

GOLDEN LIGHT SUTRA Experiences and Dedications


As of March, 2018

GD: I dedicate this recitation to the fulfillment of Lama Zopa's Enlightened Activities and may my father, who has died and is traveling the bardo, receive the merit too, along with all beings in the intermediate state. May all beings suffering end and all their happiness never cease.

CCS: I have read Golden Light Sutra aloud 3 times so far during Losar. Thanks to all the Venerable Masters & wonderful compassionate people with FPMT. MANY MANY THANKS



AW: Recited the GLS today, the lunar eclipse and full moon day for world peace, long life of Lama Zopa Rinpoche, success of FPMT Dharma Education in the UK, especially at Jamyang London at this time, and for my sons to be successful in their relationships.

EM: I have been thinking on complementing my altar with a sacred text. One night at Bodhgaya I woke up after realizing in my dream that the text on my altar should be the Golden Light Sutra. That seems perfect, in particular because my Guru HH Ayang Rinpoche was recognized as the reincarnation of a Terton whom, on Buddha's time, was Bodhisattva Ruchiraketu (mentioned in this sutra) 

GB: First completed recitation was dedicated to the healing and long life of I. P. who had aggressive lymphoma, now in remission!! The second recitation was dedicated to the protection, healing and long life of Sogyal Rinpoche and stability in the Rigpa Sangha.

AW: Dedicated to peace in the middle east, and the long life of Lama Zopa Rinpoche

HK: Thank you for putting the Golden Light Sutra on the internet. I rejoiced in reciting it in full length and hope to be able to show it to others as well.

RS: May all beings be constantly inspired by the 8 great bodhisattvas.

ThK: We are very happy to report more group recitation done in (our) study group. We did it together between 6 dharma friends. May it bring peace to all beings. Very specially for all beings affected by earthquakes, hurricanes, monsoons, and all natural phenomena.

DNg: Thank you for your continued support. This month is our 10 year anniversary of reading Sutras! We started 1 year before LZRinpoche visited Japan. We wanted to build a synergy among members scattered around Japan and try to remove obstacles for His visit. Amazing reason to rejoice! :-)

ST: I have completed one recitation of the golden light sutra in Budapest, Hungary. Wish you all the best. May you who read it find happiness and joy all the time and have a long life. Thanks for all your work.

TL: I am very happy to say that Sri Lankans are taking to this sutra. Another 15 sutras completed last week.

UK: For the Development of Full awakening in the mind of all sentient beings, For the Long and stable life in good Health of all pure Dharma teachers, For the growth of all Dharma projects, For good life conditions for everybody and For Peace in this and all worlds and in the mind of all beings.

GD: I dedicate this to my Guru, the Guru of my Guru-Lama Zopa Rinpoche, and Gyalwa Rinpoche may all their enlightened activities come to be. May all mother sentient beings be free of all suffering and abide in eternal bliss. May all of Lama Zopa rinpoche's enlightened activity come to be. May all beings suffering end right now! May all the merit that arises from this recitation spread out for these causes and support all virtuous causes.

BT: I had read part of the Golden Light sutra today and I then went to a common shopping area. I was in an electronic store and several different children began to remark about a certain awe inspiring smell. "Do you smell that, Daddy?" they all asked the same question of their parents upon entering this electronic store with cold machines - "do you smell that?" They followed after the smell until I began to realize, to my surprise, they were following after me. Their parents quickly urged them away from me so as not to make me uncomfortable. This happened more than once, and as much as I tried, I couldn't smell anything. I could only smell the rubber smell of carpet and machines. After seeing how the children were more interested in following the smell than looking at the video games, I knew it was not my perfume. I've been wearing this old perfume for years and this has never happened. What could have such a stunning effect? There is no doubt it was the Golden Light Sutra the children were following after! It was amazing to see their faces with - eyes closed, leaning over basking in some magical smell of pure love. With all devotion, gratitude, love and happiness, I will continue to read the Golden Light Sutra for the benefit of all sentient beings. Thank you in every way. Incredibly amazing.

UK: For the full awakening of all sentient beings as fast as possible, For the long and stable life of all pure Dharma teachers, for peace in this and all worlds and in the mind of all sentient beings, For the growths of all Dharma projects, for good life conditions of everybody, for developing our full potential.

NWC: May all the merits be dedicated with the best dedication praised by the buddhas. Lots of love and thank you very much for the inspiration.

AA: When I first read the Golden Light Sutra I read it when I was very very sick and just after reading the first page in English I instantly felt better even before I became ill with Crohn's Disease, but not only that, I felt very full of energy.

GD: May it be of benefit to all the Gurus and their enlightened activities and may it bring about the end of all suffering and the arising of eternal happiness to all beings.

RC: The first time i recited the Golden Light Sutra, a great weight came off of me. I felt more at ease. I reciting it for the 5th time and i feel mentally clearer.

SO: Dedicated to the long life of all precious gurus, especially HHDL & Kyabje Lama Zopa Rinpoche, & for peace in the world.

AW: Recited today for Rinpoche's health and long-life and for peace in the world, including the end of hate-crimes especially by political leaders.

AL: Greatly enjoyed reciting this once again. It brought back the memories of the last time I did this at Kopan. Great Joy!

KKS: May it be of benefit to all sentient beings.

DM: May this be dedicated for world peace and for the benefit of all sentient beings.

GD: Dearest Guru of my Guru, Holy being that opens the door to liberation for all sentient beings, who has subdued minds to the Truth who then, in turn, can free all Mother sentient beings, to you I prostrate and offer my practice I read some pages most days at work.

SMB: Dedicated to the swift liberation of all beings.

LS: By whatever merit I have gathered from reciting this King of Glorious Sutras, the Sublime Golden Light, may all beings touch supreme enlightenment.

