

*Advice by
Lama Zopa Rinpoche*

*Video 44: Buddhism Has So Many
Ways to Rescue Us from Suffering*

Kopan Monastery, Kathmandu, Nepal

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Video 44: Buddhism Has So Many Ways to Rescue Us from Suffering

The Sushi Cat Stuffed Toy



(Referring to the new stuffed toys on the couch) New ones! Ha-ha.

(Pointing to the stuffed toy second to the top in the photo) A friend of Ani Janne's [stuffed toy].

(Flipping its bandana over its nose) There is a virus. It must cover [its mouth and nose] due to the virus. Ha-ha.

Student: It's a facemask.

(Pointing to the protrusions on the stuffed cat's back) This is the legs. This is the legs. You know, the worms with many legs. But then I think Sherab said it is a bag.

Ven. Janne: Rinpoche, Paula knows [what it is].

Rinpoche: *Huh?*

Ven. Janne: It is Japanese.

Paula: It is a Sushi Cat.

Rinpoche: A Tushita cat? *(everyone laughs)*

Student: Sushi.

Ven. Roger: Sushi. Japanese.

Ven. Janne: Japanese food.

Rinpoche: Sushi?

Ven. Tsenla: It has a fish on top.

Paula: It's a shrimp.

Rinpoche: It's a fish?

Ven. Tsenla: *Yeah*, for the cat to eat.

Rinpoche: This is a fish?

Ven. Tsenla: This is a fish. That is how they eat it, without the head, missing.

Ven. Janne: With the head missing.

Ven. Tsenla: They cut the head.

Rinpoche: Without a hat?

Ven. Tsenla: Without the head, the head of the fish. The head of the fish is missing. There is just the body and the tail.

Ven. Roger: it could be a caterpillar.

Ven. Tsenla: No, look at those four legs sticking up and then the tail.

Rinpoche: *Ha-ha. Ha-ha. Tsk, tsk.*

Ven. Tsenla: And look at those eyes.

You are Reborn Again and Again in the Lower Realms Until Your Karma Finishes

Rinpoche: Just before I was thinking that when the fishermen were catching fish, so many fish, so many, in a big, big what do you call it, a big nest?

Ven. Tsenla: Net.

Rinpoche: A big net, huge. They catch so many. *Bah, bah, bah*. Then they pull them up at the beach, I mean at the shore of the sea. But, you see, now... But, of course, like in Kerala, where they every day do [that], then they share them to the different restaurants and hotels, all that, every day. But, you see, now, that doesn't mean it is one time. Those fish being born as fish is not just one time. That's the problem. Until their karma finishes, they get born as that. If it is one time catch and going to a restaurant and sell, but that is not just finished the karma. Until the karma to be born as a fish finishes, I don't know how many eons, I don't know how long, but again and again, *bah, bah, bah, lama khyen, lama khyen*, again and again.

So, once you are born in the lower realms, hell, hungry ghost, animal, until the karma finishes, you get born there. I don't know, it could be, yes, numberless eons or an unbelievable time. Until you finish. You suffer until your karma finishes. Whatever suffering, whatever terrible suffering, *bah, bah, bah*, until your karma finishes. *Lama khyen, lama khyen*. So once... Of course, you didn't purify before when you had the time, the opportunity, it didn't get done, so then, when impermanence-death happens, you are born in the lower realms—finished. (*Rinpoche snaps his holy fingers*) You suffer until your karma finishes, on and on, *ssssh, bah, bah, bah*, for such an unbelievable length of time. *Bah, bah, bah*.

As a Human Being You Have Total Freedom to Purify Your Negative Karma

You have to know that. You have to know that. You have to remember that. So therefore, therefore, now we are human beings, and especially met Buddhadharma, *wow, wow, wow*, such freedom. Such freedom we achieved, that we have total freedom to purify negative karma at least. Even if there is no

realization of the path to enlightenment, at least to purify the past negative karma collected from beginningless rebirths. There are so many practices to purify.