samsara we need to have discussions with others and we need to give strong answers, but we mustn't lose our temper. We shouldn't make too much *temperature* by mixing gas with our mind! Whatever we need to say, we can say it even if we need to use bad

words – but, we mustn't lose our precious peace. This is like when we need to show anger to children, but inside we have compassion for them. Yamantaka is the same like that – but in reality anger energy does not exist. There's no problem. Even if you have attachment, no problem. Chakrasamvara manifests in 24 places to be of benefit. A teacher needs to show very similar faults to a student's faults. Anger fires and wisdom fires look similar! Buddha's teaching is according to the capacity and interest of the person. Please don't regret anything, because everyone has a chance. Buddha taught for daily life, for each moment of our life, for every situation. Buddha shows us how to make and change our energy into peace. This is inner peace education. Any kind of negative seed can be transformed through tantric methods into positive. I'm giving to you peace power and peace transmissions – this you should first digest and develop, then later you can use it successfully. We need to practice mixing our body, speech, mind, qualities and actions with peace: we need to cut the first branches of unpeacefulness. Everyday we need to generate peace in our minds. If we don't generate inner peace, then even if we speak in the best way, we don't get so much benefit. So I'm selling peace and you have to want to buy. If you don't buy this peace message, then peace is not part of you.

We need to decide what our biggest problem or mistake is – we need to look into our own minds and be honest – because it is not possible to change everything in one day. With peace development we need to cut these negative branches, control them and stop them. If we don't buy anything, we have nothing to develop. From the beginning until now my friends have really developed, but they need to develop more. Lama Gangchen is making a new religion called peace. When we get inner peace our mind becomes very clear and we get an automatic interest in all deep, essential and profound things. We might have followed dharma for 20 years, but until now we have never really bought one single practice. We need to buy the practices, one by one. Then we will really get power, energy, joy and stability. Please don't

think: *Rinpoche is not giving me the peace vow and power*, because the peace message is something we need to buy everyday and slowly we will have special experiences as we develop it. If we never develop, what is the point of having the peace initiation? If we just keep it like that, how can we develop big things? I'm the seller of the peace vow. We all need to develop inner peace. Our Peace Foundation is poor so it is not possible for us to give money, but we can help everyone to generate inner peace. As I speak, I'm doing visualisations of many different images and mantras. My mind is full of taking care of others, a wisdom mind. I am not dealing with taking care of me. If you don't understand, never mind.

So I have told you many times, we need to make positive images, positive messages, positive good news and one positive history for the world. We need to develop inner peace in our normal daily life, with our normal make-up, normal dress and with samsara. We need to be busy developing inner peace but not nervousness.

We need to generate peace, not nervousness.

This is a new kind of education. In this small centre, I am speaking crazy wisdom! I speak and you listen, our karma is like that! We are creating new messages for this world. It might look simple and easy to practice dharma or peace in our daily life. Our final goal is now. The general view is that Buddhists need to escape samsara and emigrate to nirvana – but they don't understand tantric knowledge. Tantra means taking the results into the path and so we actually get Buddha Akshobya peace today, now. Daily life with peace or dharma means that we are dealing with this world in a different way – for example the four generosity means we are benefiting this world. Unstable transformed into stable means that we are benefiting this world, Amitabha concentration is benefiting this world, power of memorisation is benefiting this world, and overcoming ignorance is benefiting this world.

Question

Why do I always fight with my boyfriend?

Answer

If we have no peace with our boyfriend or girlfriend then reactions are sure to come. Then, even our beautiful face and body is not enough! Peace makes enjoyment number one. If you have peace then bliss and emptiness is really coming together; then samsara is number one. So, it is not enough to have a nice face and long hair – why? Because we don't have peace. If we have peace, then even if we like to enjoy samsara it is possible. Why? How do we know? We know because all the buddhas, bodhisattvas and divinities are showing union and they have peace inside. We don't have a peace base, so even if we make union we get some kind of negative reaction. That is why I would like to make inner and world peace, by the power of the truth of Guru Buddha Maitreya and so on. I want to give blessings every day to generate peace in the mind of people. We need to buy the peace idea and generate and develop inner peace energy in our mind and in our chakras. Then one day, I will slowly give each person the blessing of a peace morality vow and peace name, according to your basic energy. Because everyone has different reactions – some people have more ignorance or attachment or jealousy and so on, therefore we need secret appointments! Before that we need to develop and prepare many things.