TTM: In some of your emails on Buddhist holy days, encouraging recitation practice of the Sublime Golden Light, I've noticed that you ask for dharma students to share experiences arising from their recitation practice. The power of the Exalted Sublime Golden Light has manifested in many miraculous ways over these last few years that I've been relying upon it as a principal aspect of my dharma practice, but I haven't shared many of those experiences. After reporting my recitations for the month of March on the FPMT website, the following experience arose seemingly spontaneously. I decided to record it, and share it with you now:

https://youtu.be/2jNmVYZIj_U

Thank you for your prayers, your service to the Dharma and to the teachers, and for your work on behalf of sentient beings.

D: I wanted to try this practice to see what happens and create positive energy. I dreamt I was going in one direction of work but I kept getting lost and then someone sent me another way, to a beach, I met a religious devoted person along the way who walked with me, on the beach was a set like a film set of a temple mahabalipuram with lots of detail and I was really dazzled, happy and deeply fulfilled in the dream

KL: Dedication for precious gurus long life, may world be peaceful & may the Buddhadharma prevail to benefit all beings.

CG: Did 3 complete sets of recitation during this period and noticed a lessening of irritability in my mind!

FPMT-M: In the Losar recitation participated approximately 40 people. As you said Mongolia has a very strong connection with Golden Light sutra. Before communism to come almost every family had the Sutra on their altar and there were practices connected to GLS such as circumambulation carrying the sutra, recitation and others. Unfortunately with the dark years of communism these practices got interrupted and forgotten. And thanks to the kindness of Lama Zopa Rinpoche, FPMT Mongolia has contributed a lot to revive these traditions.

DR: A palpable sense of peace descended on my wife's and my home. The dog of a friend got lost in the desert and did not return home, but 8 days later was found. Our daughter in law announced that she had conceived some weeks before after having been told by her doctors that she would never conceive again.

DAV: Dedicated to end suffering and the causes of suffering for all beings, to create conditions for compassion and love to arise in the hearts of all beings, and to remove obstacles to the long lives of our teachers and completion of their inconceivably compassionate wishes.

GC: Started at Losar and completed on Chotrul Duchen, the day commemorating Buddha's Miracles.. Dedicated to the long and stable life, and youthful vitality of HH the Dalai Lama, and all our teachers. Dedicated to the ultimate and relative happiness of all our mothers. May the Mahayana vision, the Great Compassion that is free of prejudice, boundaries, and limitations, that is rich in wisdom and means, take root and flourish in the hearts of all beings, conquering the Rudra of self-clinging and its hordes of afflictions. May people and nations of the earth work together to turn back ethical degeneration, pollution poverty, epidemics, wars, climate change and extinction. May I find housing and means to finish my marine science degree, and may I find inspiration and innovative ways to protect and inspire others to protect the vitality of our oceans and ecosystems for future generations to enjoy. Through caring for the earth and its beings may we always encounter the heart of the Buddhas teachings.

AS: Sometimes I feel very hot during recitations.

KL: Dedicated specially for world peace and may ALL sentient beings making connection with Dharma and reaching enlightenment asap !!

UK: With all my love, respect and best wishes For the long lives of all pure Dharma Teachers and the fulfillment of their wishes without hindrances, for love and compassion and wisdom developing as the main force in the hearts of all beings and for best outer conditions to grow towards enlightenment for all mother sentient beings.

KH: Dedicate all merit of this recitation for the end of all suffering and full enlightenment of all sentient beings.

LHCh: Dedication of the Four Immeasurables to all sentient beings.

RT: I just finished The Sutra of Golden Light transmission by Lama Zopa Rinpoche. The table around my computer was messy after many plants had died back this winter and shed leaves. I almost immediately got up and cleaned up the mess and dusted, then lit some incense. I have had this incense for two years and not burned any. There were many wild animals who come to my window for food who heard parts of the sutra, especially many woodpeckers and squirrels, and of course my cats. May they all be reborn in human form and immediately meet the dharma and a great teacher to show them the path. May all people alive now meet the dharma and quickly attain enlightenment. That is my wish. Thank you Lama Zopa for this transmission and for posting it online so that as many people as possible can benefit.

MS: May Rinpoche have a long and healthy life. May all his holy wishes be fulfilled.

ZO: Dedicate to my mother Cholpon, brother Sagyn and my newborn cousin who is sick and all other sentient beings. May we never be separated from His Holiness the Dalai Lama, Lama Zopa Rinpoche and Lama Osel. May they have long and stable lives now and always. Thank you.

AW: I recited the Golden Light Sutra today as part of the fortnight of Miracles. I dedicate this for the long life of Kyabje Zopa Rinpoche, for harmony throughout FPMT, for the flourishing of FPMT in the UK and for the Basic Programme to become well-established in the UK.

JW: Recited the GLS once today while in the air heading from Singapore to Canada.... Thank you very much for such precious opportunity. Dedicated to all sentient beings that they completed the two collection of merits and wisdom and attain the two holy bodies arises from wisdom and merits. Dedicated for world peace. 🙏🙏🙏

AR: I dedicate the merit that all sentient beings be liberated from suffering and be happy, and dedicate the merit to all the oppressed people around the earth, may they find peace of mind and be happy.

KL: I found out this sutra quite a few weeks ago. Yesterday I have downloaded it and read through some pages and today morning too. I felt sudden urge to offer a scented candle and more candles at my altar for offering to other sutras such as Diamond and Lotus sutras along with Shurangama Sutra and Mantra. It becomes an offerings to all the Sutras, Dharni spoken by Buddha. Amazing indeed!!! I have cried when I was reading the Golden Light Sutra this morning. Thank you so much for making this website easily accessible possible for us to see this special sutra and I have really enjoyed reading through. Words can't seem to simply express the profound gratitude that I feel at this moment. I would like to share all the merits and good deeds with you and your kind compassionate team. I saw how the sun rose this early morning, everywhere is gold shade and gold lights this morning while the sky crystal clear blue light. It is the most beautiful day while hot. Yesterday night I offered 3 scented candles to the same sutra again. I felt I needed to do offerings including garden roses. It is truly amazing what the benefits this sutra could bring. I was so busy today morning but could not stop thinking about this Sutra. I imagined the stupa from the sutra with relics and offered candles at the same time. Thank you again for your compassionate team to make it readily accessible on the Web site. I pray that you and your team and Guru LZ Rinpoche may live long lives and healthy. May you all have material and spiritual abundance too spread the genuine Buddha teaching.

