

**Lama Zopa Rinpoche**  
**100 Million Mani Retreat**  
**Istitut Vajra Yogini, Lavour, France**  
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6 May 2009, PM, afternoon session

Good afternoon. I think, what I was thinking is that in football, soccer, when they win, what they do. When they are playing soccer, football, when they win, how they act. So that is what we should be doing. But this one is for liberation from samsara, to achieve liberation, having opportunity to achieve liberation from samsara. Taking the opportunity to achieve liberation from samsara. Even if it is for oneself, still you can do like this. It is extremely worthwhile. Reciting OM MANI PADME HUM, even one, to achieve liberation for oneself. Not the liberation that people talk about in the world, but real liberation from samsara prison. Real prison bound by karma and delusion. To always one of the six realms always bound to that by karma and delusions and because of that constantly die and reborn, and experience all the sufferings of that realm. Do the same thing over and over from beginningless rebirth up to now. We can imagine that, from beginningless rebirth up to now.

In the world people who win over the external material, money, who win over the short pleasures, temporary pleasures of this life, reputation, number of people praising to you, reputation, some temporary pleasures of this life, win over some external material, money, win over cause of samsara, another way you can say that is you win over cause of samsara, is that clear? I am not sure. So you win over the cause of samsara. That some external material, comfort, pleasure you gain that is cause of samsara, you completely express with your arms! Sometimes when I watch TV I was confused, not sure if the person was angry, face was very intense. I was not sure if angry or good or bad. Very expression, very hard, so I was not sure what the expression is, whether angry or happy, not sure. So how much the person expresses so strongly, here, today, we should be doing not only 100 times more than that, even 1000 times, even 100,000 times more than that. Because that is only the cause of samsara, gaining another cause of samsara. Another samsaric pleasure, which is nothing new, which we experienced numberless times (even the peacock is saying yes, yes).

All those pleasures, what people show excitement, is only suffering. What they gain is only suffering. Only the nature of suffering, suffering of change, suffering of samsara. Another cause of samsara. Attachment which ties to samsara, does not liberate from samsara, leave aside enlightenment. Here even OM MANI PADME HUM, each meditation, each prayer, becomes the cause, even does not become cause of enlightenment, becomes cause to achieve liberation from samsara. To achieve liberation from samsara, even if that is for oneself it is amazing. Each prayer, each mantra, even one OM MANI PADME HUM becomes cause of liberation from samsara, everlasting happiness. That is really amazing. Without thinking enlightenment. Without thinking that one living being liberate numberless sentient beings in hell realm, from oceans of samsara suffering, liberate hungry ghosts from oceans of samsara suffering, liberate numberless animals, human beings, suras, intermediate state beings, that means liberate from the cause, karma and delusions. The cause of the delusions, negative imprint. Without thinking that. Without thinking to bring numberless beings of those realms to full enlightenment. Each prayer, each meditation, even one OM MANI PADME HUM becomes cause for oneself to be free from oceans of samsaric suffering forever. That is just amazing. Just that itself is amazing. Then each of these what you do, you purify even one negative karma, even just one negative karma, can you imagine? For example,

negative karma of killing, of sexual misconduct, not all the negative karma of sexual misconduct done in this life, but even just one negative karma of sexual misconduct, then negative karma of killing stealing, three of body, four of speech, slander, telling words that hurt others, gossiping, telling lies, three of mind, heresy, anger, ill will. Even on prayer, one meditation, one OM MANI PADME HUM purifies one negative karma. There are so many negative karmas, but purify even one. We have to understand what it means, we have to remember what Buddha said about karma, what is said in lam-rim by Lama Tsongkhapa, quoting sutra. Complete negative karma of sexual misconduct, that has the four suffering results. The first is the ripening result of rebirth in lower realm.

You can imagine that. What I often say, I mean just an idea. If you don't think, unless those who have realization of sufferings of lower realms, who have meditated and have some feeling, otherwise the suffering of lower realms just becomes words, no feeling in the heart, no feelings of other suffering, even if some compassion no feeling of suffering, as result of karma, no feeling if we did not meditate, if mind is not in the nature of compassion.

