



The Birthday Teaching

A Teaching from Jetsunma Ahkön Lhamo

Here is a teaching you did not ask for:

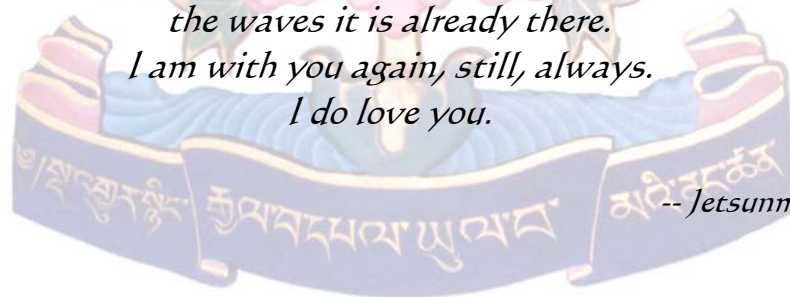
Try to believe in the Love....that the Love that exists is Absolute. It never varies – it is unchanging. You did nothing to deserve it and you cannot destroy it. It is your belief in the Love, your acceptance of it, this changes from moment to moment, circumstance to circumstance, tossed about on the waves of your emotions.

Let your heart fall deeper, under the surface, to where the waves seem very far away. There you find it, and me. Make a samaya now to go deeper every day, to diligently travel to that calm place where the sands do not shift at all.

You never asked for this! Only for what is temporary, turbulent, based on a self that you have only imagined. Learn to ask for what is true. That you will be answered is certain, because the answer is already accomplished. Beneath the waves it is already there.

I am with you again, still, always.

I do love you.



-- Jetsunma Ahkön Lhamo

This concise teaching was given to me in September 1985 on my birthday, at a time when my craving for attention and approval was crippling my spiritual path. The teaching accompanied a statue of Kuan Yin, the Buddha of Compassion. With gratitude for my Teacher's patience and love, I pass this along with the prayer that you not be afraid on the path. It is a teaching from the Wisdom Dakini to the Wisdom Dakini hidden in all of us.

-- Ani Alana