CN: So, during the time I was in Ethiopia as well as reciting I played the sutra, every day, on two devices simultaneously Today, for the first time since returning, I put it on and I can't tell you! To hear it again, Rinpoche's voice, it felt so reassuring, joyful, like coming home to hear it again. It's amazing, the joy, the reassurance, relief, the peace just of hearing it again. It's really like 'coming home'. Wow. It's wonderful. It made me very happy :)

LT: May true love and compassion arise in the hearts of all, and especially in the hearts of world leaders, their advisors, and all who have power and dominion over others; may they act only for the benefit of others, and may they spend their time thinking about how to benefit others.

GB: Dedication to various people: R, A, I, T, S all for their healing and long life and also for rain in our drought area of the world. And for the long life of my teachers and HHDL..

Results: It has rained some wonderful replenishing rain recently. Some people's health have improved. It is obvious by the results too that the reading of the sutras is playing a part in this. TKC: Thank you very much for counting us as part of the worldwide recitations. We rejoice for all the generated merit.

RS: May all beings develop deep trust in the dharma and never again live one single life without dharma

LT Centre: 75 recitations [SGL] total... I am even amazed myself! Warmest wishes,

MS: May Lama Zopa Rinpoche have a long and healthy life. May all his holy wishes be fulfilled.

JG: I read the sutra out loud today. Present were my three dogs. There are a million things that I would like to know. Like, how can I know if this is true? It is pretty fabulous if it is. But if it is, how was Tibet over run by the Chinese? Why weren't they protected by the sutra?

SR: Just completed my first recitation of the above Glorious Sutra. Thank you so much for all your good work.

MBO: Havia brigas sérias em minha família. Todos os dias eram dias de inacreditáveis situações de conflito, total falta de entendimento, ódio e ofensas. Após rezar todos os dias, em menos de 3 dias houve paz e felicidade. Os negócios estão bem e as dívidas sendo pagas sem sacrifício. Peço que alguém mande a sutra para o acampamento da ONU no Sudão do Sul.

GC: May all beings benefit!

MT: have recited the King of Glorious Sutras The Sublime Golden Light 3 times and I continue reciting and reading it every day at least one chapter or discourse from the Tathagathas, Bodhisattvas, Kings, Lords and Gods of the Sutra. My life has changed so much since This Sublime Sutra resides in my home, and I carry one with me all the time. All of them have taken me under protection ever since I worship this Sutra, and have provided for me all I need. I had the opportunity to apply the recitation of the chapter on the 10000 fish, when one of my cats was poisoned and died. I stayed with him for three days reciting the golden sutra and that chapter,

chanting Tathagatha Ratnashikin's name to him until he died. the first day I went out, I went to visit a friend that is very gifted and can see peoples auras, her jaw dropped open and said that from my body golden rays of light were coming out, and she had me standing there like for 30 minutes enjoying the Golden Light, so finally when she could speak she asked me what kind of meditation I was practicing, I told her I was worshiping my Buddhas as usual, and she said: No, no, this is something beyond the Buddhas, this is something bigger than that, but couldn't find the words to say it, so I told her it is the light of my Buddhas that protect me only that is the whole assembly of Buddhas and Bodhisatvas, because now I am worshiping the way I am supposed to. This event happened during the second week of me receiving the book. After what she said to me my faith grew strong on Buddhism, and I feel that a lifetime of seeking for something to believe on ended. I have now know where to go for refuge.

CC: 13 people participated in the recitation. We shared a lunch together afterwards which was really lovely, there was a beautiful atmosphere in the room thanks to the blessings of the sutra.

MBO: Havia brigas sérias em minha,familia. Todos os dias eram dias de inacreditáveis situações de conflate, total falta de entendimento, ódio e ofensas. Após rezar todos os dias , em menos de 3 dias houve paz e felicidade. Os negócios estão bem e as dívidas sendo pagas sem sacrifício. Peço que alguém mande a sutra para o acampamento da ONU no Sudão do Sul. [There were serious fights in my, family. All days were days of unbelievable situations of conflict, total lack of understanding, hatred and abuse. After praying every day, in less than 3 days there was peace and happiness. Business is good and the debts being paid without sacrifice. [Also,]I asked someone to send the sutra to the UN camp in South Sudan.

MS: May Lama Zopa Rinpoche have a long and healthy life. May all his holy wishes be fulfilled.
AN: I am looking forward to starting again!

LT: When I first read the Golden Light Sutra I read it when I was very very sick and just after reading the first page in English I instantly felt better even before I became ill with Crohn's Disease, but not only that I felt very full of energy and could not stop smiling and laughing. After reading the Sutra as I went into town many people were very social including those who saw me as an enemy. I listened to the entire oral transmission given by Lama Zopa Rinpoche and felt this tugging and moving in the center of my chest very deep feeling and I began to smile and even cry out of happiness. All the negative feelings I had disappeared I felt very protected and even now I still feel that protection and it feels like many holy beings are always around me protecting me. I feel like there were so many great benefits that occurred while reading and hearing the Golden Light Sutra that I could not possibly list them all here. It was my wish that all beings would be benefit from the Golden Light Sutra.

DN: May any merit created go towards making the world a peaceful place where people live in harmony. I'm currently writing ... from Hiroshima, Japan, the city where the first atomic bomb was dropped.

DDP & JH: with a dedication to peace and blessing for Haiti.