As I often say, all the human beings, the fire, power of fire all together, compared to fire of end of world when rocky mountains, like when lava comes and the rocks get melted, it is liquid but it melts rocks. I was in Hawaii in the center, Shantideva Center, maybe it still exists but there is no base, now it is in New York, that base is in NY, so I was saying, it is liquid but it melts the rocks, I saw when I went from the center to see the lava, it is very hot, even if one does not go very near, very hot. You see that here in the human world, not everywhere, but in certain places. The end of the world fire melts the rocky mountains, 6 or 7 times hotter than human fire. One tiny fire spark from hell is 6 or 7 times hotter than end of the world fire, hotter than unbelievable fire that melts even rocky mountains, spark in hell 6 or 7 times hotter than conflagration, huge blazing hot fire, that melts even rocky mountains at the end of world. So how hot it is, even one tiny spark. The rest is most unbearable, no need to say. Just think of that. The result of negative karma. You can imagine, therefore, actually being in hot hell, place is one with fire, the ground, so can you imagine, like sword, the edge of a sword, the whole ground, so if step, it cuts. That is still not the main hell, that is a branch hell, there are 6 or 7 secondary hells. Then there are the cold, can imagine that the cold is also similar. It is said in the teachings that compared to the hell realm, the suffering of hot hells, it is said that no matter how hot it is in the human world, unimaginable hot, the fire in the human world, no matter how hot, compared to the hot hell it is like snow falling, cool. Like air condition. The human fire is like air conditioning. Like when hot and cool air passes, it becomes pleasure to the suffering of hot hells, it is like cool air, or snow falling. Just to get an idea. Similar cold, unbearable even small ice how cold but compared to all the ice in the human realm it is comfort compared to the cold suffering of the hell realm. No matter how cold it is in the human realm it is comfort, pleasure, compared to the cold of hell. It is mentioned by Nagarjuna in Precious Garland every day one should remember suffering of hot and cold of the hell realm. Then if you do that, then human beings hot and cold sufferings, their problems, not problems. It is nothing, it is comfort, it is nothing for one's own mind. so you can bear then they cannot disturb your practice. does not become obstacle for your practice. able to bear the hardships, hot and cold of human realm. This is just an example, but rest of problems are not problems when think of suffering of lower realms, most unbearable, become pleasure, do not bother mind, so can continue practice continuously. This is what Nagarjuna is saying. Then able to achieve realizations, have success in this life.

The lam-rim, renunciation, bodhichitta, right view, the lam-rim, the cause, the result vehicle, tantra, able to achieve without taking much time, without taking so many lifetimes, able to have those realizations. One negative karma of sexual misconduct, that complete karma has four suffering results, first one ripening result, lower realms. So even one minute so unbearable. Even minute to suffer is like eons, so unbearable, even if it is one minute for the mind it is unbearable. For example

when we rush, we are very busy, need to get there on time, even though it is very short time, only five minutes, it seems like long time, very quickly. Other times when not busy it is very short, but when very busy even though same time, for mind seems very long. I experienced like that. I experienced that many times. So unbearable, one minute is like eons, because so unbearable. So can you imagine one hour? It is so incredible. Human beings' one hour. Therefore can you imagine you are free from the result of one negative karma, rebirth in lower realms, free from that suffering. The length of life in first hot hell, Being Alive Again and Again, according to human beings, approximately six terbum, two great terbum, and one great takche, my memory is not very good for numbers, so I always get mixed up. One great takchig, not six terbum, that is a mistake, six takchig is the length of life, six takchig. Put it this way. I will repeat it over, don't count the previous, cancel it, erase it with a duster. 1 great takchig related to human years and 6 takchig, then two great terbum. So that is it. 100 million human years, 10 times is 1 terbum, so 10 terbum is one great terbum, so 10 times one great terbum is one takchig, and 10 takchig is a great takchig. 10 great takchigs is called something but I forget. Being Alive Again and Again, the first great hot hell, the length of life, one great takchig and six takchig, then two great terbum. You now, I went all the way through, so ten times 100 million is one terbum, and 10 terbum is great terbum, so two great terbum and then two great terbum and one great takchig, then six takchig, one great takchig, then six takchig is length of life of first hot hell, Being Alive Again and Again. In Black Line Hell the life is double, the suffering is heavier, double, experience of hot suffering is double the first, becomes unimaginable, double, triple.

So that is the length of life of first hot hell, Being Alive. So can you imagine to be free, you don't have to be reborn in lower realms, experience ripening result of one sexual misconduct, one negative karma, one of four ripening result, rebirth in hell realm, you do not have to experience.

