

## **Advice On Practices To Benefit The Whole Country**

These are practices which can be organized by the government of any country for the benefit of its people. These practices are not only to reduce the amount of murders in the country, but also to stop the dangers of fire, water, air, earthquakes, tsunamis, etc.

Some years the country may need more or less pujas, depending on the obstacles arising each year. The pujas may also differ from state to state [county to county].

Annually:

- The Kangyur should be read five times for peace (the Kangyur are the collection of Buddha's teachings)
- Read the Tengyur eight times (the Tengyur are the commentaries on Buddha's teachings, by the great pandits Nagarjuna, Asanga and so forth)
- The wrathful puja to dispel obstacles by throwing the tormas
- The Extensive Medicine Buddha Puja should be offered ten times

Daily:

- Recite the Golden Light sutra four times
- Recite the White Umbrella prayer four times
- Read the Sutra of Ksitigarbha -this is also to stop dangers of fire, water, and other dangers.

The pujas have to be done by good practitioners (for example Ranjung Neljorma Khadro Namsel Drolma - Khadro la, Kamtrul Rinpoche).

*Colophon: Scribe Ven.Tenzin Tharchin, Buddha Amitabha Pure Land, USA, August 2012. Lightly edited by Claire Isitt.*