



**GARCHEN BUDDHIST
INSTITUTE**

इतद् नूतनता बद्धादात्

H.E. Garchen Rinpoche fresh out of retreat!



On April 15th H.E. Garchen Rinpoche sends this message to each of you....

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. 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.

Healing prayer from *The Way of a Bodhisattva*, chapter 10, verse 21:

སེམ་ཅན་ནད་པ་ཇི་སྟེད་པ།

SEM CHEN NE PA JI NYE PA

May every being ailing with disease

སྐྱུར་དུ་ནད་ལས་ཐར་གྱུར་ཅིག།

NYUR DU NE LE TAR GYUR CHIK

Be freed at once from every malady.

འགྲོ་བའི་ནད་ནི་མ་ལྷས་པ།

DRO WE NE NI MA LÜ PA

May all the sickness that afflicts the living

རྟག་དུ་འབྱུང་བ་མེད་པར་ཤོག །།

TAK TU JUNG WA ME PAR SHOK

Be instantly and permanently healed.

H.E. Garchen Rinpoche will bestow the Bodhisattva vows on his birthday, Friday April 17th at 3pm (Arizona time)

Due to time restrictions we will not be performing the White Tara puja on April 17th.

We look forward to celebrating and praying with you all on April 17th!

Live stream link: https://www.youtube.com/channel/UCm_XG1NSjPoPc8ruERVIG2Q

May everyone be safe and stay healthy!

With love and prayers,

Garchen Buddhist Institute

MAY ALL BEINGS BENEFIT!