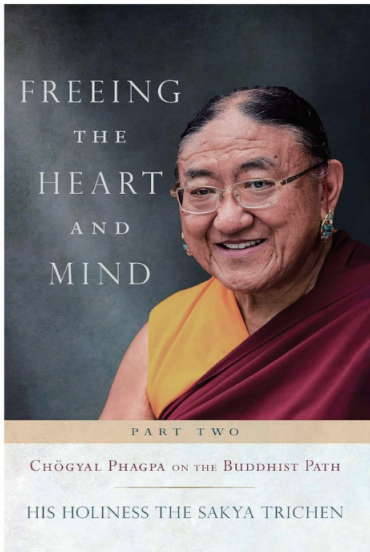


WORDS OF AWAKENING

# BOOK LAUNCH

FREEING THE HEART & MIND II



**His Holiness the  
Sakya Trichen**



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[www.sakyatradition.org](http://www.sakyatradition.org)

Email : [info@sakyatradition.org](mailto:info@sakyatradition.org)

Wechat ID : sakyatradition

Weibo : sakyatradition

IG: the\_sakya\_tradition

Facebook: TheSakya

Soundcloud: the-sakya-tradition

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By the merit of this work, may His Holiness the Sakya Trichen enjoy perfect health and a very long life, and continue to turn the wheel of Dharma.

## **Words of Awakening: *Freeing the Heart and Mind* Book Launch Speech**

**T**oday is a very happy occasion. About Chogyal Phagpa's biography, you can now read it at your leisure in the book, so I will not explain it in great detail here. I only want to mention one part of Chogyal Phagpa's life. He is no doubt the true emanation of Mañjuśrī. He was Tibet's greatest master and also the first Tibetan lama to rule the country.

He was, of course, very busy in the secular world as well as the religious one, and there were people at that time who were critical of his role as both a religious and a secular leader. They made unflattering remarks about his activities, and they also tested him. Once, when they went to see Chogyal Phagpa, they saw the sixteen arhats whom Lord Buddha had assigned and who reside in different parts of the world to propagate the Buddhadharma. These sixteen arhats had also come to see Chogyal Phagpa. When they saw this, their doubts and confusions were completely clarified, and they recognized that Chogyal Phagpa was not just a

great master but a real buddha—a buddha in human form. In this way, we can see how great Chogyal Phagpa was, a buddha in person.

Chogyal Phagpa wrote many books including ritual texts, secular texts, and others. The two works that appear in this book, *A Gift of Dharma to Kublai Khan* and *A Garland of Jewels*, are both very important. These two books comprise a sort of complete teaching of the Buddhist dharma. In fact, *A Gift of Dharma to Kublai Khan* contains Theravāda, Mahāyāna, and Vajrayāna practices. As for *A Garland of Jewels*, it has three chapters addressing different levels of practice.

### ***A Garland of Jewels***

The first chapter of *A Garland of Jewels* is meaningful not only for Buddhists but for everyone, for people in general, because it teaches us how to live a worldly life in a virtuous way that will make ourselves and others happy. I feel that this is very important. I always tell people that before you can become a good spiritual practitioner, you need to become a good person. Otherwise, it is impossible to be a good practitioner. A good person means someone who lives a very honest and healthy life that brings

happiness and is able to benefit others and make them happy, too. Only on this basis can there be a spiritual path practiced with diligence—whatever path you are inclined to choose. It need not necessarily be Buddhism. I do not say that Buddhism is the only way to salvation. Every individual has a different mentality and propensity, and you should choose the path to which your karmic connections leads you according to what you think is best for you.

The first chapter, then, is about secular life: how to live a worldly life in a virtuous way. This teaching was given to a prince of the Mongols, and it therefore contains a lot of advice about how to rule a country in a virtuous way. The teaching also covers how to deal with one's personal affairs.

As you are aware, there are lower and higher realms, and the human realm is one of the higher ones. In the first chapter of *A Garland of Jewels*, Chogyal Phagpa talks about maintaining the seven qualities of the higher realms, something important not only for Buddhists but for everyone, Buddhist or non-Buddhist.

If you have chosen to become a Buddhist, the second chapter of *A Garland of Jewels* contains the Theravāda teachings. When Lord Buddha attained enlightenment, the majority of his followers were Theravādans (sometimes also called Hīnayāna practitioners).

The third chapter of *A Garland of Jewels* covers the Mahāyāna teachings and ends with the great qualities of the Buddha. It does not contain tantric teachings, only the Theravāda and Mahāyāna teachings. I genuinely believe that if you study and read this book, it will be very helpful.

Apart from this, I do not have much to say. I invite everyone to enjoy the dinner. I'm very happy to know that there is so much devotion that we all share towards the Buddhadharma, and together we can expand it. I wish everyone the best for everything. May the great blessings of the root and lineage gurus, the buddhas, and bodhisattvas be with you now and always. Thank you very much.







■ His Holiness the Sakya Trichen is revered as the forty-first throne holder of the Sakya lineage of Tibetan Buddhism. Born in Tibet in 1945, His Holiness is from the noble Khön family, whose predecessors date to the early days of Tibetan history and established the Sakya order in the eleventh century. In his youth, His Holiness received intensive training in Buddhist philosophy, meditation, and ritual from eminent masters and scholars.

Widely regarded as an emanation of Mañjuśrī, His Holiness is the spiritual guide to many in the next generation of Buddhist teachers and practitioners, and has bestowed Sakya's core teaching cycle known as the Lamdre (the Path with the Result) in both eastern and western countries. His Holiness manifests profound wisdom and compassion, tirelessly working to establish monasteries, nunneries, and educational institutions and to impart the Buddha's teachings to countless students around the world.



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