

A Tong-len Practice for Difficult Situations

By Khenpo Karthar Rinpoche. As dictated to Kathy Wesley. Last Revised 10.28.03

When faced with a really difficult person or situation, Khenpo Karthar Rinpoche suggested this practice:

“It is important for you to cultivate compassion in this situation. You should think of compassion whenever you remember (this person or situation). When you have a really difficult situation with a person (or any other being), there is a good chance that this being was connected to you in a past life, and that you caused some harm to this being in that past life. In this way, there could be a sense of karmic debt in your relationship to the being.

“If you can, you should recite the refuge prayer, and when you recite it, you should not think, ‘may the Three Jewels protect me from this being.’ You should, rather, ask for equal protection for yourself and for the being you see as harming you.

“Also, you should think that whatever you have and own, you should send this (through your mind) as an offering to that being.

“You should know that the being is the same as you, and only wants happiness. You should pray that this being’s karma is purified.

“For example, if you see a dog, and beat that dog with a stick, the dog will never be your friend. But if you give the dog treats, slowly the dog will become your friend.”



The Four-Line Prayer

SANG GYE CHHO DANG TSOG KYI CHHOG NAM LA

In the Buddha, his Teaching and the Order most excellent

JANG CHHUB BAR DU DAG NI KYAB SU CHI

I take my refuge until enlightenment is reached.

DAG GI JIN SOG GYI PAY SO NAM JI

By the merit of generosity and other good deeds,

DRO LA PEN CHHIR SANG GYE DRUB PAR SHO

May I attain enlightenment for the sake of all that lives.