

Confidence

The purpose of teaching the Tathagata-garbha is to give the meditator confidence that he already has Buddha Nature. Without such confidence it is very difficult to fully rest the mind free from all conceptual contrivance, because there is always a subtle tendency to try to remove or achieve something.

Khenpo Tsultrim Gyamtso Rinpoche, *Progressive Stages of Meditation on Emptiness*, translated and arranged by Shenpen Hookham, Prajna Editions (Auckland, N.Z.: Zhyisil Chokyi Ghatsal, 2001), p. 79.