



Guarding the Flower Seeds

A story told by Tulku Sasngngag Rinpoche

"All suffering and happiness is merely a way of perceiving, which depends on our own attitude ."

There was a yogi in the area where I was born called Nyima Tsultrim.

He spent ten years living in caves practicing what is called chulen, where one survives on the essences of the elements.

When the Chinese Army finally found him, they put him in prison and gave him the task of guarding flower seeds.

One time I went to see him and asked him what he had been doing.

He said that his whole life he had been praying to be reborn into the Buddha field of Amitabha, a pure land called Sukavati, and now all his aspirations were accomplished.

His perception of that Chinese prison was of the Buddha field of Amitabha, the Pure Land."
