

## Clean up these Stains

No matter how great your guru is, the guru cannot remove your mental stains of clinging to things as being truly existent. You must clean up these stains with your own knowledge of emptiness, the true nature of reality. You can cultivate this knowledge, this wisdom, by listening to, reflecting on, and meditating on the teachings of the genuine Dharma. By listening, reflecting, and meditating again and again, your knowledge will grow, and gradually you will clear away the stains of clinging to things as being truly existent.

Khenpo Tsultrim Gyamtso Rinpoche, *Stars of Wisdom*, Shambhala Publications, translated by Ari Goldfield and Rose Taylor, p. 85.