

~ *The Causes of Happiness* ~

By Mingyur Rinpoche

Actually, love and compassion are with us all the time – twenty-four hours a day. You do not have to make it. It is just there. But we do not recognize this love and compassion that is there, we are not connected with that. So the whole practice is to connect with this basic feeling. You have this love and compassion twenty-four hours a day. Connect with that, and practice. Say to yourself:

“May I have happiness and the causes of happiness.”

The causes of happiness are very important, because sometimes our head, the ego – on the surface level, there is an ego, right? The ego makes the causes of suffering. “I have to win. Everyone else has to lose.”

You and others are interdependent. In order for you to be happy, you need others. If you make problems for others, eventually you will have a big problem, right? And you also will not be happy. Even if you follow your ego and achieve the deep desire of your heart, you will not be happy. You will still feel hollow, lonely, insecure and, sometimes, a sense of guilt. There are so many things.