## On The Festival of Longevity

Venerable Gyatrul Rinpoche February 26th, 2015

Now Lama Sonam is coming to teach Chimed Sok Tig. That is your wonderful opportunity! You can come and learn. You can come and practice. You can come and help, everybody! Now Ila, Ani Baba and others are preparing everything at Tashi Choling, and at O.D.D. they are preparing, too--people need to stand up and use their feet. Everyone should help however they can. Don't think--"I'm a man, that's not my job!" Don't think, "I'm a woman, I don't need to think about taking care of those things. Not my job!" No, no, no! Whatever you can do, that's your job. Whatever you don't know how to do, ask to learn it!

Don't think that men can't learn to chopon, okay? Choponing, helping with the rituals, it isn't just one person's job or just the women's job, or anything. Ritual is everybody's job, preparation is everybody's job, cleaning is everybody's job. Nobody should have to call you up and ask you to help--you should call and ask what you can do to help. You are not children, needing your mommy to tell you to do everything every time. You can come and say, "I am here to help, here to learn. What can I do? What can I learn?" Lama Sonam is coming, practice is happening--that means this is your opportunity time. Don't waste your opportunity, okay?

Tashi delek!

-Gyatrul

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