

## Letter from Yongey Mingyur Rinpoche when Departing for Retreat

*In early June, 2011, Mingyur Rinpoche left his monastery in Bodhgaya, India to begin a period of extended solitary retreat. He departed in the middle of the night without telling anyone. He did not take any money or belongings, just the clothes he was wearing. The day after he left, his close friend and attendant, Lama Soto, found this letter in Mingyur Rinpoche's room.*

I write this letter to all the wise and pure-intentioned individuals who rely on me, both the monastic communities and lay practitioners throughout India, Nepal, and Tibet.

From a young age, I have harbored the wish to stay in retreat and practice, wandering from place to place without any fixed location. I also received an ocean of instructions from my glorious and kind root gurus. Though I have attempted to stay in retreat and practice, I have passed the rest of my time in laziness and diversions, letting my life come to nothing more than a distraction.

I have made a firm decision, based on the advice of the great masters of times past and my own heart's desire, to, as the example goes, take the reins into my own hands. Our lives are as fragile as a bubble and the activities of this life are as endless as the waves of the ocean. Yet whatever we do, we should rely upon and place our hopes in the Buddha's sacred and divine teachings. It is the Dharma that will benefit both us and other sentient beings. For this and other reasons, I have become disillusioned with the experiences of this life.

With genuine conviction in the lineage and instructions I have received, along with a motivation to be of benefit to others, various causes and conditions have prompted me to make the decision to wander alone, without fixed location, in remote mountain ranges. Though I do not claim to be like the great masters of times past, I am now embarking on this journey as a mere reflection of these teachers, as a faithful imitation of the example they set. For a number of years, my training will consist of simply leaving behind my connections, so please do not be upset with my decision.

As I have recommended before, throughout this period it is important to study, contemplate, and meditate. With a sense of harmony and pure discipline as a basis, it is important to study and contemplate the traditional scriptures of the Buddhist tradition, and [to learn] the traditions, practices, fields of knowledge, and other disciplines [taught in our lineage]. It is especially important to not always focus your attention outward, but to apply the teachings to your own mind. You should calm and pacify your own mindstream. It is important to bring benefit to the Buddha's teachings and to your fellow sentient beings.

There is no need to worry about me. After a few years, we will meet again and, as before, gather together as teacher and student to enjoy a feast of the Dharma. Until that time, I will continually pray to the Three Jewels and make aspirations on your behalf.

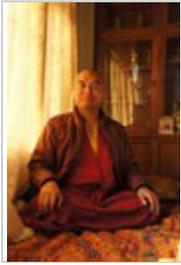
**Tulku Mingyur**



Written on the 3rd day of the 4th month of the Tibetan calendar in the year 2011

\* 藏曆四月三日即西曆六月四日

本文來源 <http://tw.myblog.yahoo.com/mingyurmy/article?mid=2554&prev=-1&next=2553>



印度、尼泊爾、西藏等地的寺院僧團和家人：

從小，我就對浪跡四方、居無定所的閉關修行十分嚮往。在大恩的具德根本上師尊前，我獲得了大海般深廣的口訣，雖然也裝模作樣地好像做了閉關的修持，但這中間卻因為懈怠散亂，蹉跎了時光，在放逸中虛耗了人生。

就像將牛鼻套在自己頭上的比喻一樣，依於過去上師們的教誨、以及自己內心深處的渴望，使得閉關的時機已然成熟。

人生猶如水泡，毫無意義，此生展現的一切作為，有如海中浪濤無有止盡。無論如何，唯一能寄望的就只有正法，能夠利益眾生的，也唯有正法。對這一切世間的顯現，我不禁感到悲傷，再加上對傳承與口訣教導的純然信心，以及一念利他的心，這許許多多的因緣一再催促著我。

如今，我將去斬斷纏縛這自身的繩索，不知身處何方、居無定所地浪跡於山林間。雖然不能比美過去祖師的行誼，也願向祖師們的典範看齊，有如鏡中影像一般帶著信心去模仿，用幾年時光，僅只是結下善緣地去效法祖師們的行持，請大家見諒。

於此同時，很重要的是：就如我過去常說的，要努力聞、思、修，要在心意和合、戒律清淨的基礎上，聞思和學習經典，佛事儀軌，以及學問知識等等。

最重要的是：不要向外散逸，要向內匯歸到自心，讓心調柔寂靜，並以此利益佛教及眾生。

大家一點都不用掛念我，幾年之後，我們會再相見，一如以往師徒相聚一堂，享用著法的饗宴。

在這一天來臨之前，我會為大家不斷向三寶祈請並且祈願。

明就多傑書於西元二零一一年藏曆四月三日

( 釋妙融恭譯於西元 2011 年 6 月 25 日 )