Question

Why is the Self-Healing blessing more powerful than other initiations?

Answer

I am a lama healer. On one side I need to heal and give immediate benefits and my dedication is for modern society. I spent ten years thinking about the best way to help – I prayed and asked my gurus and yidams in many holy places like Borobudur in Indonesia, they showed signs that Self-Healing would have a lot of benefit for this world, so maybe this is coming true.

Question

He's only done Self-Healing three times. The first time he felt his head spinning and the second time a burning sensation in his stomach.

Answer

This is positive. Maybe this stomach fire is tummo fire developing. Warm heart. Head impure means in the beginning some kind of doubt. Self-Healing generates more cell and atom energy, so it is good to do in evenings when we are tired. I am asking people to write reports all the time about their experiences. They also did this in Guru Shakyamuni Buddha time. Now, we have that history in the Jatakamala. I think reports are very important, for example we got many good results from people. I'm also working with doctors, so everyday we need reports to show the results. I have been asked to go to America to a big aids conference – they need reports and studies and papers on our work. This is true, we do need all these reports and history. Also people have asked me to write my biography – in the beginning I said no, but if my history is beneficial I need to write it. Please write to me about your experiences. You have to make testimonies about whether Lama Gangchen's Self-Healing Practice and peace vow is true or not. I'm really trying to do something everyday, so please make me a testimony.

Question

What do you say to the general public who are blocked, when they ask to take refuge?

Answer

There are two different ways possible. One is to just teach one mantra. People first need some interest, and then it is possible to heal.

January 24th, 1995

Kunpen Lama Gangchen

We are working here at Kunpen Lama Gangchen, in one small corner of Italy to offer to this world Self-Healing and inner and world peace. Many people and holy beings have understood this on the energy level. In 1994 I got the Saint Francesco and Saint Chiara medal, this year the Sri Lankan Buddhist Association would like to give me a peace prize. My first award I got in Brazil. In 1989, in Singapore I did peace prayers in one monastery and they gave me the award that is in the office. A Chinese lama sent me this ancient Chinese jewel stick as a sign of respect for my work. Everyone is kind to me. All the holy beings, whether Christian or Buddhist, are kind to us, so I rejoice and I am very happy. If someone understands our small job, then I'm very happy. With an inner and world peace dedication I have written Self-Healing books 1, 2 and 3. We have also made Lama Gangchen World Peace Foundation, Lama Gangchen Peace Publications and 37 peace centres!

In this New Year I'm speaking of inner and world peace education through Self-Healing and self-responsibility. But we are not only speaking – on the energy level we are also generating peace. We need to join peace with energy level. We need to join peace with our mind. We are speaking about peace messages, peace vows, peace-company, and inner peace mind *make-up*. We need to develop peace on the right and left sides and on the front and back sides. We need to join peace with each moment of our life on all levels. We need to give a peace habit and influence to everyone regardless of their nationality, belief, class, race or wealth. There is no difference between people because everyone needs inner peace education! We need to personally realise that this is important, then we have to start to practice one morality: Self-Healing, inner peace responsibility and peace education. We need to deal with *me, me* with inner peace, then *me, me* will become very beautiful!

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So, how can we generate and develop this beautiful inner peace quality? On one side we need education messages – on the other side we need to recognise inner peace as important and interesting. Just think about how much time and energy we dedicate to taking care of our business. We need at least to take care of our business and inner peace together. If possible, we need to take care of inner peace even more than we take care of material things. Inner peace is our energy. We use our physical body energy all the time but our body always gets more wrinkles and bad results – we need to take care of our mind and recognise it to be more important and powerful. Take more care of the mind. At least we should take care of our body and mind 50-50 if possible. If not, just *me* or *I* is really cuckoo! Many people think about *me*, *me* all the time, but we need to join this with peace otherwise we are really cuckoo!

There are many important precious practices and peace prayers, but we need choose one: *Shide Rinpoche* means *peace mind jewel*.

Shide Semchok Rinpoche
Ma Kye Pa Nam Gye Gyur Chik
Kyepa Nyamka Mepa Yang
Gon Ne Gon Tu Pel Wa Shog

May the precious mind of peace that is not born, arise and grow, which is born, have no decline, but increase for evermore.

