

Daily Meditation 09/03/2022

A Short Meditation with the Dalai Lama

Good morning.

In today's meditation, a brief one, we interact with the Dalai Lama.

This is a story I picked up recently that I had not heard before. So he was asked in a public event when it was Q&A time, "What is a Buddhist?"

He paused and said, "I don't know." Then other questions ensued. But it was obviously on his mind, because he came back to it and said, "I want to answer that previous question."

So he changed his mind -- yes, he did know. So he says, "A Buddhist is someone with a good heart."

Now I think we're all born with good hearts. But life bears down on us, and we undergo many disappointments and even abuses. So our hearts can turn less than good.

So to say, "I think that a Buddhist is someone with a good heart" also means that a Buddhist works on it, works on one's heart, and tries to throw off, let go of the traumas and the pain and the suffering and the projections and mistakes that we make, in order to keep the heart good.

I think it's a process, developing a good heart in a world that is not always good to us.

So I go out and ask, okay, then, what about Christians? What is a Christian? And we can ask also, what is a Jew? What is a Hindu? And so forth.

Now, when it comes to a Christian, I think of what Meister Eckhart said one day. He said, "A good person is one who praises good people." I've been reflecting on this and trying to practice it for decades, since I first read it in Eckhart. And I think it's very profound and very, very practical: *a good person praises good people*.

That means that one is not stuck in one's own ego. in one's own world, in one's own self concerns about oneself, but is looking around as a hunter gatherer, for goodness, for good people. And when you see it, you praise it, you let it out.

So we're here to support and to celebrate and to praise one another.

But to do that, you have to be looking for goodness. It just doesn't fall in your lap all the time. And you have to set aside some of the bad news that rolls in on a regular basis with the media or the social media or interacting with others.

So I think and then you can ask, how does that relate to the Dalai Lama's version of a good Buddhist? Do you think a Buddhist has a good heart? I'm saying a Christian is someone who's looking for goodness. And that itself, I think, demonstrates something about one's heart.

Thank you. We'll see you tomorrow.