



**Drubpon Tsering Rinpoche  
invites you to join by Zoom, a  
group practice of  
Avalokiteshvara and Shamata  
Meditation, May 1, kl. 18**

*[More information here.](#)*

Below is a list of news that can be found on our web site <http://ratnashri.se> under **News**. Please check there regularly for future updates. News can also be found on our Facebook page <https://www.facebook.com/ratnashri.sweden/>



- His Holiness Drikung Kyabgon Chetsang gave a speech on impermanence
- Most Venerable Khenchen Konchog Gyaltzen Rinpoche's spiritual advice for the situation of Covid-19
- His Holiness Drikung Kyabgon Chetsang gave a speech on Environmental Protection
- H.E. Drubwang Nubpa Rinpoche teaches "How to Free Ourselves from the Eight Worldly Affairs"
- Online Events in Europe and Worldwide
- H.E. Drubwang Nubpa Rinpoche teaches "How to turn our mind away from attachment to this life?"
- Message from His Eminence Garchen Rinpoche who is fresh out from retreat!

- In-depth Explanation of Parnashavari Sadhana by Drupon Kunsang
- Drikung Dharma Resources for Children
- Teaching and Practice of Parnashavari Sadhana by Drupbon Kunsang
- Final Version of Parnashavari Thangka according to the Parnashavari Sadhana of Lord Jigten Sumgön
- Parnashavari Mantra chanted by His Holiness Chetsang Rinpoche
- Short Explanation of Chakrasamvara Mandala given by Drubpon Kunsang
- Beautiful Doha of Marpa - The Four Pillars in Mila's Dream
- Oral Transmission (lung) of Parnashavari Sadhana
- Video of Parnashavari Sadhana Practice (with Tibetan phonetics and English subtitles)
- The updated Parnashavari's Sadhana can be found [here](#).
- The meaning of Parnashavari mantra can be found [here](#).
- His Eminence Garchen Rinpoche announced that GBI, Arizona is temporarily closed due to the coronavirus
- His Eminence Garchen Rinpoche's Heart Advice in response to the coronavirus
- H.H. Chetsang Rinpoche requested all disciples to practice "Praise to Parnashavari" for coronavirus
- Praise to Parnashavari Text [in English](#), [in Swedish](#)
- Oral Transmission (lung) of Praise to Parnashavari
- Video of Praise to Parnashavari (with Tibetan phonetics and English subtitles)
- His Holiness Chetsang Rinpoche's announcement related to the current crises in the world
- His Holiness Chetsang Rinpoche urges all disciples to practice Lord Jigten Sumgön's Parnashavari sadhana for coronavirus (in [Swedish](#))



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

མེམམ་ཅན་ནད་པ་མི་སྤྱི་དཔལ།

SEM CHEN NE PA JI NYE PA

May every being ailing with disease

Må varje levande varelse med sjukdom

སྤྱུར་དུ་ནད་ལས་ཐར་གྱུར་ཅིག།

NYUR DU NE LE TAR GYUR CHIK

Be freed at once from every malady.

Skyndsamt befrias från all åkomma.

འགྲོ་བའི་ནད་ནི་མ་ལུས་པ།

DRO WE NE NI MA LÜ PA

May all the sickness that afflicts the living

Må alla sjukdomar bland vandrande varelser

རྟག་ཏུ་འགྱུར་བ་མེད་པར་ཤོག །།

TAK TU JUNG WA ME PAR SHOK

Be instantly and permanently healed.

Genast botas för all tid.



Parnashavari (Tib. Ri tö ma, lo gyon ma) is a dakini attired in the green leaves of medical plants. She is the 20<sup>th</sup> of the 21 Taras, a manifestation of Amoghasiddhi, and the supreme mother of the buddhas of the three times. Drikung Kyobpa Jigten Sumgön and others had visions in which she manifested in this particular form to purify and protect us from all contagious diseases, epidemics, fears, and sufferings, as well as to eliminate all outer and inner obstacles.