

Message from H.E. Garchen Rinpoche:  
*This is an Excellent Time to Practice*  
May 3, 2020

This is an excellent opportunity to practice the Dharma. In your homes, practice your own yidam deities, such as Vajrakilaya, Yamantaka, Chenrezig, or Tara. Use this time to pray for things to get better again. And I am not only talking about Buddhist prayers. All prayers of all religions will be very beneficial. If you wish to recite a Buddhist prayer, I have requested disciples to recite four lines from Shantideva's dedication:

“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.”

When you recite this prayer, the buddhas of the three times pray together with you. All Buddhists in the world join within the words of this prayer, and thereby our minds will merge. In this way, we accumulate great merit together, which will help move the world into a better direction. Of course, if you don't pray, there won't be any merit. It is very important to pray at this time. So, aside from meeting in our minds, we will also continue to meet on live-stream. I will join the White Tara practice every Sunday and it will be live-streamed. During the week I will be in retreat and I will be praying and meditating day and night. If you pray and meditate too, we will always be together.

Chino Valley, Arizona, USA on May 3, 2020.  
Translated by Ina Bieler