RI: Recited each morning of the 15 Days of Miracles at the Mahabodhi Stupa, Bodhgaya. Due to the three times merits of myself, all buddhas, bodhisattvas, all sentient beings, and the merit of reciting the Sutra of Golden Light, may the enlightenment thought arise in my own mind and all others without delay, and where it has arisen, may it grow stronger and stronger. Due to these merits, may there be no violence of any kind, no illness or wounds, no natural disasters, famine, drought, starvation, fighting or unhappy minds, anywhere in the ten directions from now on. May the lives of the Teachers and spiritual friends, particularly His Holiness the Dalai Lama, Geshe Lhundub Sopa Rinpoche, Lama Zopa Rinpoche, be long and stable. May we fulfill their holy wishes instantly. May all monastic situations, institutes, and so forth which propagate the holy Dharma have all obstacles removed and receive all conducive conditions to be immediately successful. May anyone who hears about these projects quickly purify their minds, collect extensive merit, and realize the entire graduated path to enlightenment as quickly as possible. The hero Manjushri comprehends reality as does Samantabhadra. Training after the manner of all of them, we dedicate these and all merits. All Victorious Ones who come in the three times praise any dedication of merits. Therefore we dedicate all these merits that we may perform all the great deeds. In particular, may we be able to spread the sublime holy Sutra of Golden Light, ensuring peace, prosperity, and temporal and ultimate happiness for all sentient beings for as long as space endures.

PH: One more recitation completed! May the Dharma spread out all over the world, in the mental continuum of every sentient being, and so everyone realize, without delay, buddhahood! Dedicated for the long and healthy life of all our precious masters and the immediate fulfillment of all their inconceivably holy wishes and projects. May every sentient being be immediately free from all kind of suffering and its causes and only experience temporal and ultimate happiness! For E. and M. H., G. H. and his sons J. and J. For my loved sons Dj. T. and Dj. T. and their father M. T. For my dear friend Ah. H. and his family. May all the negative karma that makes them prisoners in the Gaza-Strip be immediately purified and may they live in joy and happiness. For M. O.. For the immediate end of the siege of Gaza and a just and stable peace between Israel and Palestine. For the immediate end of Chinese hold on Tibet. May everyone have love and compassion in their hearts! May all war, violence, terrorism, destructive weather, diseases, and famine be totally eliminated! With love

DH: Homage to Guru Rinpoche, and all Sangha. Reading alone. In New York, U.S. Much love

MP: Best wishes to all!

MT: As soon as I finished copying the Sanghata Sutra I started with the Golden Light. Due to merits and virtues collected through these activities: may all gurus be healthy; may they have long lives and may their wishes be swiftly fulfilled (with special thanks to Lama Zopa Rinpoche whose kind advice [has been] useful to me regarding my daily practice); may there be everlasting peace and happiness in this world; may the lower realms soon be emptied of beings forever; may all beings always attain perfect human rebirth; may they encounter Buddha Dharma wherever they are born and generate aspiration to follow the path of Buddha Dharma; may they all engage in virtuous activities and may they all as soon as possible transcend cyclic existence and attain perfect and complete enlightenment. May the Maitreya Project be quickly brought to completion without a delay for even a second and may it be of great benefit to all sentient beings. The extent

of my dedications exceeds this space so I will continue with the dedication in the silence of my room.

AH: I recited the sutra one full time. It is really a powerful sutra. Thank you for inspiring me! love

DH: Greetings Sangha Brother and Sisters. I was able to complete the reading of the 21 chapters of the glorious sutra. I will continue. I have learned from the readings. Thanks to Guru Rinpoche! with much love.

AC: Hello Dharma Brothers and Sisters. ... I would greatly appreciate if you could share with me any latest information from Lama [Zopa] Rinpoche as I am not able to view anything that has the word "lama" on it coz u know the relationship between China and Dala Lama. ... Is there any feedback from people who recite this sutra? It would be great to read them and further reinforce my motivation and faith. Many thanks

SA: Today I completed another recitation of the sublime Golden Light Sutra. It is such a great blessing in the world to be able to have a Dharmakaya Stupa which one can carry in a daypack wherever one goes!

JL: Dedicated to world peace, the long lives of the gurus, and to the ultimate happiness of all sentient beings.

LT: I have completed one recitation of the Sublime Sutra of Golden Light. Thank you for this precious opportunity!

JN: I just finished my 5th recitation of the Golden Light Sutra. It is becoming cherished and has a special table in the morning sun with sunset view of the ocean. I thank my Dharma Sister ... for telling me about this wonderful sutra.

LL: Thank you for inviting us to join in on the Sutra.

JT: I recited sublime Golden Light Sutra twice during the Losar time period. ... thanks for the opportunity to do this.

NMC: The Naropa Meditation Center is happy to join you with 12 recitations of the entire Golden Light Sutra. Love & prayers

GDC: We dedicate for the world peace

DC: Completed recitation as requested ... Dedication to .. my mother, MH in the hospital, in critical condition with advanced copd. Could you please add her to the dedication list? Thank you so much; for V, in the hospital and faces various procedures; for E who is nearing the end of her 99 years of life and is in distress; for Doreen struggling for each breath due to end-stage emphysema; for our Tibetan brothers and sisters, whose uprising 51 years ago, on March 10,

remains unanswered. Also dedication to all the poor, orphaned and those who are at war and suffer great fear. May they find happiness and peace.

DH: Homage to Guru Zopa Rinpoche, due to Guru Rinpoche infinite Compassion the Golden Sutra would not have crossed my path. Words can not describe how fortunate I am to have found a Treasure like Guru Zopa Rinpoche. I enjoy his teachings in English with such delicious delight, it feels like honey is pouring from his mouth. When I listen to teachings, I should listen with body, speech and mind. The body should be stable like a rock, speech should be quiet. This means no talking, turning of the head to look at other distractions, head should be straight ahead looking at the Guru not missing a hand gesture or a look that shows skillful means in teaching etc. Mind ought to be in a meditative state. If not, we are missing a delicately complex method of teaching that Guru Rinpoche is using to teach each person directly, so you feel like he is speaking directly to you. We must pay attention to keep it simple and we can understand every word that comes out of his mouth. Be thankful Rinpoche is speaking in English. I would like to offer to Guru Rinpoche the reading of the Golden Light Sutra I just finished as a prayer for Rinpoche's long life. Please remain with us for a long long long time. With much love.

