

Heartfelt Advice

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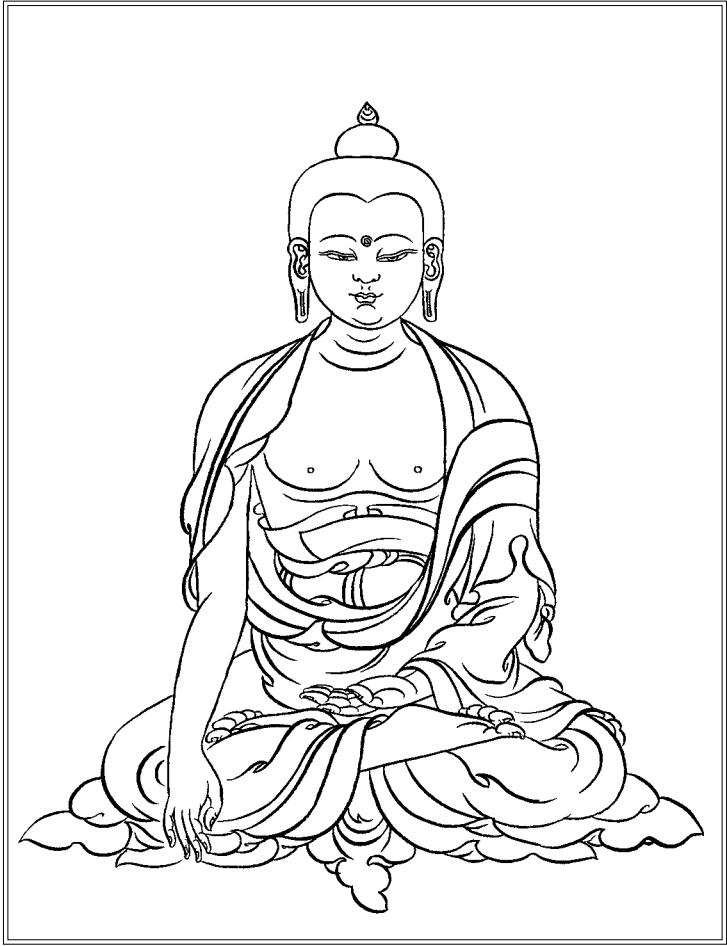
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∞ Introduction

This book contains exactly what the title promises: the heartfelt advice of our precious lama, Khenpo Dudjom Dorjee Rinpoche, to his spiritual friends, the students of the buddha dharma. As such, *Heartfelt Advice* is not necessarily intended to be used in the traditional Western manner of reading from cover to cover, start to finish, from page one to the end. Rather, think of it more as a user's guide or daily devotional tract in that you may glance through the table of contents or even simply flip the pages of the book until you see one of the ninety-five titles that interests you or addresses your spiritual needs at that time. The individual short chapters are not ordered in any way that would require reading the preceding chapters as a prerequisite for understanding those that follow. In fact, each one has it's own individual life and energy to benefit the student, independently of any of the others. It will bring to your study of the dharma a blend of compassion and wisdom that we always see from the realized masters of the Vajrayana: their ability to give us less of what we want, and more of what we need. Whether he is delivering the sometimes unpleasant or uncomfortable truths of suffering from the Hinayana, the boundless compassion of the Mahayana, or the radiant wisdom and bliss of the Vajrayana, Rinpoche holds nothing back.

Heartfelt Advice was written during a period from the winter of 2006 to the winter of 2007. It was very much inspired by the teachings contained within a Tibetan text that is a collection from the original sutra and tantra teachings of the historical Buddha as well as other great masters from the history of

Buddhism. During short daily sessions, Rinpoche would read to me from the original text in Tibetan and then, as I do not speak any Tibetan, he would translate the short verses that he had read. He would also give me his own commentary on those original writings based on his understanding and realization, cultivated from over three decades of studying, practicing, and teaching the buddha dharma. The short chapters you see here in this book are a record (read, corrected, and approved by Rinpoche) of my own understandings of those priceless conversations.

Aaron Price
Dallas, Texas
April 2008

∞ Glossary of Terms

Arhat: “The worthy one” (*Skt.*), who has reached the highest level of the Hinayana.

Bardo: “In-between state” (*Tib.*). In the Vajrayana, six in-between states are defined: the bardo of birth, the dream bardo, the bardo of meditation, the bardo of the moment of death, the bardo of ultimate reality, and the bardo of becoming (rebirth).

Bhumi: “Land” (*Skt.*), that is the ten stages through which a bodhisattva must pass to attain buddhahood.

Bodhisattva: “Enlightenment being” (*Skt.*), a being who seeks buddhahood for the benefit of all through the practice of the perfections of virtue but who renounces personal liberation until all samsara has been emptied.

Buddha: “The Awakened One” (*Skt.*), a being completely released from the cycle of existence into transcendent omniscience.

Dharmakaya: “Body of great order” (*Skt.*) or true nature of a buddha, united with the very essence of the universe (see *Three Kayas*).

Guru Rinpoche: “Precious Teacher” (*Tib.*), appellation reserved for the great eighth-century master Padmasambhava, who is regarded as a second Buddha, founder of Buddhism in Tibet.

Hinayana: “Small Vehicle” (*Skt.*), teachings of the first traditions that developed between the death of the historical

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