

## **A message from the Garchen Dharma Institute to Worldwide Sangha, October 2020**

The International Administrative Organization for Gargon Monastery recently wrote an important [letter to all of the noble sangha](#) and dharma centers in H.E. Garchen Rinpoche's worldwide mandala. It's a request for those of us who are disciples, to organize and participate in long life ceremonies and practices for H.E. Garchen Rinpoche.

Next year will be a year of astrological challenges for His Eminence Garchen Rinpoche, so it is of utmost importance that we practice with pure intent and resolute aspiration for his long life.

Here are ways you can start practicing now.

- \* Submit your White Tara accumulations at [Drikung Rinchen Choling](#).
- \* Seven Supplications to Tara for Protection 100,000 Recitation Accumulation For the Long Life of HE Garchen Rinpoche at [Gar Drolma](#)

Please know that H.E. Garchen Rinpoche's current health is very good. [Watch this video message](#) from H.E. Garchen Rinpoche on October 10, 2020

*"Tashi Delek dear Dharma friends, disciples around the world!*

*An announcement was sent out by the Gargon Committee mentioning "a year of astrological challenges". Don't worry, there is nothing wrong with me, I do not have a single sickness, I am extremely well.*

*If there is one general practice that is important for us all to be concerned with, it is the recitation of the [World Peace Prayer](#). The way the world is becoming corresponds very closely to the words in the World Peace Prayer. Therefore, I am asking everyone to recite the World Peace Prayer and to cultivate love and compassion. You should be concerned with the World Peace Prayer, rather than worrying about me because I am doing very well. So please don't worry about me, worry about the whole world. Many Tashi Deleks!" ~ H.E. Garchen Rinpoche*

Translation of video message by Ina Bieler

\* The Garchen Buddhist Institute's 2020 Winter Teachings Event (Dec. 2020 – Jan. 2021) will include multiple days of Namgylama Long Life practices for His Eminence Garchen Rinpoche. Stay tuned for more information soon.