GS: For the people in Nepal, long lives of our gurus, fulfillment of their holy wishes; especially Maitreya Project in Khushinagar and Bodhgaya.

A: I have completed two rounds of GLS recitations. There definitely has been a change on the personal front.. Firstly lot of fights used to happen at home we staying in a joint family but ever since I've started the recitations these fights have miraculously disappeared. Also on personal front my relationships have improved. The other day before I started the recitation it was really hot and as I sat down to recite the weather changed. It suddenly became very pleasant. So these were the few changes... Thank you so much

TL: I have been reading a page or chapter every day for the last 5 years. I wrote Rinpoche about experiences that I had while reading the Golden Light sutra and he wrote back and encouraged the daily reading. I also purchase copies and give them away.

KY: For world peace and benefiting all sentient beings

MA: In the last 2 years, I have recited the complete sutra 20 times (daily 1 chapter). Even today, now I am on the chapter on Confession. My everyday dedication is for all sentient beings "May all sentient beings be happy and find all the true causes of happiness". Sometimes when I hear somebody is not well and in some difficulty, I dedicate my readings to them.

SF: Thank you so much for sending ... the Golden Light Sutra. I haven't read many sutras, but this one. I love this one.

NW: We rejoice in the project you undertake by promoting and counting the recitations! Lots of love!

GW & KS: Dedications for the people in Nepal, long lives of our gurus, fulfillment of their holy wishes; especially Maitreya Project in Khushinagar and Bodhgaya.

KL: May all beings be able to make connections with the three jewels, develop loving compassion and understanding of emptiness, and obtain liberation!!

AR: I completed the 2 full recitation of the Sutra of the Golden Light for the benefits of all sentient beings and non sentient beings to liberate from suffering and be happy.

LI: Recitations of the sublime Sutra of Golden Light completed ... in the mountains ... will continue in ... May all hindrances to the spread of the Dharma in the West and in all places without exception be destroyed or transformed in an instant.

TI: May you receive continuous flow of participants.

DO: Ten sutras [recited] for the people of Nepal.

SJ: My our merit be dedicated to world peace

LM: I dedicated the merits I created to my enlightenment and that of all sentient beings. To our rebirth in the Medicine Buddha's pure land .. to practice the buddha dharma. Also, to our attainment of happiness of this life and removal of all suffering, especially to PKY and her family.

JB: How fortunate to have the opportunity to come together on such a holy day to recite this powerful sutra for the benefit of all sentient beings... May they meet with the Dharma in this life and all future lives and be relieved from suffering, quickly reaching enlightenment...May you receive sky's of merit.

MS: May Lama Zopa Rinpoche have a long and healthy live. May all his holy wishes be fulfilled.

LJ: After listening to Lama Zopa Rinpoche's oral transmission, I began reading a chapter a day. I cried while reading Chapter 4. So today, June 1, 2015, I completed my first complete reading of the Sutra and tomorrow I will start all over again. I feel so thankful and calm. If only all sentient beings would sit each day and read, study and meditate on spiritual texts such as this beautiful Sutra. May all sentient beings be happy and at peace.

CG: For the long and stable lives of holy gurus, and the quick fulfillment of all their holy wishes; Quick flourishing of the holy Dharma in the hearts of all so that natural disasters, terrorism, wars, cruelties and sufferings can be eliminated; stabilisation of Mother Earth in Nepal and the good rebirth of all those who died in the earthquake - to meet and practice the Mahayana path so as to attain liberation and enlightenment; The world be stable, safe, prosperous and peaceful; Well-being of my family.

AW: Four people recited at Land of Joy together today, sitting facing the open sky and wild landscape - the weather was stormy at times. At the end the sun came out. We would like to dedicate for the success of Land of Joy in raising funds for holy objects recommended by Lama

Zopa Rinpoche, for creating new accommodation, and for supporting running costs. We would also like to dedicate for harmony among the volunteers and to create the causes for a resident teacher. We would also like to dedicate for His Holiness the Dalai Lama, Lama Zopa Rinpoche and Khadro-la each to visit Land of Joy to bless us and give teachings. We would like to dedicate for the Dharma aims of practitioners throughout the world to be purified. We would also like to dedicate for world peace, in particular in the Middle East. We would like to dedicate for PW, LH, PM, and GM. Finally we would like to dedicate for the long life of Lama Zopa Rinpoche.

AB: Dedicated to world peace, all parents and children in the world and that all beings be free of suffering and the causes of suffering.

KL: May all beings find liberation and achieve enlightenment, specially also dedicating to those victims of recent earthquake and sea disaster happened yesterday.

TJ: I read the sutra with the wish that rain may fall on our land and it did very profoundly. Many sentient beings and a Buddhist abbey will benefit from a healthy forest and by having no wild forest fires that could destroy buildings and such.

RB: During this auspicious period, I managed to do a recitation of the Sublime Sutra of Golden Light and one of the Sangatha Sutra on the Greek Island of Lesbos. So hopefully, from all my working in tourism in various parts of Europe and reciting Sutras in most of those places, I do something good for the areas and the people living there.

HG: Few years back, I found this sutra after having a dream of a drum emitting golden light with the words golden light sutra and was really happy to know that it existed after googling it. I decided to buy a copy and read it. I experience the smell of strong Indian incense when reading. I feel blessed by it and it almost made me cry after it passes. I am curious if others have same experience too and what it means.

MA: I have completed the recitations and have started again today with chapter 1. May all sentient beings be happy and find all the true causes of happiness!

RM: I dedicate all benefits from reciting, listening to or even hearing the name of the sutra to the immeasurable love to all sensitive beings, from eliminating conflict, terrorism, torture and famine to achieving full enlightenment. To long life, in wisdom, happiness and kindness to our teachers!

