

~ Happy New Year 2019 ~

Mingyur Rinpoche

Happy New Year! I will pray that the new year brings you happiness, health, and also that you will develop your spiritual journey, your awareness, compassion, and wisdom.

This is a new year and, of course, we all know that; our life is changing, the environment is changing, the whole world is changing. It is important that we accept that things are changing. We need to really let go of, what I call our “fixed mind:” the mind that creates a prison or a jail for ourselves, layer after layer, with preconceptions and a lot of judgment and lots of ideas. We need to accept these changes. This new year is a big change, is it not? If you can be with what changes, accept that which changes, that will really bring, or it has for me, a new perspective on life that is fresh and really sees things clearly. I become clear about myself, about my life, and in meditation, it really helps me to see my own mind, the natural qualities of my own mind.

You can see things around you, also, being fresh and alive. In a way, we all have this wonderful life, right now. It is amazing! and it is important to appreciate that you are alive, that you are breathing. At the same time, there is a lot of great qualities within us — within me, within you, and in this world. Appreciate that and be with it.

At the same time, practice letting go. Letting go is not giving up. Let go of your fixed mind. After letting go of your fixed mind, you will discover the fresh reality of yourself and the world. That only comes through accepting impermanence, changes.

With this day comes a big change for you and for all of us. It is New Year's, right? I hope this new year will open new eyes, a new mind, and a new heart for you that is fresh, clear, joyful, and peaceful.

Thank you!