

~ *Mind Creates Reality* ~

Mingyur Rinpoche

Mind creates reality. Normally, our mind is creating reality. For example, right now, you are watching this video and there are lots of preconceptions. Those have developed within you for a long time. Your mind is completely fixed and grasps onto these ideas. Then an idea becomes reality. It is so strong.

For example, let us say that if you want to get out of the house and behind the door is one of your friends wearing a tiger costume, he looks like a tiger. If you are afraid of tigers in general, and that day you do not know that your friend is wearing a tiger costume and is waiting behind the door; you are slowly walking, maybe singing a song, you open the door to go out and your friend shouts: "Buh!" You will feel strong fear, almost like you are going to faint. But if you know that your friend is waiting behind the door, wearing a tiger costume, you may walk slowly to the door, singing a song, and when your friend shouts "Buh!" you may laugh.

Your friend might think: "Oh, it was just me and it might not be enough". So your friend goes and invites another two, three, or four friends. Then they all jump out in front of you, but for you, it is still OK. "This is just a tiger costume, and this one (pointing to the other side) is also just a tiger costume." The knowledge, the understanding is clearer. Therefore, if we realize that the world is constructed by our mind, that really helps us to be free from the fixations of mind. To be free from suffering, which is caused by grasping. We can then feel more open, spacious, and we will have some kind of confidence — a feeling of comfort that comes from within.

That is what we call the "great wisdom," the wisdom of non-dual mind.