So that soccer player, all the people in the Olympics, that is nothing. It is nothing. Just for some reputation. Some years, some months, some weeks, some days, of course there are many other people, but that is nothing. If you think well, your achievement if you think really well, think deep, is really amazing. What means free from the result of one negative karma, one sexual misconduct, there are many sexual misconduct, but free from one suffering result among four, rebirth in lower realm, imagine what that means to you, amazing, you can breath when you think of this. You don't have to experience that, it makes you can breath. Some heavy problems you can't breath, now gone. You did something bad and then have to be executed, lose everything, that is not going to happen, but here free from lower realm suffering, even one negative karma. But so many negative karma done with body, speech, mind, can imagine, with body, speech, mind, every day so many 24 hours full. But here I am talking about one negative karma in this life, result of that, which is four suffering results, rebirth in lower realm, free from that, don't have to experience, that is amazing.

So saying one OM MANI PADME HUM, one prayer, one meditation, purifies. That is what I am saying. If you really think well, it is just amazing. To feel happiness you first have to recognize that the suffering is unbearable. Otherwise you do the practice but not really feeling "this is the most important thing in my life." It is good, but not so important. Like that. Then you don't really appreciate to do the practice, the opportunity that you have no appreciation. Do not realize how you are so fortunate, it does not have the feeling of the result of those negative karmas, the sufferings, don't feel them it just becomes words. Even if you do the practice, not very strong. One does not have the feeling So fortunate. You see yourself really so fortunate. Something so impossible has happened in this life, right now. You don't have that feeling.

So the peacock, you have to know that whether doing two or four weeks you have to accept that you will hear the peacock sound. The peacock sound is related to whichever meditation you are doing, talking according to that. So if you are doing meditation on renunciation, it is talking about renunciation, telling you how samsara is the nature of suffering. If you are meditating on

bodhichitta, then peacock is telling you to cherish sentient beings and achieve enlightenment to help them. So what peacock is trying to tell you is that, if you are meditating on bodhichitta. If you are meditating on emptiness, then peacock is telling you don't believe everything as it appears real one to you, don't trust, don't think that way, don't believe that way, that will cheat you, that will deceive you as has been deceiving you since beginningless rebirth, that wrong concept, that belief, so if meditate on emptiness, the peacock is telling you to look at everything as empty, look at everything what exists, I, action, object, what is merely labeled by mind as that. So the peacock what is telling us is other than that, extra than that, something real from its own side, that is hallucination, object to be refuted, what is to be realized as empty, I, action, object, it is commentary of peacock sound. So anyway, it is good to, if we think, relate like that, it becomes teaching, noise of peacock becomes teaching to us, like Milarepa or lamas, great yogis, who say whatever appears to you, whatever sound you hear, everything becomes teaching to be practiced, like Kadampa geshe advise. Then when you are doing tantra meditation, relate it to that.

However, so you can imagine? Wow, it is unimaginable that you don't have to experience the four suffering result of one complete negative karma, the ripened aspect of rebirth in lower realm, do not have to experience, that is unimaginable, amazing.

Then when reborn in human realm, the three suffering result that have to experience:

result similar to the cause, you get abused by others, experience result similar to cause as what you did in past, so when reborn as human being abused by others, your companion or friend the way of thinking is totally against your wishes, somehow does not come to the point, always seems opposite to your wishes, husband, wife, friend thinking opposite to your wishes, so do not get along, life becomes painful. Even physically together live life without peace, fight, quarrel even if physically together unhappy life. Even if you are in a family, the rest of the family is against you. Even in office the other people are against you. They think opposite to what you think, what you wish, so then your life is always with problems, do not get along with other people, even at home, even outside. So you see it is very clear it comes from your mind, your karma, being abused by others without your own wishes, sexually abused by others without our own wishes, all that, so you see result of one's own past negative karmas, sexual misconduct.

Then the possessed result is to do with the place. Even when you are born as human being, where you live your life is unhygienic, dirty, filled with excrement, bad smell, you have live in such a place. Sometimes even though we are living in a clean place, nice house, but sometimes we have to cross over very bad smell, dirty place, even few minutes you have to cross over dirty place is result of past negative karma, sexual misconduct. So that is the possessed result, to do with the place. The suffering place. So you see now, to be free from the result of one negative karma, possessed negative karma, experience result similar to cause of one negative karma, can imagine if free from experiencing that. Have to understand that karma is expandable, not just one time experienced then finished. From past one negative karma sexual misconduct experience result similar to cause of being abused by others, others even if living together, one's companion, people in office, living together, their wishes are opposite to one's own, so not just one time, so many times in one life, many lifetimes, 100,000 lifetimes, for one negative karma experience result similar to cause. You have purified one negative karma, have to understand what it means. It means you do not experience the result similar to the cause, I already mentioned free from result of rebirth in lower realms. This possessed result is something experience in many lifetimes because karma is expandable, so many in 100,000 lifetimes.

