

## A Message from His Holiness Chetsang Rinpoche



Feb. 14, 2020.

Tashi Delek!

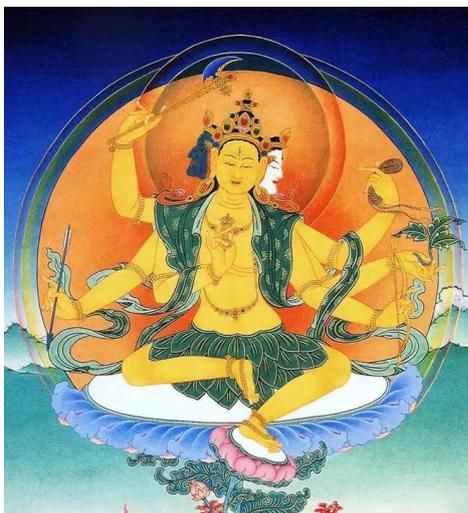
In the first month of the Tibetan year, the well-known "Festival of Miracles" takes place. From the 1st to the 15th day of the first Tibetan month. Buddha showed miracles in Shravasti. It is said that any virtues that we do during this period is greatly multiplied.

This is now coinciding with two crises in our world. According to WHO, the coronavirus that first appeared in Wuhan, China, leads to large physical, mental, economic and social turbulences globally. In this occasion, there is no use in creating mental panicking.

What does that mean?

It is foremost necessary to overcome this disease. The UN and all countries of the world are working together with the help of medical professionals, to overcome this disease. Other than this, there is nothing else to do. From the Dharma point of view, it reflects the karma of all of us. We should purify this karma by practicing virtues.

From the 1st to the 15th of this Tibetan month, I ask everybody:



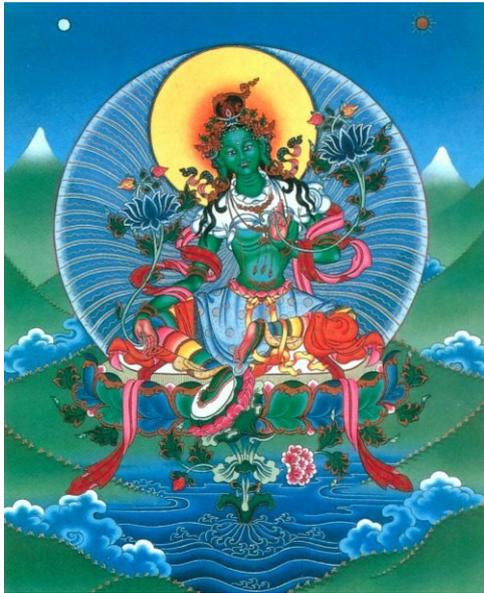
First, to request the empowerment of the goddess Parnashavari and to recite her mantra. [The English text can be found at <https://ratnashri.se/Parnashavari.pdf> and the Swedish text can be found at <https://www.ratnashri.se/HyllningParnashavari.pdf> ]

The root mantra to be recited is:

OM PI SHA TSI PARNA SHA WA RI SARVA MA RI PRA SHA MA NI HUNG PHAT.

Second, the Food and Agriculture Organization of UN made a serious announcement. It states that the so-called locusts could devour all fields. These insects are called Huang Chong in Chinese. They have already spread to most African countries. Then, they have spread within India and are spreading right now in Pakistan. It was on the news this morning. Thus, when all the grains of the earth are eaten up, a famine will occur. This is a crisis.

Hence, with the mantra of the goddess Tara



OM TARE TUTTARE TARE SVAHA

we should supplicate the exalted Tara.

For disease, negative influences, disasters, poverty, frost, drought, famines and etc., this is an excellent antidote. We should recite this mantra. That is my request.

There is also another option:

If farmers can grow a lot of potatoes in the Spring in addition to grains, that would be good. Potatoes are not eaten by locusts. It is said that this is the best way to stop a famine. Something similar has happened several times in history. Therefore, it is very good to grow potatoes. In addition, at the border between Tibet and Nepal, there is a potato about the size of a thumb. It is good to grow this red Tibetan potato. Nowadays all merchants grow big potatoes. They are unhealthy for our body. If a little more of the above could be grown, it would be good. That is my request.

For it to be successful, I request many aspiration prayers. Please recite and practice all together!

Tashi Delek!