

Meditation Master JinBodhi's Dharma Teachings**The Six Perfections: Tolerance**
From “Learn About the Six Perfections”

Do you understand what tolerance means? It means to tolerate insults. To tolerate being blamed by others. When others say, "Why are you so ugly? Why didn't you do the work well?" It is usually insulting indeed. But sometimes, it is really your fault. When you hear, "Why didn't you do the work well?" It doesn't sound as pleasant as, "Wow, well done!" You would be happy to hear that. When others blame you, you feel insulted. You feel your character is insulted. But sometimes when others criticize you and point out your faults, they don't mean to insult you, it just sounds unpleasant, so you take it as an insult. It is actually not insulting.

People like to hear pleasant things. You accept all praise, but reject any negative language and emotions. Also, if it is truly insulting, we need to learn to bear and accept it. Once you can do this, you are stronger and more powerful. Analyze others' blame. If they are right, accept it. We are elevated when we correct ourselves. You do something wrong and your boss says, "You didn't do it well." Correct it and do it right next time.

I used to remind people when they didn't do things well. Some misunderstood me. Once when I was traveling from Qinghai to Tibet, there was no bus for passengers, only big trucks. I realized a wheel on the truck was abnormally turning. Usually, the wheels are aligned, especially for trucks. I often travel, so I was experienced. When I saw the wheel shaking, I knew some nuts were loose. If it flew off the truck, the truck would lose a wheel, and it might injure people. I waved at the driver pointing to the back. He knew it was the wheel. Drivers all know that. He stared at me and shouted, "Damn it, you want a ride?" He thought I would take advantage of him. I was still frowning, meaning something serious. He ignored me. After a while, the wheel flew into a valley ahead. I warned him, but he thought I wanted to take advantage of him. As a result, he had to run for a kilometer to pick up the wheel. It was so difficult! The hill was over 50m high. The wheel was heavy. It was not only the rubber tire, but also the iron rim in the

center and weighed at least 50kg. After he carried it back, he was exhausted. So I helped him to install the wheel. "My friend, I was trying to kindly warn you."

He said, "Oh, I thought you wanted to take a ride from me."

I said, "What's wrong with that?"

He said, "To be honest, if a beautiful girl waved at me, I'd stop. However, as handsome a man looks, I don't feel like stopping. Many have used this trick to ask me for a ride to Tibet."

With tolerance, you can avoid many troubles. Thus, learning to tolerate plays an important part in cultivation. It transcends a petty, ordinary small self into a saint. We call it big self. It is a part of the process of changing into a selfless person. In the process of changing from small self to big self, we need fortitude.

Some people insult you on purpose, say that you did something wrong when in fact what you did was correct. We are not talking about perfection. That doesn't exist. When you are right, others may deliberately say you are wrong. This is to challenge your fortitude and endurance. People with fortitude are certainly broad-minded. Your mind and inner world can tolerate many negative things. We know that many people's bearing capacity is not large enough for good or bad events. I have told many stories. Students in China have read the story of "Fan-jin Passed the Imperial Examination."

Fan-jin had been studying hard to attend the imperial exam. He failed many times until he was about 50, when he finally passed. An official came to the village asking, "Anyone called Fan-jin? He passed the imperial exam." Fan-jin heard the news, but he became insane. His memory or intelligence was great, but his bearing capacity was not.

His lack of merits and virtues led to his mental illness. Is anyone like this? In 100 people, about one to three of them are like this. Without enough blessings, they cannot cope with anything, either good or bad. It would be worse for bad things. People like Fan-jin, with poor bearing capacity, will hate you forever, if you say he is not good, as he is petty-minded.

People with great capacity to cope with negative comments are very few. People with such ability tend to easily achieve success because of their fortitude. With fortitude, they are composed and think, "Was it my fault or was he just insulting? If I was wrong, I will correct myself." What a great attitude!

If you are broadminded to take the criticism and then analyze and break it up, you will not feel any negativity. That is wisdom. To obtain wisdom, you must be able to accept and bear insults. Such insults forge strong fortitude. Fortitude unlocks wisdom. Here is an example to help me reach a higher mental state. In the past, I had to leave my country because there were different comments from different people about me. Some made up stories to defame me. Some told me, "Master, they criticized you. Are you this kind of person?"