For example, you plant one seed, this is one very important subject in karma. I forgot the name of huge tree in India, largest tree, it is mentioned in lam-rim. Gandhi, something like that. Banyan, I don't remember banyan. Usually that comes in the subject of karma. Jack fruit? Gandhi, something.

The seed is so small, not mustard seed. The seed is so small but the tree grows huge. The branches, has so much branches covers 500 horse carriages. In India it is very hot, so it covers 500 horse carriages. It is quoted in lam-rim, Buddha is giving us idea, 1000s of branches cover 500 horse carriages but is from one tiny seed. The result of karma is much bigger than external things. Experience 100s times the result of one tiny karma. Probably also depends on how heavy the negative karma is, among negative karma there is heavier and lighter that affects the result. If I see the name of the tree I will let you know, I will write on the blackboard.

Then the last one, creating result similar to the cause so you do it again, because negative imprint left on the mind of past sexual misconduct so you engage again when reborn again as a human being. That is part of the result, fourth result, of complete negative karma. So what does it mean to purify the result of one negative karma? It means a lot to you, the four suffering results do not experience at all. Like that have to understand what it means. Otherwise, you see there is creating cause similar to result you do again and it produces four suffering results. Result similar to cause then it produces four suffering results, then another four suffering results. If negative karma is not purified, what happens to your life? You experience endless negative karmas, experience four suffering results again and again, endless, no end. So endless. Imagine? This is how we have to meditate on karma, each individual karma. The harm from each negative karma, continuously, there is continuation forever if you do not do anything, do not purify it, makes endless suffering if do not purify. It is extremely important to remember that, to have that understanding.

Not that some negative karma, it is negative karma but maybe you don't experience some result, or maybe it might disappear after some time, after long time. It is not like that. Of course, it doesn't. By actualizing the path with the wisdom directly perceiving emptiness, perfect confession, purification, 4 powers, then you see, you know. I mentioned the four suffering results, I don't remember 100% clearly but to give an idea. The power of dependence the negative karma created in relation to sentient beings is purified by generating bodhichitta, in relation to 3 Jewels by taking refuge in Buddha, Dharma, Sangha. The ripened result gets purified by the power blaming the negative karma, by reflecting on the shortcomings of negative karma, that and then the power of always enjoying, but that has to be checked. Such as recitation of names of 35 buddhas, Vajrasattva name. so there purify, I don't remember exactly one by one which is the antidote to the ripened aspect result, rebirth in the lower realm, and which is antidote to result similar to the cause, possessed result. When do the practice of purification, it is said to do powerful purification need perfect four powers. The reason is so that do not experience the four suffering result of negative karma. When do confession it becomes powerful, perfect, need perfect 4 powers. Creating negative karma again, the result of past negative karma, the last power, to not commit again, is the antidote to that. The three other powers are the antidotes to the three other suffering results. To not commit again is antidote to the result similar to the cause.

So it is really amazing. What I am saying is that either by generating the path or by practicing confession with the 4 powers then able to stop experiencing the negative karma that has four suffering results. Otherwise you do not experience lower realm suffering but still experience the other sufferings in the human realm. Even though do not experience suffering of lower realm, still there is suffering. Still experience the three other sufferings in the human realm.

What I am informing, telling, is that, what it means is that you have to understand to purify even one negative karma is unbelievable.

In one session, what practice we do, not just that, so many other negative karmas, unbelievable negative karmas that have been collected are purified. So unimaginable, unbelievable what is purified in one session. So we should do this (Rinpoche raised his arms up like a wrestler who had

just won a match) with full muscles coming out, every day, every second. 100,000 times more than soccer, Olympics.

What I am saying is that just thinking of the benefits here of one session, even just recite OM MANI PADME HUM one time, imagine the benefits are like limitless skies, purify, collect merit, just at beginning reciting names of 35 buddhas purifies so many different negative karmas, by reciting one time so many eons of negative karma is purified. Reciting Gone as it is, the Glorified flower, it purifies 100,000 eons of negative karma. Not just 100,000 years, 100,000 negative karmas get purified is unimaginable, 100,000 lifetimes of negative karma get purified, 100,000 lifetimes of negative karma, 100,000 eons of negative karma get purified by reciting this. You can understand from this one negative karma what it means to you that one negative karma gets purified, do not experience four suffering results.

