

**Kagyü Samye Dzong London**  
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5 April 2017

Dear Friends,

I am writing to you all with a message from His Holiness Karmapa that I hope you will be able to share and pass on.

Last week a group of students from both Kagyü Samye Ling and Samye Dzong London had an audience with His Holiness Karmapa in Bodhgaya, India. As there have recently been concerns about signs of obstacles to Chöje Lama Yeshe Rinpoche's health, as well as fears of obstacles to Samye Ling, they requested advice and guidance from His Holiness on what we, the students, can do to prolong the life of our precious Abbot and to dispel any obstacles.

His Holiness advised that we should do 100 million White Tara mantras dedicated to the health and long life of Lama Yeshe Rinpoche. He also advised that we should arrange for Namjalma prayers to be dedicated to him. These prayers have now been sponsored in Drolma Lhakang in Tibet. His Holiness said this will all be helpful.

In regards to obstacles for Samye Ling, His Holiness Karmapa said that unity is very important, and if there is disharmony this will bring problems. His Holiness advised that all of Akong Rinpoche's and Lama Yeshe Rinpoche's students recite 4 million Seven Branch prayers to overcome obstacles to Samye Ling.

Akong Rinpoche and Lama Yeshe Rinpoche are like parents to all of us, the students and friends who have received precious teachings and guidance over the years. Now that the father is gone, we must look after the mother very well, as without both of them we would be like orphans, bereft and with no-one to turn to.

Chamgon Tai Situpa was also contacted about this subject, and he advised that those connected to Samye Ling should recite 100,000 Tara Praises to overcome any possible obstacles.

For the benefit of everyone it is important that we follow the advice of His Holiness Karmapa and Chamgon Tai Situpa. Please could you therefore set up regular practice days in your Centre dedicated to reciting the White Tara mantra, Tara Praises and the Seven Branch Prayer, with Refuge and Bodhicitta at the beginning and Dedication at the end of the sessions. Please also encourage others to recite the mantras and prayers at home.

These can be done by anyone, whether you have Tara empowerment or not, and we request all Centres and individuals to do as many recitations as possible.

Please send your recitation numbers to: [mantras@samyeling.org](mailto:mantras@samyeling.org).

Best wishes

A handwritten signature in black ink that reads "Lama Zangmo". The script is cursive and fluid, with the first name "Lama" and the last name "Zangmo" clearly distinguishable.

Lama Zangmo