



January 11, 2008

Dear Students,

I hope this letter finds you well. Here in Seattle, I am doing well. It has been several months since I wrote to you, so I wanted to write and let you know my plans.

I am enjoying the peace and quiet of my home, Dechen Ling (“House of Great Bliss”), and the beautiful Seattle area. I plan to continue living in this mainly solitary way. Therefore, I will not give teachings to large groups of students. However, over the past few months, many of my older students and some of the students who live in the Seattle area have come individually or in small groups to see me in my home for brief interviews with me, and I welcome all of you who would like to do this to come and visit me in this way. I will give you concise and profound instructions during your visit.

When you wish additional guidance from me, you should rely on what I have taught you in the past. There are many videos, audio recordings, transcripts, and published books and magazine articles of the teachings that I have given you. Also, you can sing the songs and recite the texts that you personally like the best. If you have specific questions about your practice, you can email them to me, just as you have been doing until now.

If you like, you can meet together periodically or regularly with other of your fellow students who live close to you to study and practice my teachings for a day or an evening. However, there need not be any Dharma courses for just my students. Instead, my students should mainly practice the teachings I have given them in their own individual places of residence.

The main way to practice is to see that your disturbing emotions and concepts exist only in relative reality. They do not exist in genuine reality, and ultimately they are self-liberated. See that it is the same for all contradictions and conflicting appearances—they exist only in relative reality; ultimately, their nature is self-liberated equality. So whatever manifests in your life, look directly at the essence of mind in that very moment, and let go and relax in its true nature, unborn, beyond conceptual fabrication, inexpressible.

Sarva Mangalam and Gelek Pel!
Khenpo Tsültrim Gyamtso Rinpoche