

**H.E. Kalu Rinpoche, 1970, from Arnaud Desjardins, *The Message of the Tibetans***

"There is nothing to be gained, nothing to be found which is not there already.  
Truth is so simple, Buddhahood is so simple, bodhichitta is so simple.

Truth is here, even here in this very cell. Truth is in you. The silence, the shunyata is in you. You are the silence; you are the truth; you are Buddha. It is here at this moment, so simple and so near. Yet we make it so distant when it is so near, so complicated when it is so simple. Do you know what it is like to be ready to set out, to be at the roadside and beside your motorcar, but to have lost the day?

You are Buddha.

Then why do you not feel it? Why do you not know it? Because there is a veil in the way, attachment to appearances, the belief that you are not Buddha, that you are a separate individual (an atma). If you cannot remove this veil wholly and at once, then you must dissolve it little by little.

It is because we have made what is simple so complicated, and what is near so distant, that such complex exercises, mandalas, tantric meditation, the creation of mental images, yoga and so on, are necessary. A complex discipline is necessary in order to deal with all the aspects of the human being, all the aspects of that barrier which we have set up between us and truth.

But, for someone who wished to be persuaded, who wished to know that *that* is so near and so simple, all those techniques which are the inheritance of Tantric Buddhism and for which it is famous, all that skill would be completely useless."

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Kalu Rinpoche went on to launch several traditional three-year retreats in the West, and to tirelessly teach and introduce the main practices of the Shangpa Kagyu lineage of Tibetan Buddhism. He established several dharma centers, which carry on education and practice in the Buddhist tradition.