For 10 years with my poor English I said *no problem, no problem* and people got less problems! In that time I didn't want to speak. A few years ago I started my speaking time. Later, I will speak less. Praying, reciting, meditating, making sadhanas, going to meetings, giving speeches, attending conferences, through LGWPF and LGPP and in many different ways I am trying to give and generate in everybody *Shide Semchok Rinpoche* or a precious inner and world peace mind. This is my wish, my hope and my crazy message. We need to generate inner

peace in our mind. First, we need to distance our excuses. Second, we need to accept that we must do it and then we must make a decision. We need to make the decision: *I would like to develop inner peace, I want to keep one precious thing in my life, I need Shide Semchok Rinpoche*. First this precious mind needs to be born. So, we need to forget the many excuses, the pollution, the defilements and negativity and we need to think: *I want to make inner peace. I want to develop peace*. We need a very strong decision.

My message is Self-Healing and self-responsibility to develop inner peace. We need to decide: *I want to do this and if possible I want to share it with others*. We need a strong decision. Shambala war really means killing our unpeaceful mind by developing peace. Even if we think now it is not possible and maybe we will do it in the future, in a few years time, this is a big interference. We need to do it now! I'm working on the energy level everyday to make blessing. I'm sharing with you, mind to mind; our minds are touching, contacting, mixing. So, say: *I want to do this*. Make a decision and then it is really coming true. If we follow exactly this one morality, then in the future we will get wonderful results; this means that enlightenment or liberation is very near, it is not far. Peace is our inner light.

If we have inner peace education, inner peace company, inner peace vow and an inner peace commitment, this takes care of our body, mind, memory, and spirituality very well; the results come automatically. Then even if we live alone, we don't feel lonely because we have peace-company. If we live with a family or in a group we have good relations. Just one idea is making everything in our life become automatically positive. Here at Kunpen Lama Gangchen it's very easy for you to get these ideas – before in ancient times it was very difficult. The expense is maybe the same, but in different ways – now we need to pay money and we have problems of time, but maybe it was more difficult before. Now we have better communications, it is easier to get information, maybe even too easy. The problem is that we can access so much

positive information, but it is difficult to practice. There are too many rules, so nobody cares or follows them because there are too many: we need to repeat this sadhana, take those commitments, this and that, therefore our space is not enough. Our space and time are blocked in many different ways, so instead of trying to develop many different things we need to develop only one thing: inner peace. For us this is easier because instead of following many commitments we have only one, but at the same time we have everything.

Inner peace is very important for world peace.

We have many different teachings in this world, we have Catholic Orthodox meditation, Jewish meditation or Muslim prayer meditation, then Chinese, Japanese and Tibetan religion, we have Buddhist, Bön, Dzogchen and Mahamudra meditations, and we also have many different forms of exercise such as yoga meditation. There are thousands of peace methods and meditations. We all have one meditation, one morality, one responsibility, one education, one commitment, and one interest – inner peace! This is the best one – it is the essence of *Tendrel Nyingpo* dependent arising or cause and effect. This method we call *Shide Tendrel Nyingpo. Peace Tendrel Nyingpo*. It is possible for everyone to practice, it is possible for everyone to reach, it is suitable for everyone whatever their religion, philosophical or political beliefs. *Shide Semchok Rimpoche*, everyone needs this, there is no doubt or question. No one can reject the need for inner and world peace; therefore peace is very precious and valuable. Inner peace education can be brought everywhere – it can be used comfortably in each and every moment. It makes our physical and mental balanced and harmonious and is the way of enlightenment.

Inner peace education is an automatic way to enlightenment.

We have our lama healer's blessing and transmission, he is sharing with us mind to mind, so we experience a different kind of feeling

and sensation. In this way it is easier for us to develop inner peace. If we have *Shide Semchok Rinpoche* with us, then we become a shambala warrior, guide and teacher. Anyway now I'm talking little bit secret things!

The root guru prayer and mantra that we say in the Self-Healing practice can also be related to developing inner peace education.

**Lo Chok Zangpo Pelgur Tra Shi Pa
Tub Chen Ten Pe Trinle Yar Ngo Da
Pel Ge Dro Lo Zam Pe Ze Pa Chen
Palden Lama Shabla Solwa Deb**

Glorious auspiciousness of the supreme virtuous mind, divine action of the Buddha's teachings, beneficial like a waxing moon. Acting exactly in accordance with the mental capacity of living beings, for their development and maturation, at the feet of the glorious Guru I request.

