

Dipa Ma's Daily Life Dharma

1) Abide in awareness, always.

"The practice never leaves me." "When I am moving, shopping I'm always doing it with mindfulness." "I have mindfulness even in my dreams."

"Whatever you are doing, be aware of it. Meditation is to know what you are doing. If you are rushing to the office, then you should be mindful of 'rushing.' When you are eating, putting on your shoes, your socks, your clothes, you must be mindful. *It is all meditation.* Even when you are cutting your nails, put your mind there. Know that you are cutting your nails." And regarding sitting practice: "Even if you only have 5 minutes, do 5 minutes of meditation." "Never give up the Dharma."

2) Don't identify with thoughts.

"Your mind is all stories." "Thoughts of the past and future spoil your time." "This problem you are facing is no problem at all. It is because you think 'This is mine.' It is because you think 'There is something for me to solve.' Don't think in this way, and then there will be no trouble."

3) Learn from impermanence.

"There is nothing to cling to in this world." "When you are alive you might think 'this is my daughter; this is my husband; this is my property; this is my house; this car belongs to me.' But when you are dead, nothing is yours. *You must really learn that everything is impermanent.*"

4) Offer continuous blessing.

"Meditation is love." "Blessing others will keep your mind attentive." She blessed everything she came in contact with (humans, animals, cars, airplanes, buildings), modeling a life of continuous blessing one student had "never imagined was possible." She also lovingly stroked people's hair, gave blessings from head to toe (the joy of which lasted for days), and treated each person like her own child: "You are my dharma child. If you have nowhere to sit, come sit in my lap."

5) Be still.

When questioned about her thoughts she said, "In my mind there are only three things: lovingkindness, concentration, and peace." Dipa Ma's Dharma was not about words, but about *being*. "When she would stand, it was like a rock dropping." "She was a mountain of unshakeable calm." "I was able to rest in her silence, like resting under a large shade tree." "She was *real* stillness." "She had a vast empty heart with room for all of creation."

