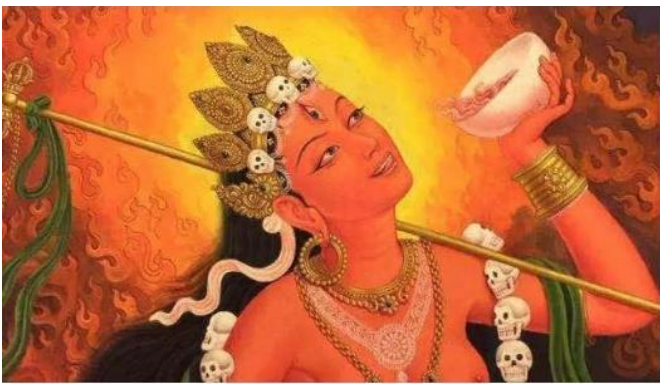


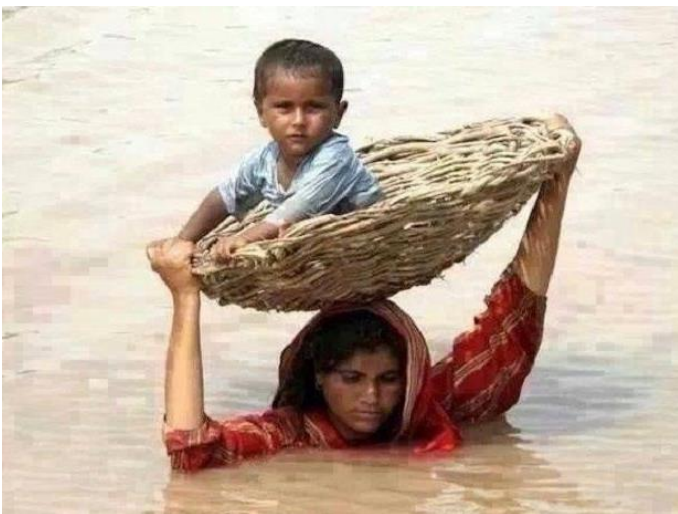
Inspirerande meddelande från H.E. Nubpa Rinpoche på mors dag 2017
Inspirational message from H.E. Nubpa Rinpoche on Mother's Day 2017



Mors dag är en dag för oss att visa tacksamhet.
Mother's Day is a day for us to show gratitude .



Våra godhjärtade mödrar såsom alla mödrar i universum uppoffrar allt för oss barn.
Our kind-hearted mothers like all mothers in the universe sacrifice everything for
us children.



För mig är varje dag mors dag då min dagliga utövning är att visa tacksamhet till alla levande varelser.

To me, every day is Mother's Day since showing gratitude to all mother sentient beings is my daily practice.



Recollecting Mother's Kindness

Being born as a rich family's daughter
as a result of virtues and good fortune,
Having faith and devotion to the Three Jewels,
you upheld the ten virtues.



Showing loving respect towards your parents, loving friendliness towards relatives and friends
and loving kindness towards your children, you could endure various hardships.

Greeting neighboring folk with kind, loving smiles, you were a lay Upasika who possessed kindheartedness.
As my mother, you were joyful and brave.

Precisely twelve years have already passed since the day you departed from this world;
whatever feelings that arise while recollecting your kindnesses,
I intend to write them down on this clean white sheet of paper.

When I was a child drifting in the world, you gave me the satin waist belt rope that when fastened every day
on my body without parting, your kind face has repeatedly appeared in my heart.

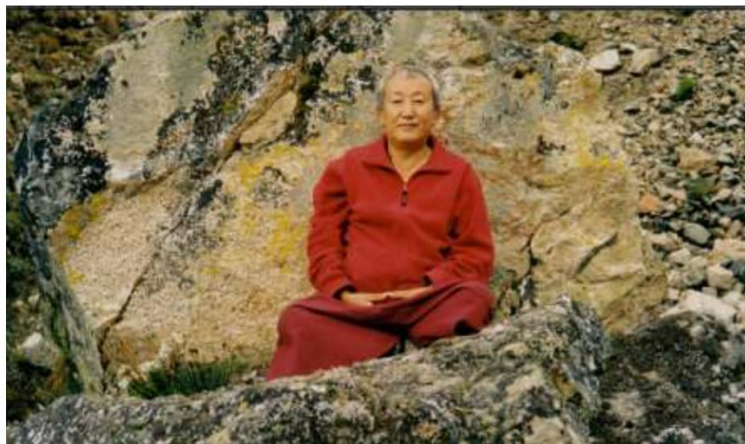
Having been meditating in the secluded place of Lapchi for more than eight years, day and night without
parting from this fastened waist belt rope, I have been frequently renouncing the futility of samsara and
generating loving kindness by regarding all sentient beings as my kind parents.

With the attainment achieved through all the practices of the most profound generation and completion
methods, I vow to repay the kindness of this life's parents first,
followed by all parent sentient beings boundless as space.

As a 75-year-old man, from infancy when I was milk-fed up to now when the hair is already white and thin,
if the kindness that had been granted by my mother could be described in forms,
it would be higher than the highest mountain and deeper than the deepest sea.

Though you were a lay person, you were indeed a practitioner.
Possessing utmost sincerity, you enjoyed benefiting others.

"If one is kind-hearted, all the paths and bhumis will be virtuously attained."
I firmly believe in my heart that life after life you will be reborn in the higher realms.
May you receive the supreme care and guidance from Lord Chenrezig
who is the sole Dharma Protector in the Land of Snow.



To the Precious Guru
The Recollection of the Deceased Mother

Tro inte att små hundar inte har mors dag, då de också tyr sig till kärlekens värme.
Don't think that small dogs do not have Mother's Day, because they also enjoy the warmth of love.



Säkrast är att hålla sig nära den goda modern.
To be close to the kind mother is the safest.



Må alla levande varelser gränslösa som himlen ha lycka och orsakerna till lycka.
Må de vara fria från lidande och orsakerna till lidande.
Må de aldrig separeras ifrån glädje som är fri från sorg.
Må de vila i jämnmod, fria från klängande och aversion.

May all mother sentient beings boundless as the sky have happiness and the causes of happiness.

May they be free from suffering and the causes of suffering.

May they never be separated from happiness which is free from suffering.

May they rest in equanimity free from attachment and aversion.