



དེའི་དྲིན་ལན་ཞིག་གསོད་དགོས་གི་བསམ་ནས།  
དེ་བསོད་དང་ན་ཨ་བསོད་གི་རེ་བ་བྱོས་ན་དེ་ཚོད་ཀྱི་ལས་རྒྱ་འབྲས་ཟེར་ནི་རེད། ཨོ་ཡ་ད་དེ་རེད།  
རང་གི་དེ་བྱོས་ནས་ཉན་གོ་ནི་རེད། ས་མ་དགའ་ན་དགེ་བ་ཟེར་ནི་རེད། སེམས་ཅན་དགའ་ན་”

ལ། དགེ་བ།

ཀ། ས་མ་དགའ་ན་དྲིན་ལེན་ཟེར་ནི་རེད། སེམས་ཅན་དགའ་ན་དགེ་བ་ཟེར་ནི་རེད།  
སེམས་ཅན་ཐམས་ཅད་དགའ་འཛོག་རྒྱ་ཞིག་བྱོས་ན་དེ་དགེ་བ་རེད། སུན་ཐོག་ནས་དགའ་ན་འདྲ།  
ཨོ་ཐོག་བསྟམས་ནས་དགའ་ནི་འདྲ་གི་སེམས་ཅན་ན་དགའ་རྒྱ་ཞིག་དེའི་ས་མ་དགའ་ནས།  
ལ་བོ་ཡི་སེམས་ལ་ཤར་ན་དེ་ལས་གི་བསྐྱེད་ན་དེ་དེའི་འཕྲོ་བསོད་ཡོང་ནི་རེད། དེ་རེད།  
ས་མ་ལ་ཚོས་སྐྱབ་བྱེད་ཀྱི་མཐུ་རྒྱུན་སྐྱབ། ཚོས་འདྲ་སྐྱབ་གི་བཅུག་མི་སྐྱབ་ནི་ཤིག་ཡིན་ན།  
ད་མི་དགའ་ནི་ཞིག་ཡིན་ན། ཚོས་ལ་མི་དགའ་ནི་ཞིག་ཡིན་ན། ཡར་བཤད་མར་བཤད་བྱོས་ནས་དགའ་ན་ཅུ་བཅུག་ན།  
མཐའ་མ་རྩ་མ་ཚོས་འདྲ་ཡག་པོ་སྐྱབ་དང་ན་དེ་ཡིས་ས་མ་ཡི་དྲིན་ལན་ཤིག་ཏུ་བསོད་ནི་རེད།  
ཚོས་དེ་ཡིས་ཁྱད་པར་ཏུ་བསོད་ནི་ཞིག་དེ་མོ་ཡིན་ནི་རེད། དེའི་དེ་ཚོ་ཟེར་རྒྱ་དེ་མོ་ཡིན་ནི་རེད།  
ལས་རྒྱ་འབྲས་དེ་ཡག་པོ་ཞིག་སྤུང་། གཅིག་གཅིག་ལ་མཐུན་སྦྱིལ་ཡག་པོ་ཞིག་བྱོས།  
ས་མ་གྲགས་ཞིག་ཡིན་ན་བརྗེ་འཛོག་བྱོས། འུ་རྒྱུད་ཡིན་ན་བསད་གི་མ་བསྐྱེད་མེད་བ་བྱེད་གི་མ་བསྐྱེད།  
བཟའ་ཚང་ཡིན་ན་མཚན་ཐོས་གཏམ་སྟོན་དེ་རིང་ཁྱོད་འདྲ་འདྲ་བོ་ལ་དགའ་བེད། སང་ཉིན་ཁྱོད་མི་དགའ་བེད།  
ད་དེ་མོ་འདྲ་མི་འདྲ་བྱེད་གི་བསྐྱེད། དེ་དུས་ལས་རྒྱ་འབྲས་ཟེར་རྒྱ་བཟའ་ཚང་གི་བར་ན་ཏུ་ཅང་ཡོད་ནི་རེད།  
དེ་སྟོན་ཉན་ནི་མ་རེད། དེའི་དེ་རེད། དེ་མོ་ཡིན་ནི་རེད་ད། ད་དེ་ཚོ་ཟེར་རྒྱ་མེད་ད།  
ལས་རྒྱ་འབྲས་ཡག་པོ་ཞིག་འཚོ་ནས། ཚང་མ་མཐུན་སྐྱུལ་ཡག་པོ་ཞིག་བྱོས།  
དེ་གི་དེའི་འཕྲོ་ད་སྟོན་མ་ཡི་ལྷགས་སོལ་རྟེན་བ་དེ་མེད་པ་མ་བྱོས་ན། དེ་ཚང་མ་ཁོང་ཁྱོད་དང་ཞེ་སྐྱེད་དང་སྤྲུག་དོག  
གཙོ་བོ་སྤྲུག་དོག་དེ་དཔེ་ནི་རེད། ཁོང་ཁྱོད་དང་སྤྲུག་དོག་དེ་མེད་ན་ཤིག་ཏུ་རྩ་བ་ཆེན་པོ་ཞིག་ཡིན་ནི་རེད།  
ཁོང་འཕྲོ་ནི་རང་ང་ཚོགས་པ་ཟེ་ནས་དེའི་ཐོག་ལ་ཚོགས་ཀ་ཟེ་ནས། ད་རང་ང་ཚོགས་ཀ་མང་པོ་ཟེ་ན་ཁོང་ཁྱོད་ཟེར་ནི་རེད།

