



Dear Sangha members and friends,

I would like to share with you my concern about the health of His Holiness Lungtog Tenpai Nyima Rinpoche, abbot of Menri Monastery, and leader of the worldwide Bon community.

Also I would like to inform you about the ceremonies that will be held for the long life of both His Holiness and His Eminence Yongdzin Lopon Tenzin Namdhak Rinpoche.

## **His Holiness' health**

As you probably know since the summer of 2015 His Holiness has been experiencing health issues. Currently he is in New York undergoing medical treatment. I like to request all of you to practice for his quick recovery and long life. You can recite the long life mantra of Tsewang Rigdzin, recite the four-line prayer dedicated to his the long life or dedicate any other positive practice.

## **Long life ceremonies - Tenshug**

During the month of April, two ceremonies will be held for the long life of His Holiness and Yongdzin Rinpoche, the most senior spiritual masters of the Yungdrung Bon tradition.

With the performance of these ceremonies we ask for their continued presence and we express our gratitude for the work they have done to secure the survival of the Yungdrung Bon religion and to invigorate its life.

The dates are confirmed to be the 8th of April for His Holiness and the 21st of April for Yongdzin Rinpoche.

Though the dates have been confirmed the location where the ceremony for His Holiness will be held is not yet decided. This may be either in Menri Monastery in India, or in the United States. I will inform you as soon as this has been decided.

The ceremony for Yongdzin Rinpoche will take place in Tritten Norbutse in Nepal. I would like to welcome all those who can to attend physically and those who cannot be present in person to participate through their prayers and good intentions.

*Khenpo Tenpa Yundrung Rinpoche*

**\* Update 13th March 2016**

Dear Sangha members and friends,

Following my earlier message about the health of His Holiness Lungtog Tenpai Nyima Rinpoche I would now like to let you know that it has been decided that the long life ceremony for His Holiness will be performed in Menri monastery in India. On April 8th according to the original schedule.

It is however uncertain if His Holiness will be able to be present. It is more likely His Holiness will remain in the United States.

*Khenpo Tenpa Yungdrung Rinpoche*

## **Long life mantra**

SO DRUM A KAR MU LA TING NAM OD DU MU YE TSHE NI DZA

## Long-life prayer to His Holiness Lungtog Tenpai Nyima

EMAHO

Marvellous!

RAB JAM CHOK CHU GYAL WA SE CHE KYI

KYEN TSE YE SHE NGO WO CHIK DU PA

The embodiment of the essence of the wisdom, compassion and knowledge of the infinite Buddhas and Bodhisattvas of the ten directions,

ZAB GYE SHEN TEN PEL WE T'RIN LE CHEN

The one who performs the enlightened activities of spreading the rich profound doctrines of (the Buddha) Shenrab Miwo,

LUNGTOK TEN PE NYI MA TAK CHAR SHOK

May you, Lungtok Tenpe Nyima, the sun of the doctrine of precepts and knowledge, be always shining!

## **Long-life prayer to Yongdzin Rinpoche**

E MA HO

Marvellous!

LAP SUM TEN PÈ DAK NYI DRO WÈ GÖN

Lord of the doctrines of the three trainings and Protector of sentient beings,

KÜN KHYEN NYI WANG NAM RÖL GONG TSÈL DZOK

Emanation of Kunzhi Nyewang, perfected with power and wisdom,

DO DÉ NGAK KYI NÈ LUK DZOK PA CHÈ

The one who performs the pure activities of upholding and maintaining the doctrines of Sutra, Tantra and the Natural State of Dzogpa Chenpo.

TEN PA DZIN KYONG T'RIN LÈ NAM PAR DAK YONG DZIN MA WÈ WANG POR SÖL WA  
DEP

I pray to you, Yongdzin Mawai Wangpo, the lord of the speech, holder of knowledge and compassion!