UK: May this bring happiness, peace, tenderness, warmth, openness, love and compassion in the hearts of all beings and strength to their actions. Out of that mind, may all sufferings and their causes be purified, may the lives of all Dharma teachers be Long and stable and may their prayers according to Dharma be fulfilled quickly. May all Dharma centres, Dharma projects and People working in that Spirit be freed from hindrances and be successful. May all beings get in touch with different ways of Liberation according to their karma, so they can relate to and enter the path of practicing and may all awaken quickly. Dedicated also to the healing of the immune systems of my two daughters S and L, as well as to the well being of all the family Z and K, and

CK: Dedicated also to world peace, stopping of wars, Natural disasters, illness, violence, poverty etc. may each and every sentient being receive whatever is needed on the way to awakening and may all experience wellbeing. Thank you so much for organising this, dear. I feel very happy and comfortable with the visualisation of being part of a network around the world of people reciting together. During this time of recitation I stayed at Chiemsee, a beautiful lake about 100km in the east of Munich, South Germany, with the Alpes behind. Once I saw a marvelous rainbow. One day a carpenter from the neighbouring village 6 km away came and I was surprised to hear that during the evening of the day before there was a heavy hail, big pieces, and his new car like all others in the streets was destroyed completely. Although he will get the money for another new one by his assurance it is a lot of trouble for a long time and a lot of money wasted. In my village, however, there was not the slightest problem, everything harmonious and peaceful.

CA: I would like to offer my recitation of the Golden Light Sutra to HH The Dalai Lama, to Lama Zopa Rinpoche, and to all other kind teachers of the FPMT. May they live long and healthy lives, continue to benefit all sentient beings through their profound teachings and immense kindness, and may their projects quickly succeed without obstacles. I dedicate all the merit created by reciting this Sutra, and also from listening to the transmissions of the Sutra by Lama Zopa and Kirti Tsenshab Rinpoche, to benefit all beings suffering from violence, wars, terrorism, poverty and disease. May all sentient beings be relieved of suffering and quickly reach enlightenment. With much love.

LI: Please make prayers for the sentient beings here. Thank you.

LJ: I've just completed my second recitation of The King of Glorious Sutras, the Sublime Golden Light. I am so thankful for the Sutra. With this second reading, I noticed things and felt emotions I had not experienced with the first reading. Also, this time, as I read Chapter 19 aloud, my 16 year old bichon frise came into the room and laid down with head perked up. I'm not even sure how good his hearing is now but I hope he was able to hear and that he will have a good rebirth as a result of hearing even a chapter.

JB: We were very mindful of Ani Margaret's passing and included her strongly in our dedications.

ST: For world peace, Gurus' long lives.

RS: May all beings who are empty from there side; feel happiness arising from emptiness and without any clinging in thoughts, feelings or forms; may they enjoy the dharmakaya.

TL: May these contribute to the Happiness to all beings

BH: Interesting that we had two earthquakes off the coast today after reading the sutra. This has prompted me to do more recitations between our monthly group recitations.

MS: Recently, I've been having difficulties at my job. I've been making a lot of mistakes and my supervisors are not pleased. Recently I read in the Diamond Sutra: "Subhuti, whatever son of the lineage or daughter of the lineage takes up the words of a sutra like this, memorizes it, reads and

understands, they will be tormented; will be intensely tormented. Why is that. Subhuti, because whatever non-virtuous actions of former lifetimes that were committed by those sentient beings that would bring rebirth in the lower realms, due to torment in this very life, those non-virtuous actions of former lifetimes will be purified and they will also attain the enlightenment of a Buddha" This astounded me when I read it. And I realized why I've been having such trouble. I am also able to respond in a calm, cooperative way, when I know that I would have just become angry and defensive before. So I thank this beautiful Sutra and all the Buddhas as well as my supervisors for giving me this precious opportunity.

NS: Dear Rinpoche I have completed ... golden light sutra recitations ... [M]ay the merit generated benefit all sentient beings, and your long life, Rinpoche, and may all your holy wishes be fulfilled.

GB: I feel so gratefully fortunate with my health issues to still be able to read this beautiful Sutra that I love SO much! [Dedicated for] the long life of Sogyal Rinpoche, Zopa Rinpoche, Dalai Lama and all at Kopan and in Nepal and the earthquake zone and for the good health, happiness and enlightenment of various precious people and the peace and well being of this precious planet.

CCS: May all our Gurus' holy wishes be fulfilled and my Lama Zopa Rinpoche have a long life and always turn the wheel of Dharma. May all sentient beings gain Enlightenment.

DO: May our merit bring more peace into the world and extend the lives of all perfect teachers, especially His Holiness the Dalai Lama and Kyabje Lama Zopa Rinpoche! Many rejoices and thank you's on this auspicious day!

RS: May all beings recognize the nature of their mind. Permanently, immediately.

ST: For Gurus' long lives and world peace and all holy wishes to be accomplished.

RP: Am on chapter 4 ... Confession....nice to be able to just recite this wonderful Sutra.

LI: By virtue of Lama Zopa Rinpoche's visit to and teachings in Mexico, may this wild land quickly be subdued by the Dharma. May it become a central land. May Mexico be full of monks, nuns and lay practitioners practicing the Dharma in harmony. May all sentient beings in all countries that Lama Zopa Rinpoche visits on this tour of Spanish-speaking America only go to upward migrations. In each rebirth may they encounter perfectly qualified Mahayana guides. Going toward personal liberation and nirvana, may they each not stop there, but instead may they each develop great compassion, enter the Mahayana, train in the six perfections, traverse the ten bhūmis, and quickly, quickly, quickly transform their minds into fully enlightened, omniscient buddha minds, so that they in turn will each be able to liberate all sentient beings from the suffering states of existence, establish them in upward migrations, and guide them along the stages of the path to enlightenment.

LE: Dedicated for His Holiness the Dalai Lama, and for K.H.

DA: For the benefit of all living beings.