If you think like this it is unbelievable, so much to rejoice, to feel happiness. Just one time reciting at the beginning of session reciting names of 35 buddhas, reciting OM MANI PADME HUM with bodhichitta, so should recognize, realize, feel great happiness, joy, this is most precious time, opportunity that we have and that we are taking.

Now, sorry this is taking time. Main reason here is not your happiness, for happiness of all sentient beings, happiness of numberless hell beings, hungry ghosts, animals, human beings, suras and asuras, intermediate state beings. Not just you, one person, is liberated. Not that. The purpose of chanting OM MANI PADME HUM is that. When we say animals it includes all the ants, worms, that you see on the road when walking. Every session is for that, for every insect. I don't know if you like all mosquitoes, poisonous snakes, I just remembered that I have seen one documentary, one so hot country, this man who made this movie was benefactor of Wisdom Pubs before, when Wisdom moved to US, he made a documentary. There is a mountain, red, the earth is red, all dust, huge mountain, dust. Kind of like, must be very hot, kind of red mountain. There is one creature, might be type of, what do you call that, I think two legs or four legs, tail, it has special power, only escapes, it goes through the mountain, it goes inside the mountain, the mountain does not have dust, sand, that creature goes very quickly inside the earth, I don't know how it goes, there is no hole there. Then from far the snake, this creature is similar color to mountain, reddish, it is living there, the poisonous snakes comes to eat it from some distance, mountain is like this, the poisonous snake is not touching the ground, it is curved, so this snake is not touching the mountain, same color as mountain, all three are the same, comes from some distance to eat this animal, it feels that and goes in the mountain even though there is no hole, it goes inside. Must be some karma to do that. I just remembered that. What was I saying?

Even like dogs, includes all the dogs. What I am saying when chant OM MANI PADME HUM the practice includes all the dogs, if you like dogs. If you like pigs, it includes all the pigs. Dogs and pigs, every sentient being, no one is left out, every insect, every worm, no one is left out. Tiniest insect you can only see through microscope, cannot see with the eye, no one is left out. When chant OM MANI PADME HUM hell beings experiencing unbearable suffering, hungry ghosts, animals, human beings experiencing suffering of pain, suffering of change, the aggregates nature of suffering, pervasive compounding suffering, oceans of suffering, asuras, suras, numberless intermediate state beings. Saying OM MANI PADME HUM is for everyone, not only in this world, there are numberless universes, science mentions also dharma, the four continents, eight subcontinents, each one has its own hell realm, hungry ghost realms, animal realm, each universe has its own, and there are numberless universes. Not only in session, but when eating food, it is the same. The other life is also the same, for all sentient beings.

Just to mention the purpose. Here what I mentioned is the basic one. Then we dedicate reciting 100 million OM MANI PADME HUMs for HHDL life, to have stable life, all his wishes to be satisfied.

Holy Dharma exists, because HH exists. Dharma exists in this world, because HH exists. The complete holy Tibetan Dharma exists in this world, because of him we have met Buddhism, not only lesser vehicle, paramita path, sutra, great vehicle, tantra vehicle, that is solely by HH kindness. That is very clear. So if HH is not living in this world it would not exist, all the great monasteries would not exist, Buddha-Dharma would not be spreading in Western countries, teachings of Lama Tsongkhapa, receiving teachings, Tibetan Mahayana Buddhism, which includes us. Then we have opportunity, we have this unbelievable unimaginable opportunity to achieve enlightenment, to follow path to enlightenment, to listen, to learn, to reflect, and to meditate, we have this opportunity sooner or later to achieve enlightenment, to be fully qualified, even now we are benefiting sentient beings, but sooner or later we can liberate all sentient beings from ocean of samsaric sufferings and bring them to full enlightenment. This is unbelievable opportunity having met Buddhism to become liberated from samsara and liberate numberless sentient beings from oceans of samsara. That is 100% clear. For HH wishes to succeed immediately. All time, but especially now is most urgent, this time, this year, is most urgent. For Tibetans, the truth to be actualized, the total freedom and Buddha-Dharma in Tibet to flourish, to happen numberless buddhas and bodhisattvas even more than in past when Tibet was independent, and for Buddhism to exist very stable in the world, to flourish, for all sentient beings to always have opportunity to meet Dharma and become liberated from samsara. Then all the countries, China, where there are so much sufferings, to have happiness, peace. Then to pacify war, famine, disease, torture, poverty, economic problems, danger of fire, water, earthquakes to stop immediately and no one to experience them. So retreat, taking 8 Mahayana precepts, doing session, chanting mantra, all this is for this. That includes also family who has passed away, to purify negative karma, to have good rebirth, to meet Dharma, to actualize Dharma, to have higher and higher rebirth and through that to achieve enlightenment quickly, and also for family members who are living to repay their kindness. Should count this retreat to repay kindness to your parents whether living or died, your friends, that particular person, your friend that you want to help, dedicate to that.