**English translation:**

A: I believe the karmic law of cause and effect is very important, cause and effect applies to all sentient beings, from insects and animals, to our parents, and to the great lamas, each and every one should be treated according to the Tibetan traditional karmic law. If one does not abide by the karmic law and does everything based one’s own personal wills, then the law will be violated. Doing things according to personal wills and desires will break the karmic law of cause and effect; the law is very precise. Once the law is violated, the bad consequences will soon come... either in this life or the next, regretting when it comes is useless, it is too late to regret at that time. Thinking it was wrong that I did such bad things earlier is late... even if one did not violate the karmic law in this life, bad consequences may come for bad deeds that one has done in a previous life. When the consequences arrive, regretting does not help. The same thing also applies to the next life. It is like that.

Therefore, the young people should firstly follow the karmic law of cause and effect, secondly people should get along well and unite, and thirdly they should not harm other people. It is very important, that is what cause and effect law is; that is what religion is, try to help all the sentient beings instead of harming them. By all the sentient beings, some people think that horses are sentient beings, insects are sentient beings as well, but not human beings, that is not correct. In all beings, as long as it has a life, it is considered as a sentient being. No matter a being is in hell or it's among the hungry ghosts, or it belongs to animals, such as fish in the water or birds in the sky and all the other insects, etc. They are all sentient beings. There are also animals, animals are sentient beings; humans are also sentient beings.

Deities are also sentient beings; demi-gods are no exception. Enlightened beings are not sentient beings any more. Besides enlightened ones, the rest all belong to sentient beings. Being helpful to all sentient beings, first of all, one should have an attitude of benefiting others, such as thinking if I could do something for others; if one sees that someone else is not doing well in whatever aspect, one should be concerned to help him/her out. If one possesses the attitude of benefiting others, then he/she can be considered as a religious practitioner, and will eventually lead a happy life.

People should also realize the great things that their parents have done for them, and thus to be concerned to repay the kindness of the parents. Trying to repay the kindness of the parents and show gratitude to them is also a way of following the karmic law of cause and effect. If one is doing a good job in this aspect... making parents happy collects merits; making others happy...?

B: Collects merits.

A: Making parents happy repays their kindness; making others happy collects merits. Doing something which makes everyone happy is a virtuous conduct, it does not matter if people are happy because you helped them or you tried to help, as long as people are happy. To parents, if one does things according to his/her parents' wills and make them happy, then they are repaying the kindness of the parents. If one prepares the conditions for the parents to conduct religious activities, or encourages the parents to get involved in religious activities, if the parents themselves are not active or dislike doing religious activities, and if the parents end up participating in my religious activities, then it is one of the best ways to repay the kindness and follow the rule of filial piety. Religion is the best way to repay parents' kindness. This is what has to be told to people, greatly follow the karmic law of cause and effect; get along well with other people; respect parents and elders; do not do abortions. For married couples, they should not break their promises and vows, should not say I love you today, and again say I do not love you the next day; if one does such things, cause and effect law works between couples as well, people should not break the ethic law. That is it; that is what I have to tell them. Follow the karmic law, unite with others, plus preserve the old traditions. People should also discard anger and jealousy, jealousy is the most harmful one. It is implausible if one can discard both of anger and jealousy. When people get irritated a lot, anger comes.

**About CultureTalk:** CultureTalk is produced by the Five College Center for the Study of World Languages and housed on the LangMedia Website. The project provides students of language and culture with samples of people talking about their lives in the languages they use every day. The participants in CultureTalk interviews and discussions are of many different ages and walks of life. They are free to express themselves as they wish. The ideas and opinions presented here are those of the participants. Inclusion in CultureTalk does not represent endorsement of these ideas or opinions by the Five College Center for the Study of World Languages, Five Colleges, Incorporated, or any of its member institutions: Amherst College, Hampshire College, Mount Holyoke College, Smith College and the University of Massachusetts at Amherst.

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