

~ *The Essence of Generosity* ~

By Mingyur Rinpoche

The essence of generosity is the mind of letting go. What is the mind of letting go? It is letting go of attachment and clinging. Normally, we have a mind that is very tight. Often it is related with ego-clinging and selfishness. If you do not let go of that, then even if you are generous, and it looks like you are helping others but, actually, it is based on self-interest. Maybe it is better than doing nothing, but once you are generous, when you help someone, and you gain power, money, fame, or whatever from that, in the end, this will turn into something bad. You will use this as an ego-booster and, eventually, it will harm others and yourself. So these things do not count as generosity.

When we look at the world history, in the beginning, many dictators started with doing good things – there was a lot of generosity. But then, because they did not focus on the mind of letting go, after sometime, ego came, and everything got taken over by the ego, and it became a big problem – both for him or herself and for others, to the world. Therefore, it is really important to focus on the mind of letting go, and through that, whatever actions, whatever you do is becoming part of generosity. Normally, we say there are four different types of generosity: material generosity, protection, love and kindness, and spiritual generosity. You can help in whatever way, even with having an idea.

From our side, when it comes to actions, we try our best to help our friends, family, colleagues, society, and the world. At the same time, do not let the mind be too tight on the result. The most important thing is your heart – the mind of letting go.

This is the essence of generosity, and whatever act that comes from the mind of letting go will be very beneficial and benefit you and others and also the world.