When we recite this prayer we can either substitute the 4th line with **Shide Tenpon Chenpo Sol Wa Deb**, or add it as an extra line. The translation is then: To the great captain of peace I make this request.

Also when we recite the mantra: **OM AH GURU VAJRADHARA SUMATI MUNI SHASANA KARMA UTA WARDANIYE SHRI BHADRA WAR SAMANAYA SHANTI SARWA SIDDHI HUM HUM** we can add the following. **OM AH GURU VAJRADHARA SUMATI MUNI SHASAN KARMA UTA WARDANAYE SHRI BHADRA WAR SAMANYA KAYA**, meaning body, **SHANTI SARWA SIDDHI HUM HUM**. Then we can add **WAKA SHANTI** for speech, **CHITTA SHANTI** for mind, **GUNA SHANTI** for qualities and **KARMA SHANTI** for action.

Question

How can we find inner peace?

Answer

Inner peace is already there– we all have some percentage of it, but instead of losing it we need to increase it and develop it more and more. We need to make it more pure every day, that’s all. Like the meaning of *Shide Semchok Rinpoche*. Inner peace education is something new for this world – our group needs to take care and develop it. We have a very fresh new message, please everyone we need to take more interest, more joy, more serious, we need to take care more and be more together.

Inner peace is a new image and a new message for this world. We all need to learn a little bit more than Self-Healing 1 and 2. I want to make peace education prayers, messages and books. Self-Healing means healing our outer and inner unpeacefulness to develop outer and inner peace. Self-Healing is related to Buddhist peace education. In this world all beings are unpeacefulness and so suffer sickness and problems related to their body, speech, mind, quality and actions.

January 25th, 1995

Kunpen Lama Gangchen

We need inner and world peace education for both now and in the next generations. But how do we make, develop and give peace education messages? We have many education systems in this world and in theory all that is needed in relation to our happiness, health, development and wealth. All this is wonderful. There are also many healing systems and therapies to try to make our body healthy. From the point of view of education we have lots of information already, maybe even too much! But from the other side, the information we have is really not enough. We have a lot of information and education but no real results – why is this? We need the essence of education – something we can use all the time – in our home, at school, when we are busy and when we are angry. The real essence we need is inner peace education, and then in any moment and in any situation we don't get negative body and mind reactions. If we are healthy or sick, inner peace is our real friend, our real company, our real strength, and our real certainty.

If we practice inner peace education well and we generate inner peace well, then all our life, both spiritually and materially will go well. If we develop something with inner peace we make both permanent and temporary benefits. Other education is also very important, but if we learn just business education, there is no need for me to explain the result! Anyway, whatever education we get, we always get messages about how to take care on a physical level – but finally, no matter how much we take care, we get older and weaker – we get bad results, grey hair, memory loss and so on. No matter how much we take care, the results we already know! Actually taking care materially is not really the problem if it was ok for us – but it is not enough – we always need something more. We need normal education combined with inner peace education, and then our land and life will become a holy land and life. If we take care of our mind with inner peace, then

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even the incredible technological developments of the 20th century are ok – we have no reaction. But we don't take care of our original mind: we are the owner of all this, but we are never soft, gentle, kind and respectful, instead we are jealous, blocked, nervous – everything we try to do is coming wrong.

If we take care of our mind, then everything is working well.

If we ignore our mind then we will be full of sickness, fear, suffering, difficulties and problems. If we take care of the mind then however much we do materially, everything is coming positive – this is sure. Maybe we understand or not, but inner and world peace are very important then no matter what actions we do, they are all going in a positive and beneficial way. Our life is good, around us is good, we get good results and our final goal is good. But we never recognised until now that our mind is principal – this we need to understand and deal with everyday. In our world inner peace education is beneficial, it is perfect, it is suitable. So even though we are speaking everyday about inner peace, this is not enough, we each need to develop it personally. We all need to carefully look at ourselves and ask what are we missing – we have eyes, organs, body – but what are we missing? We need to understand this.

