

14 April 2020

To Lama Eric and all the members of KCC,

I send you many Tashi Deleks from Mirik! I understand that you are continuing your programs and meditations via the internet and am very pleased to hear this. Thank you very much!

We are all well here in Mirik. At the main monastery, the older monks are teaching small groups of 5, 10, or 15 younger monks from our school, instructing them in basic education, as well as in things ranging from hygiene, clothes washing, and other aspects of good health. Our monastery has always functioned well, but things are even better these days in terms of study, practice, cleanliness, and the like. We don't have any problem getting what we need in the way of food as the stewards can travel to Siliguri to shop, as necessary. But other than that, the monks do not leave the monastery, and others are not allowed in. We are all staying safely quarantined.

In the retreat centers, they continue their programs, rising early in the morning for meditation and ending the session with the water tormas. In the afternoons and evenings they do Mahakala, the sur burnt offering, and Chöd. All is well in there, also.

I am sorry to hear that one friend of Jesus has died and that another is sick. We will certainly do prayers for them. In general, we continually do prayers for all our dharma friends and students. And as for me, for many years now we have been doing the 100 Repetitions of the Tara Ritual. This year at the newly finished shedra, the 350 students and I gathered to preform the 100 Recitations in a very elaborate fashion. Afterwards I traveled to the nuns' shedra where we performed the same ritual. And when I returned to Mirik, we did the 100 Recitation of the Tara Ritual in the Karma Kagyu retreat center. So far this year I have participated in this special practice three times.

In the Shangpa Kagyu retreat center, they are currently doing the 100,000 prostrations, which will be followed by the 100,000 repetitions of the the 100-syllable mantra and then the mandala practice. Once they begin mandala practice, we will also perform the 100 Repetitions of the Tara Ritual there. During these weeks of Tara, I always think of all those connected with our monastery, including our students and benefactors, and make supplications and aspirations on their behalf as best I am able.

Kyabje Yangsi Bokar Rinpoche is also doing well, continuing his studies. He and I send our warm greetings to you all. We are hoping and praying that you all will be spared from the dangers of the coronavirus. On your side, it would be good to supplicate Tara and accumulate her mantra as much as you can. Based upon her aspirations and ability, she has a special capacity, above others, to protect from the eight and sixteen perils, which include the danger of epidemic diseases. There is also a supplication penned by the mahasiddha Thangtong Gyalpo called *The Prayer that Saved Sakya from Disease*. It has been translated into other languages. If you think of all people of the world and make this supplication, benefit will surely come from it.

Again, to all our dharma friends in North and South America, Europe, Australia, and Asia, all of us here at Bokar Monastery make aspirations for your worldly and spiritual well being, and we hope to see you all again soon!

Khenpo Lodrö Donyö Rinpoche

Mirik, India