

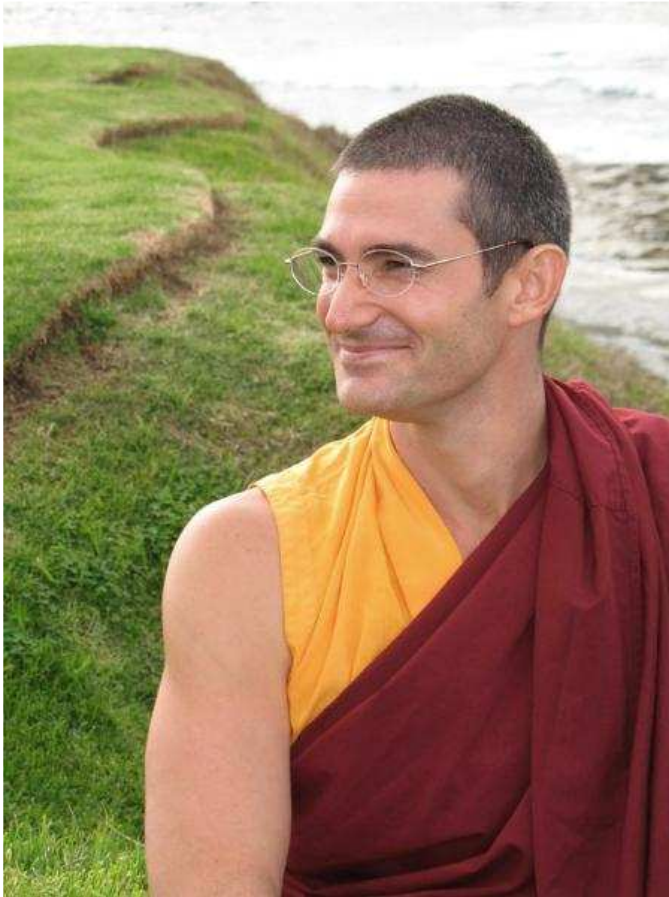
[Buddha's Lost Secrets](#): Tips on Meditation & the Spiritual path #209  
from your Buddhism expert

## Translating “Lama”

Your teacher's full name is

**Lama Jigme Gyatso: Rime Manipa Tantrika.**

By translating this rather lengthy name there is a good chance you could better understand what he and his teachings are all about.

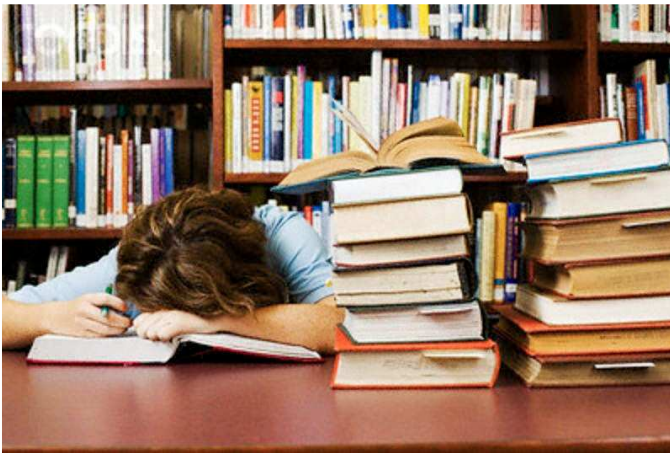


“**Lama**,” is the Tibetan translation of the Sanskrit term “**Guru**.” Although either word can be translated as “teacher” perhaps a more accurate rendering would be the phrase...

**He who is weighty with good qualities.**



This phrase infers that a true lama is more than just some poindexter who did well at memorizing facts just long enough to regurgitate them for his exams,

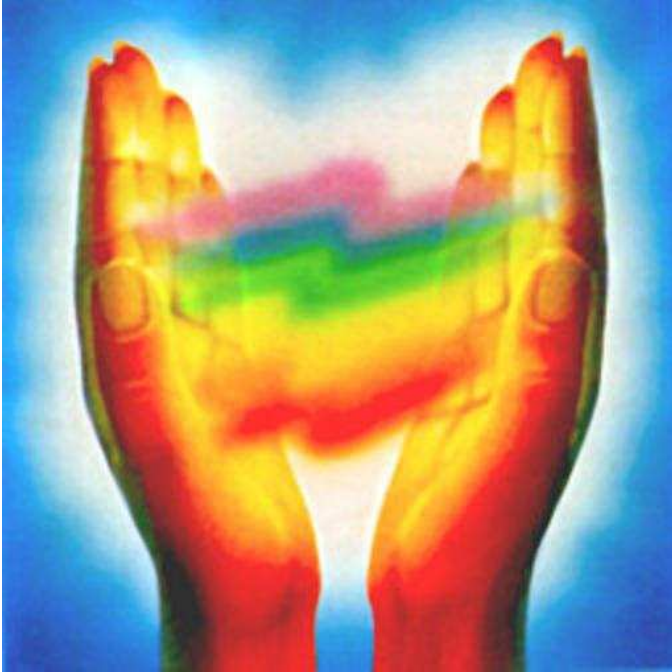


but rather, that:

- he was motivated enough to actually apply the teachings as if they were Buddha's personal advice to him and that
- he was fortunate enough to actually accomplish realizations and attainments.

