

~ *Love for Oneself: View* ~

Mingyur Rinpoche

One time I was giving teachings about love, which everybody has. No matter who you are or which day it is, you have it 24 hours a day, even when you feel hatred. I was teaching all these things, and it looked like everybody was very happy. I was very happy too.

After I finished the talk, I went out. One man was waiting for me outside, and he said, "Excuse me, can I talk to you?" and I said, "Yes." He told me, "Your story, your idea, your teaching about everybody having this love is wonderful. I like it, but I just want to let you know that I do not have that. Maybe *they* have love all the time, but I hate myself all the time."

I listened to him, and then I ask him, "Why did you come here?" The man told me, "Oh, I want to learn something for you." And I asked him, "Why do you want to learn from me?" And he said, "Oh, I want to be free from the feeling of hatred. This is why I came to you, so I can free this feeling, so I can be happy." Then I told him, "Actually, you care for yourself. You want to be free from this hatred and you want to be happy. You came all this way. You came from far away, took the time, and made the effort of this journey. It is not so easy, right?" Then this person said, "Oh yeah, you are right."

Although sometimes we feel like we hate ourselves, and sometimes we feel like, "Oh, I am useless, not good enough, many people do not like me," that is normal. Even though you have these feelings, on a deeper level all these feelings are, actually, coming out of love.