

A message from His Eminence Garchen Rinpoche

It is important to recite the [World Peace Prayer](#) many times, because it says that all the difficulties we experience in the world are created by people – within the people. [These difficulties] are actually created by the minds of the people.

The World Peace Prayer says that evil thoughts are rampant in these times. These are times when beings are overcome by thoughts of hatred, anger and jealousy. And [these thoughts] are what really cause all the harm in the world. This is how we try to destroy one another and harm one another.

Therefore, it is most important to change this state of mind and cultivate a mind of love and compassion for one another, just like it is said in this World Peace Prayer. All these negativities, all the difficulties we now experience in the world are really overcome if we cultivate a mind of love and compassion.

So therefore, it is important to engage in this practice, to recite this prayer many times.

Many Tashi Dalek! Everybody sangha, all the sangha... we are actually very close. And actually, we are always together.

Chino Valley, AZ, USA on September 20, 2020.

Translated by Ina Bieler