



How to Generate Bodhicitta

Venerable Lama Ribur Rinpoche

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The essence of Buddha's 84,000 teachings is bodhicitta: the awakening mind that aspires towards enlightenment so as to have the perfect ability to free all beings from suffering and lead them to peerless happiness. On his two visits to Singapore in 1997, Venerable Lama Ribur Rinpoche taught extensively on how to generate that precious bodhimind. Using scriptural understanding and his personal experience, Rinpoche also gave insightful teachings on lo-jong (thought transformation), the practice of which enables one to transform the inevitable problems of life into the causes for enlightenment.

Ribur Rinpoche was born in Kham, Eastern Tibet, in 1923. He was recognized at the age of five as the sixth incarnation of Lama Kunga Osel, a great scholar and teacher who spent the last twelve years of his life in strict solitary retreat. All five of the previous incarnations were principal teachers at Ribur Monastery in Kham. In 1987 Rinpoche left Tibet and travelled to Dharamsala, India, to see His Holiness the Dalai Lama. Rinpoche lived at Namgyal Monastery in Dharamsala, where, at the request of His Holiness, he wrote a number of biographies of great lamas and an extensive religious history of Tibet. Rinpoche has also visited and taught in several foreign countries - Australia, New Zealand, America, and around Europe. Ribur Rinpoche spent many years living in northern California where he gave teachings and led retreats, before returning to India, where he passed away in 2006. His warmth, humour, profound wisdom and practical, down-to-earth teachings have endeared him to many students around the world.

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