What we are missing is a peaceful mind. Our minds are never satisfied and happy, because the number one thing is missing – we never take care of our inner peace. If we accept what we are missing – then we can develop it. If we don't need inner peace then it means that everything around us is ok; if our body, family and business are ok, if we never get nervous or emotional reactions then there is no need for us to develop inner peace. If we are missing something and running to many different courses, teachers and therapies – then we need something. We don't know exactly what we are missing so we check everything. So please, we need to recognise what we are missing and then we can develop it. This is our life, from morning

to afternoon, from life to life we're running but we are still missing something. Even if we look at all religions – we are in reality looking for inner peace. There are many different names and forms, but what we are really looking for is inner peace. There is no need to go to the temple or monastery – we just need inner peace education so that we can develop and generate inner peace. Then we have *Shide Semchok Rinpoche* with us, we have our inner guru with us, our pure crystal energy is working for us.

So this small centre's peace message is needed for this big world. If we develop peace, then both samsara and nirvana is working. We often listen but we never change: we never do anything about our problem! We need to prepare and do something to get this precious and beautiful inner peace. We need to try! We make ourselves beautiful in many different ways, but this is not enough for our life. We need something more; we need to accept peace inside. We need to mix peace with our life. Peace needs to become our culture. Peace needs to become our habit. Now our culture is imbalanced and mixed with violence. It is time for us to mix our habits and daily life with peace. All religions are working for this – otherwise what is the meaning of having religious moralities? Why do we respect Buddha? Not because he's beautiful physically, but because he has a great inner peace quality. He has enlightenment peace quality, and therefore we respect him. That is why I changed last night the line in the prayer from **Kye War Kundu** that means may I attain the state of Vajradhara to **Shide Kunpu Nyur Du Shok** meaning may I attain the state of inner peace.

Whether we are fat or thin is ok, maybe in the future Buddha will also come in many different shapes and forms, but inside we need great peace. We need to mix the small percentage of peace we already have with all our daily movements of body, speech, mind, qualities and actions, with our own customs, culture and habits. If we put water in a glass and mix it with gas it becomes fizzy, if we mix the water in

a glass with colour it becomes coloured; water accepts everything! This is not so difficult because water doesn't have a mind. Water is really gentle, what we like to do to it – it accepts. We need to be more soft, gentle and kind than the elements, but we're harder – this is not a mistake it is just our habit – if we just change this a little bit then no problem. We need to put a peaceful colour in our mind. The difficulty is that our mind is blocked, but we don't accept this difficulty – we make many excuses: this is ignorance, this is interference, and this is an enemy. If this goes away then – **Dza Hum Bam Ho** – we are inseparable from peace. This is my experience, but we all need to try one experience. We all need to try the experience of peace – so that everyday our many sufferings, our negativity, our bad reactions and so on get a little less. Instead we get beautiful things! Then we will get the peace habit, then we will get peace education, then we will crave peace and we will become more and more beautiful.

What we are talking about here is not a different religion or dharma so please don't think it is something far away from you. We are working for peace education in many different ways, for example developing good health by using Self-Healing. Self-Healing just means healthy body and mind. Everyone, even holy beings, understand the importance of this message, for example last year I got the St. Francesco medal, now the Paix Merit of Excellence Prize, I'm going to India to make Peace Prayers in front of the Indian president. All of us working for the Foundation, Kunpen Lama Gangchen, Peace Publications, Peace Radio – received these medal awards, I'm just the symbol. We are all really doing something to make peace messages.

Why is inner peace not easy to talk about? Because it is not based on philosophy, but on experience. This education we need to share: inner peace is not a philosophy it is about developing experience – so we need try it! We are speaking about mixing education with experience to educate our mind and habits, just like mixing colour with water. We need to decide: *I want to mix my mind with peace.*

In Self-Healing we have many examples of positive and negative images. We expel ignorance in the image of a pig when we say **PHAT**. We need to imagine that all our sicknesses manifest as a black colour, an enemy, bacteria, impure element forms, then we need to bring back positive energy in the form of light radiating from the holy beings, nectar and pure elements. Visualisation is a very useful technique to make our mind peaceful.

If you don't want to buy what I have explained to you, then we have no business. If you buy, then we have business – otherwise you will always return from the *Good Thought Supermarket* empty handed. We need to buy peace because it is beneficial for us; we need to mix our body, speech, mind, quality and actions with it. If we speak roughly, we need to change this, as it harms our friends, into very nice speech. We have supermarket minds: *this is making me a problem, this is my enemy*. For example, the neighbour who lives underneath my house is always worried that her roof might collapse. There is no need for her to worry – we also need to take care - because if her roof did collapse I would fall down, not them!