After completing my 1st three-year retreat I received the title "Lama" in a token sense but **so what**, most people do and it didn't add up to a hill of beans.

At that point I was just a good intentioned second Bhumi Bodhisattva.  
 And I didn't really have that much to offer so I was basically sent out as a [psychic healer](#).



The Bo-dhi-sat-tva path has ten levels {or *Bhumis*}, the tenth level being full Buddhahood.  
 And it wasn't until after the 4<sup>th</sup> of my three-year retreats that I accomplished the **higher** Bhumis and was forcefully encouraged by my teacher to

get out there and really teach as well as begin founding and guiding the **"Buddha of Compassion monasteries and meditation centers."**

### So what?

Why should you believe me?  
 You shouldn't.

Why should you believe anyone who verifies my claims?  
 You shouldn't.

What about the Buddha?

Hey, if Buddha appeared to you in a vision and said,  
 “Go and follow Lama Jigme,”  
 should you believe him?

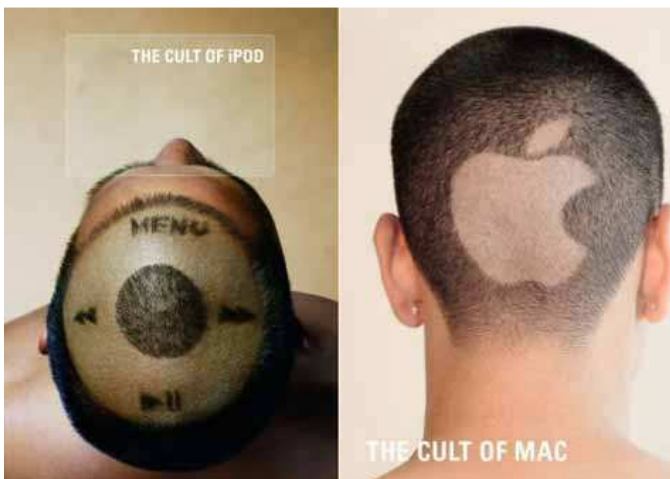


Nope!  
 Why?  
 Why not believe even a vision of Buddha himself?

**Belief is highly overrated!**

Oh please don't believe in me.  
 Please don't believe in anyone.  
 Remember the three options of judgment.

#1 We can choose to never judge our teachers,  
 but that can just make us a target for **cults**.



#2 We can choose to pre-judge our teacher based on the **superficialities** of:

- appearance,
- popularity,
- wealth,
- prestige,
- fame,
- intuition,
- logic or
- convention – such as...
  - a) Resume,
  - b) Credentials and
  - c) Letters of Recommendation;

but it is written that Buddha taught, that would be a very **bad** idea.

#3 We can choose to postpone judgment until:

- after we have received our teacher's blessings,
- after we have received our teacher's instructions,
- after we have practiced them, precisely, twice daily, for 90 consecutive days and until
- we have then noticed our results.

There is only one thing that qualifies me to be your teacher and it is **not** my:

- cool robes,
- neat buzz cut,
- goofy smile, or
- fun teaching style.

The only thing that qualifies me to be your teacher are the results that you receive from sincerely applying my instructions.

If after 90 consecutive days of enthusiastic practice you've become even more of a cranky bastard then

**Run like Hell**



and find a new teacher.

But, if after really putting my instructions into practice you find that you are experiencing even greater love, peace, insight and happiness then run *{don't walk}* and come to my next:

- 7 day seminar, or at least set up a
- 50 minuet class either over-the-phone or in-person.



Yes, I am available for one-on-one classes, whether they're in-person or over the phone; but I'm very picky. I only accept kind hearted students who demonstrate a sincere spiritual hunger.



Could that describe you? Then...

**Reserve your lesson Now**

<http://www.LamaJigme.com/Beginning-Series.html>

**Om Mani Padme Hum,**

[\*Lama Jigme Gyatso\*](#)

Tibetan-Buddhist: Monk, Teacher, Healer and Tantrika

P.S. Remember, this live telephone teaching **or** instructional CD is actually my way of saying “thank you” for the medium or small donation you could make this month. And also bear in mind, that your donations are crucial to the founding of San Diego County’s first “**Buddha of Compassion Monastery and Meditation Center.**” The next generation of American nuns and monks are counting on you.

Lama Jigme’s tips and teachings... they’re free!  
Be sure to **Forward** to a friend.

To receive the FREE, fun, politically Incorrect, daily e-mail,  
*“Lama Jigme’s Tips on meditation and the spiritual path”*  
you could [subscribe](#) right now.

Download **FREE** [meditation supplies](#).

How could you benefit from a Long distance [Healing-treatment](#)?

What is the **EASIEST** way to [Learn to Meditate](#)?

**Change** how you Feel in less then [90 seconds](#)?

What does “[Om Mani Padme Hum](#)” **really** mean?

Improve the Skill and Ease of your [Breathing Meditation](#)?

How could you **easily** [Purify](#) your Bad karma?

What do you really [know](#) of Buddha’s teachings?

What are [Buddha’s Lost Secrets](#)?  
Special *discount*, this month **ONLY!**

Avalokiteshvara, Kuan Yin or Chenrezig...  
who is this [Buddha of Compassion](#)?