LE: May the wishes of our Lamas be immediately fulfilled. For M and all others who have passed away recently may they be established in the awakening mind, and may their birth in the pure land of Sukhavati be unobstructed.

CC: Recitations dedicated with the King of Prayers

AW: Dedicating the merit for the success of Land of Joy, and all of Kyabje Zopa Rinpoche's projects, for the long lives of His Holiness and Rinpoche, and for peace in the world.

VG: May the Buddhadharma spread and may the holders of the Dharma have long life May all sentient beings be comfortable and happy and may all their temporary and ultimate wishes be fulfilled

Th Kh: In our study group ... we have completed .. the sutra. ... It has been wonderful.

AK: May all sentient beings have freedom and happiness. May bodhicitta flourish in the hearts of all living beings. May our dear 14th Dalai Lama have a long life, fulfilling all his Dharma wishes. May the fpmt projects be all accomplished. Om Ah Hum Om Ah Hum Om Ah Hum

AD: Thank you very much for your kind response. I'd like to share with you that yesterday, as we completed our third recitation of the Sutra, we talked about some experiences we have had since we started the readings. Here are most of them: Almost everybody in the group feels more peaceful since we started reading the Sutra. One of our friends said that he was perceiving many conflicts around him, in his family and friends, and since he started the recitations he feels that everything is more relaxed and at peace around him. One of our most experienced dharma friends commented that her health has improved since we started and at the same time she is experiencing several challenges and tough moments in her life that she did not face before. She finds it challenging but has a peaceful attitude towards them. Another friend who is not a Buddhist shared a beautiful story in which she experienced forgiveness while listening to the Sutra towards a very important person in her life, whom she was not able to forgive for over 30 years (she was not reading this time with us, but just listening). A lady friend, who has been a Buddhist for many years shared that patience is one of her most challenging emotions and since reciting the Sutra she has become more patient and tolerant toward others. A new friend to the group who attended for the first time to the recitation of the Sutra commented that she was feeling very angry on the past days and while reading, she felt how anger left her mind and she felt at peace. Another very beautiful comment is that the urge for reaching enlightenment was reinforced during the recitations of the Sutra, so the vows are being strengthened each time more and more. Finally, we have all felt quite an impressive difference between reading the Sutra alone and in the group. The energy is very powerful and we feel a great amount of rejoicing by doing the recitations together. ... [we] included dedications of as many people as we could and ... invited people to join the recitations from their own houses, if they can't reach our study group. ... We will keep on doing it so that we can reach more and more people and be of greater benefit. Thank you very much for reading us and for spreading the importance of the recitation of the Sutra around the world.

DA: For the benefit of all living beings.

JR: I have been listening to Rinpoche's oral transmission of the Golden Light Sutra. I have been listening to it when I can, sometimes 30 minutes, sometimes an hour. When I had heard approximately 2 hours transmission, I had gone to bed. I had a very clear dream of a golden Buddha surrounded by golden light entering my body and situating in the solar plexus/ heart area.

AD: Thank you very much for your kind response. I'd like to share with you that yesterday, as we completed our third recitation of the Sutra, we talked about some experiences we have had since we started the readings. Here are most of them: Almost everybody in the group feels more peaceful since we started reading the Sutra. One of our friends said that he was perceiving many conflicts around him, in his family and friends, and since he started the recitations he feels that everything is more relaxed and at peace around him. One of our most experienced dharma friends commented that her health has improved since we started and at the same time she is experiencing several challenges and tough moments in her life that she did not face before. She finds it challenging but has a peaceful attitude towards them. Another friend who is not a Buddhist shared a beautiful story in which she experienced forgiveness while listening to the Sutra towards a very important person in her life, whom she was not able to forgive for over 30 years (she was not reading this time with us, but just listening). A lady friend, who has been a Buddhist for many years shared that patience is one of her most challenging emotions and since reciting the Sutra she has become more patient and tolerant toward others. A new friend to the group who attended for the first time to the recitation of the Sutra commented that she was feeling very angry on the past days and while reading, she felt how anger left her mind and she felt at peace. Another very beautiful comment is that the urge for reaching enlightenment was reinforced during the recitations of the Sutra, so the vows are being strengthened each time more and more. Finally, we have all felt quite an impressive difference between reading the Sutra alone and in the group. The energy is very powerful and we feel a great amount of rejoice by doing the recitations together.

VDA: In praying for a job and good things for myself my family and human being. I will keep praying and reciting every month.

AL: I finished one recitation two days ago; mainly dedicated to prevent the danger of terrorist attacks in Brussels, Belgium and the world.

J: I offer up one full recitation of The Golden Light Sutra ... dedicated to the purification of negative karma of all sentient beings in all realms and that all may have a successful route to Enlightenment; and with a special dedication for world peace granting wisdom in the light of the Holy Dharma to all world leaders. With love

MD: An incredible experience. Much needed in Today's World.

NG:I follow the ritual described in the longer version of the Golden light Sutra, specifically to invoke the Earth God, I chant the mantra 108 times and, even though the Earth God did not appear, he did leave behind 3 (three) sarira piece, which was transparent in color.

LT: Through this practice of reciting the sublime Golden Light, may all obstacles to the successful completion of the Maitreya statue be utterly removed, and may obstacles to success of the Maitreya statue project never arise again.

LE:I know the Guru and Bodhisattvas are Sangha but the Sutra states that when people recite the Sutra the Four Great Kings and other beings will be glad and their glory and power will increase and will be of great benefit. Right now seems like we really need the Sutra.

LI: By virtue of these dreamlike merits, may all sentient beings without exception quickly attain enlightenment. Also my brother, LI (DS) has formed the aspiration to travel to India to receive teachings and initiation from His Holiness the Dalai Lama at the 2017 Kalachakra. May L create the causes and conditions to attend the November Kopan Course and to travel to India to receive teachings and initiation from HHDL during the 2017 Kalachakra, if that would be of most benefit to sentient beings. May all obstacles and hindrances be removed. May L's friend, C also create the causes and conditions to attend the November Kopan Course and to travel to India to receive teachings and initiation from HHDL during the 2017 Kalachakra, if that would be of most benefit to sentient beings. Also, may C create the causes and conditions to visit Sravasti Abbey. May all obstacles and hindrances be removed.

