

Wish 2026

Ah, that famous happiness.
It is said that all beings aspire to happiness,
But it must be said that few achieve it.

There are so many different conceptions of happiness
And so many promoters of well-being and methods
That we no longer know who to trust,
Who to devote ourselves to.

Some delegate all their hopes for happiness
To revered masters, unsurpassable tantras,
Secret mantras, super-skilled methods,
The priceless blessing of a deity,
Prayers that grant wishes,
Rites that ward off misfortune.

Others burden themselves with thoughts
Of lacking luck or merit,
Of having drawn the wrong card or having to purge karma,
Then afflict themselves with abstinence and penance.

What if the urgent need were to devote oneself to wisdom
Before this obsessive quest for an undefined happiness?
To each his own plow and to the oxen their place.

Having to answer for our rebirths,
Would it not be preferable to die wise
Rather than happy at the risk of being a fool.

Would it not be more effective to have intelligence
In times of misfortune as well as happiness
And to share it with those who are willing to share.

As long as wisdom is not realized,
Happiness, peace, compassion, devotion, and faith
Are nothing but self-persuasion and compensation.

May we gain wisdom in every situation
And understand the illusions that cause our torment.
May we grow in wisdom in every emotion.
May we remain equanimous in every relationship.

Lama Shérab Namdreul, december 2025

