

**Message from H.E. Garchen Rinpoche:**  
*On the occasion of his birthday*  
April 15, 2020

Many disciples around the world expressed their wish to hold prayer services for my birthday. But what's more important than praying on my birthday is to think about the great difficulties everyone is experiencing in the world due to the pandemic. This is something that we should all pray for.

So all the Buddhists in the world should recite one particular prayer together. Four lines from Shantideva's Way of a Bodhisattva. They are very easy to recite. It's a prayer wishing for all those who are sick to fully recover. So please on my birthday, it's my wish for you to accumulate this 4 line prayer as much as you can, ideally 100 million times. That will help with the healing of this illness in this world and will also benefit my health and my long life. It's also a great accumulation of merit.

As a gift to you on my birthday, I'm offering to you the Bodhisattva vows. Actually we always have to retake the Bodhisattva vows, throughout the 3 periods of the day and 3 periods of the night. But because many people want to receive the vow, I'm offering it on my birthday.

Regarding my own lineage of the Bodhisattva Vow, it is very precious and I have received it from several of the elder Lamas in Tibet but most importantly I received it twice from His Holiness the Dalai Lama.

I have just completed a month long retreat and actually this is what I've been accumulating in my retreat, these 4 lines. They are very powerful and easy to recite and accumulate. So everyone please recite these 4 lines, many times, as much as you can. And of course we will hold other practices on the birthday but these 4 lines are most important. So on an ongoing basis, in your day to day life, continue to accumulate these 4 lines like a mantra. It would be ideal if you can submit your numbers, via email to the center.

H.E. Garchen Rinpoche, April 15, 2020, Chino Valley, Arizona, USA.  
Translated by Ina Bieler

4 LINE PRAYER TO RECITE – (in the blue prayer book, page 64, verse 21)

May every being ailing with disease  
Be freed at once from every malady.  
May all the sickness that afflicts the living  
Be instantly and permanently healed.