Then, last thing, of course, please dedicate for all the success of all the projects of the FPMT, so many social projects. Think, remember, think chanting OM MANI PADME HUM, taking 8 Mahayana precepts, doing sessions, all that is the antidote to the economic problems, things going down. Means of collecting extensive merit, 7 limb practice, accumulating merit, antidote, to improve the economic problems which are going down, to improve, to pacify. Then, of course, think, the next, to help all of that, the most important is to develop your compassion, this is for that, this retreat is for that, every OM MANI PADME HUM is for that, to develop compassion for all sentient beings, hell beings, hungry ghosts, animals, human beings, asuras, suras, your family, aunties, uncles, cousins, nephews, nieces, to develop compassion toward every single sentient being. This is for that. That is the most important success in the life to develop compassion. What pleases most the numberless buddhas, bodhisattvas, gurus, what pleases the most is to develop compassion to each and every single sentient being, so this is for that.

What is the time now? Really? Dinner time? So I think I stop here. I think it went beyond dinner time.

I am happy to meet many old students who are here, gathered here, I am very happy to meet and to do practice together. I offer billion, zillion, million trillion thanks. It is great. Please enjoy, offer tsog to your stomach.

Those who haven't received the long life initiation that was done here some days ago, there is still long life nectar left, not only blessed but mixed with the very precious pill of one young lady who came from Tibet, dakini, who you saw in Mandala, she goes to Padmasambhava's cave where he received immortal realization, in India, but near Nepal, I planned to go there by Russian helicopter, but my brother stopped me because it was the main place of Maoists, not mouse with small tail, not

that mouse, the Maoists, the main place of Maoists very dangerous place, so he stopped me. Last time I went there, I was in Kopan with two students, Frances and an English person who works in Nepal it is amazing, the holy air, the mountains, unbelievable expression, that is one view but probably holy beings who have purified mind would see in another way. She goes there to do long life retreat for HHDL, two months, she was doing long life retreat for HH to have long life, she saw actual Buddha Amitayus during that retreat and these pills came from that time. Chobgye Trichen Rinpoche who is head of the Sakyas, there are different ones, in Tibet Nalanda Monastery, who is guru of ... from whom HH received teachings and I received extremely rare initiation not held by even one Gelugpa lama, so one Kyabje ... had but no one asked him so he passed away, so by searching, finished in Gelug, so last year again received initiation, so next year, again, but not sure, maybe finished, so HH Chobgye Trichen Rinpoche inner offering pill, so should have inner offering pill in lineage of Panchen rinpoche, or Gyelwa Ensapa, first incarnation of Panchen Lama, so he achieved rainbow body and the attendant because holy body disappeared he grabbed tiny bit with his fingers and so made pill. That is one story. Panchen Losang Chokyi Gyeltsen made pill and signs happened, fire blazing from pill when blessing, so having that lineage, or else pills from Sakya lineage, so those pills contain 100s of relics, those great yogis, so also Padmasambhava nectar pills mixed, so especially those who were not here for long life initiation can take some long life nectar mixed with both these pills. Then you can see what happens next! Thanks so much.

Due to all the past, present, and future merit of myself and others, may the bodhichitta be generated in the hearts of all family members, all FPMT students, all the managers and members of the centers, all the benefactors of the centers, the organization, and then there are so many people in different parts of the world who sacrifice, dedicate their lives for benefit of sentient beings and teachings of the Buddha, whose names are given to me, may the bodhichitta be actualized in the hearts of all sentient beings, without delay, in whose heart it is generated, may it be increased.

Jang chub

Due to all the three times merits collected by myself and others that exist but do not exist from their own side, are totally empty, may the I that exists but does not exist from its own side, who is totally empty, achieve Chenrezig's enlightenment which exists but does not exist from its own side, which is totally empty, and lead all the sentient beings who exist but do not exist from their own side, who are totally empty, to that Chenrezig's enlightenment which exists but does not exist from its own side, which is totally empty, by myself alone who exists but does not exist from my own side, which is totally empty.

I dedicate all the merits...

Thank you very much, please enjoy the nectar.