Drugpa Kunley was a great yogi who worked in indirect ways on the energy level. He seemed crazy because he had a different way of giving teaching – for example he continuously asked his mother to sleep with him until she accepted, then he went away and told everyone what had happened: *If you really push, even your mother will accept to sleep with you*. His mother felt very ashamed because she knew she would experience many difficulties in her life, but actually from this experience she got a big purification and she attained liberation. Drugpa Kunley's predictions always came true. He went to bless some houses, and he said: *may this house continue with many births and many corpses*. One family accepted what he said but the other family didn't like what he said about the corpses and so he said: *ok there will be no deaths in this house*. The first house was better and had many generations to their family. The second family finished at

one generation! He had truth power. Dependent arising is like mixing yellow colour in the water, sure yellow water is coming. Drugpa Kunley looked mad, but actually he was really sane and we're the mad ones.

Druk means dragon, Kun means all and Ley means successful. When a great lama's brother fell sick Drukpa Kunley was called to do the fire puja and tormas throwing. Drukpa Kunley threw the tormas on top of the lama – this meant that the demon or negativity was inside his mind. He once offered one cup of tea and one bowl of rice to all the monks in the assembly hall – he told them to wait for three hours before eating and drinking, those who started before broke their vow and so found the tea cup only half full and a few grains of rice. The power of dependent arising is strange, if we follow well with clear mind and concentration then the result is coming positive. But, negative side is also working like that. Drukpa Kunley always spoke in an open way - he once shouted at the Karmarpa when he was looking at a girl in the crowd: *now you have broken your mind vow*. Drukpa Kunley was a great and peaceful person. When the Guru exposes your faults in public, a lot of negative between the guru and disciple goes away.

Peace is our hope and our company. Peace is the essence.

Modern society continuously changes its idea and direction, one day we will all get confused and shocked. Please buy inner and world peace and mix it with life, like adding colour to water. We need to change bad words into nice words. We need to develop in this way. If a person is against us, it is because they don't know about peace in detail. Peace education means getting the details of peace in our daily life. Now I'm just giving outlines, putting some rough ideas into western culture. This is one branch of inner peace. But we need to go more deeply into inner peace. Modern society doesn't know this *more*. Maybe we have knowledge and philosophy, but we really don't have experience as we never recognise our mind or

consciousness. We don't know anything except running to our jobs to pay the bills. We follow one materialistic system, we never follow the making our mind peaceful system. So we find it hard to believe in mind healing, reincarnation, the benefits of pujas. Now it is much easier to have explanation of different therapies, but we also need an explanation about our minds movement and about mixing our mind with positive. Inside we really do have pure natural peace and this is what we need to awaken. We go school and study both spoken and written language, the teacher can guide us but our knowledge grows up inside of us due to our capacity. Who recognise their mind means that the crystal peace energy becomes more pure, then really coming.

Peace education has to be developed and generated inside.

Whatever experience of peace we have, we need to give it right now to others. The two accumulations of merit make great peace and we need to use this right now, there is no need to wait until we are a buddha or bodhisattva to help others. Our original nature is peace. In Tibetan Buddhist Tantric meditation we check each person's nature; angry, ignorant, desirous, jealous, proud and so on because in this way we tailor our teachings to that person's needs. I see teachers using many different books and giving many teachings – but there are few practitioners who are very happy, successful and joyful. It is very, very difficult. We really need to learn something! In Self-Healing all the material is there: image, breathing therapy, healing and peace are all inside. Now we all need to develop. There is no need to think that I am your guru if this makes you feel uncomfortable, we are just sharing ideas friend to friend. I hope that everyone becomes a healer, teacher, guide and captain.



Seven limitless prayer

Limitless love

May all beings have happiness and its causes

Limitless compassion

May all beings be free from suffering and its causes

Limitless joy

May all beings never be separated from the great happiness
that is beyond all misery

Limitless equanimity

May all beings dwell in equanimity, unaffected by attraction
to dear ones and aversion to others

Limitless health

May all beings recover from the sicknesses of mind and body
pollution so that they all enjoy relative and absolute health now and
forever

Limitless ecological regeneration

May all beings relax in a pure and healthy outer and inner
environment now and forever

Limitless peace

May all beings enjoy inner and world peace now and forever

Return to Peace
Albagnano 2017

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