

# Pearls of DailyGelek 3: WHAT DOES LIBERATION MEAN?

written by Jitka Polanská



**As a response to the covid times and the imposed seclusion, for a couple of years Khenpo Gelek Jinpa gave support to Shenten's community with his regular online teaching from Gyalwa Chaktri, the famous practice manual of Bon Dzogchen. At the beginning, those one hour long meetings took place every day, and combined thirty minutes of teaching with meditation. They were attended by up to three hundred people and many of them expressed their gratitude to the lama. During those encounters, Khenpo la repeatedly shared his key instructions. We decided to collect some and present them as a series of daily reminders. We continue with "WHAT LIBERATION MEANS" in the context of Dzogchen practice.**

It is important to understand what liberation or enlightenment really means, according to the teachings. We have to liberate our own impurities, our negative emotions. The impure mind is the source of suffering, samsara and nirvana are within our own mind.

If we hold on anger or jealousy, it means we do not really recognize the harm it causes to us. By liberating our negative emotions all enlightened qualities arise naturally in our mind.

Abiding in the state of rigpa is the most effective and powerful method how to liberate the mind but

not so easy to apply, steadily. We have to check on ourselves and see what works, there are other supportive methods of releasing negative emotions and patterns, in the teachings.

We have to be honest with ourselves. We can be in the dharma for twenty years and feel proud about our seniority, but if we are not able to work with our emotions, we are in the same situation as a beginner.

In order to achieve liberation or at least go ahead on the path toward liberation, we have to understand what we, personally, need to liberate. We have to understand our anger, how it manifests, how it obscures our mind. If we keep our obscurations, it is like keeping a needle stuck in our body, it will hurt us. It is our ego who refuses to recognize our flaws, our obscurations, it looks away from them. It is scared to see. Be creative, see how your mind works.