"No, I'm not."

"But I read several articles giving the same criticism."

I said, "They are elevating me."

He said, "They say you are a cheater."

"They don't even know me. How can they know I'm a cheater?"

"They said you teach the wrong dharma."

"They don't know what Buddhadharma is. How can they know I teach it wrong?" It hones my fortitude, analyzing ability, and tolerance. People with little bearing capacity will explode with one negative comment. They are disturbed.

In the past, when two countries were at war, the commanders or leaders of the armies were studied. Zhuge-liang, in the Three Kingdoms period, fought with East Wu. He knew the commander of East Wu was Zhou-yu. "Zhou-yu is smart and capable and has strong executive power, but he is narrow-minded. I will make him angry."

He didn't fight Zhou-yu with weapons, but used words to anger him. So, there is the story of "Angering Zhou-yu Three Times". Finally, Zhou-yu was angered to death; he was only in his 30s. Zhuge-liang made the greatest contribution to his death. To anger him, he didn't use any weapon, just gossip. One's broad-mindedness matters. Zhou-yu was smart and capable. He was good at the art of war. Why anger him to death? Zhou-yu was the best commander. If the best commander dies, no better one will replace him. It would be easier to beat the Wu Kingdom. Thus, what is a weapon? It could be anything. It doesn't have to be a knife or a gun.

When facing insults, negativity, and slander, be composed. A past story goes, "Eight worldly winds cannot move a composed meditator sitting on a purple golden lotus seat." It is a popular story about the famous poet, Su-dongpo. One

day, he was meditating. He was a cultivator, too. As a philosopher and writer, his meditation foundation must be greater and wider, which brings him great inspiration. He also learned Buddhism.

One day, he felt good while meditating. He felt he was exuding golden light. Across the river lived his old friend, Meditation Master Fo-yin. Then Master Fo-yin said, "Fart. Bullshit." Su-dongpo heard it, "Wow, you scold me with bad language! I'm leaving." He was rowing his boat heading home. Master Fo-yin waved to him and said, "I thought you were sitting very composed on the lotus seat, but a fart sent you across the river. I just said 'fart' and you went away angry. You have no fortitude at all."

The eight worldly winds did move him. What are these eight worldly winds? Let's review them. They consist of two groups of four things, four favorable and four adverse. Praise... Try to remember. If not today, gradually retain them. Praise. Everyone likes being praised. Second, sarcasm -- harsh, bitter ridicule. Third, disgrace. Often humiliating and blaming. It is not good, attacking and destroying. Fourth, decline, hopelessness. Fifth, honor -- glory. Sixth, benefits. It is about gaining advantages. Seventh, suffering. Being afflicted. You all know it, no need to explain. Eighth, pleasure. Four favors please you and they are positive.

However bad looking you are, one says, "You look so beautiful." Try it with the person sitting beside you, looking into the eyes. Then today everyone will eat well and sleep tight. It sounds pleasing. Adverse ones are usually negative. Between the four favorable ones and the four adverse ones, what is easily accepted is favorable. What is rejected and unacceptable is adverse.

These eight worldly winds are from others, not from yourself. They are passed to you, and you feel them. Will they affect your emotions, muscles, or create tension in your heart? Think about it. Will they? (Yes.) Will they affect your sleep? (Yes.) They will affect sensitive people's sleep, appetite, and mood.

Through tolerance, we cultivate fortitude. In practicing fortitude, bearing insults is often thought to be negative. But let me remind you, of the eight worldly winds, whether it is praise or censure, even disgrace or insult, we should learn to accept. At the beginning, you don't have such high wisdom. What to do? Learn what I taught today - to accept. "It doesn't matter. Maybe it was my fault." Then analyze where your fault was. If you cannot find it, it may be there was a miscommunication. We ought to view matters from different perspectives.

I hope you all have the broad-mindedness to face compliments, insults, and defamation. Treat and accept all good and bad situations with rationality. Tolerance is important for our achievements. Learn to be tolerant and accepting. Broad-mindedness helps us to be unwavering in all good and bad times.