AM: Completed 2 recitations this year and my motivation to meditate has increased four fold. I can identify with this so well because I was born a Hindu

RS: May all Rinpoches, Lamas, Monks and Nuns, Yogis and Yoginis, Nagpas and Nagmas, Chödpas and Chödmās, and all female and male lay practitioners, who follow and practice the authentic Buddha Dharma live long and prosper and work harmoniously together and inspire each other for the benefit of all beings. May no single one of them ever give up the dharma, even for the shortest moment. May no one give up because of illusionary appearances. May all obstacles change to auspiciousness.

LGQ: This is the 8th year reciting the Sutra on 1st Sunday of the month. So good, and now I feel more close to it.

BS: Kindly regards and happy losar, tashi delek

AW: Recited GLS the Golden Light Sutra on Losar for Lama Zopa Rinpoche's long life, for the success of the Land of Joy, and for peace in the world, especially the Middle East.

MS: May Lama Zopa Rinpoche have a long and healthy life. May all his holy wishes be fulfilled.

LMK: I dedicate the merits I created to my enlightenment and that of all sentient beings, and to the rebirth of my mother who has just passed, in the pure land of Amitabha Buddha or if not to the Heaven of the 33.

UK: For Peace and happiness in this world and in all universes, for quick enlightenment of every being, for the Long lives of all pure Dharma teachers and the Dharma, for Health and success of families Z and K. Much Love

CW: Reporting my first complete recitation of the Golden Light Sutra after listening to the oral transmission of it yesterday. ... When I listened to the oral transmission of the golden light sutra, some interesting stuff happened though I might be making a big deal out of nothing. I spent about half or a third of listening to it inside and it was cloudy and about to rain, even drizzling, when I went outside and continued to listen to it in about maybe as little as ten minutes or as long as half an hour, it cleared up, blue skies, in quite a dramatic amount of square miles from where I was. My first ... and second read through, that night I slept quite well or at least better than I have been. I'm still skeptical though and it definitely, at least the oral transmission, had some negative effects with regards to the behavior of others toward me. It was a blend of good and bad and though the good might outweigh the bad it doesn't make the bad any less painful. In general I'm approaching it like an experiment, see what it does and keep at it until it yields results, good or bad. But, granted the bad definitely deters the experiment, even if it proves some kind of efficacy. That said, the good is always nice and always a reason to endure the bad... but the happiness without suffering is what I'm going for. ... Other experiences I had during my second recitation has been the family cat, Henry ... started falling asleep resting his head on the iPad I was reading the Golden Light sutra on. ... I feel worn out and exhausted and yet compelled to continue reciting. ... Did my best to dedicate some of it to the earthquake in Japan and Zika virus, among other things

E: I completed Sutra of Golden Light. It was a magical experience. Thank you for sharing it.

CCS: Thank you for counting the recitations. May all the holy wishes of our precious teachers, Lama Zopa Rinpoche and His Holiness the Dalai Lama be fulfilled. May they live long and always teach us.

LE: Reciting The Golden Light Sutra for Syria and Iraq. Dedicating for repelling foreign armies and peace among leaders. ... Dedicating to the long life of our spiritual teachers, peace in Iraq and Syria, and for the people and animals in Canada.... and for peace and love and the long life of Kyabje Lama Zopa Rinpoche.

RS: May all Buddhas smile. May all Yidams laugh. May all Protectors be happy. May countless roads appear to reach all beings without connection to the dharma. May every single atom in all universes and all realms swing from the sound of buddha-mantra. May the light of buddha activity melt and burn the ice of negativity and heavy circumstances to the nectar of liberation and buddhahood. May all practitioners easily make perfect wishes like the 8 bodhisattvas or better, without any single thought of competition. May every single one of these great wishes be easily and spontaneously be fulfilled.

VDA: I recited the full Golden Light Sutra immediately upon receiving your email of this event. I will keep recite Sutra and will let you know every time I finished. I have a problem with having a job. I hope I can find a job to settle down my life. I also wish my family and my friends M. L.

good health. I need the blessing for my luck to find a job. I pray and recite the Sutra with the hope of having a job where I can learn to grow and to become useful and for my living. ...I pray for my parents with good health and happy. I owe my life (to them) and their happiness. I recite Sutra to contribute all the good things to everyone in hope for their peace and happiness. I hope I and everyone will get all their wishes to come true.

W: I recited the GLS today for Rinpoche, for world peace and for Land of Joy.

CM: For the swift return of Geshe Lhundub Sopa and long life of LZR , HHDL and all the wishes of our gurus manifest instantly. World peace.

CA: I'm so thankful my dearest Lama Zopa for this amazing gift! Of your big love & compassion! This sutra transformed my life & i cant really thank you enough! My recitations so far are in Lebanon, in Greece, and Europe. I have dedicated for world peace, for liberation for beings of the lower realms, for the well being of all sentient beings, for peace in the middle east region, for the long life of all my spiritual masters, and for the well being of the country. Thank you again!

K: May its light purify countless realms.

YZ: Recitation ... of Golden Light Sutra to join in the (Saga Dawa World-wide Recitation) event.

AM: Dedicating to all sentient beings for our happiness and enlightenment.

LT: May the guru's life be long and stable; may all obstacles to fulfillment of the holy wishes be immediately pacified. May my teacher swiftly. May the two bodhicittas ripen immediately. May there be no war, disease of body, speech or mind, no natural or caused disasters, and no violence, overt or covert, explicit or implicit, and where they now occur, may they cease and never arise again. May we actualize the holy Dharma and attain the two bodies of a buddha. May the ordained always find support. And may I be able to propagate the sublime Golden Light Sutra throughout the 3 times and 10 directions where I and others dwell.

MS: May Lama Zopa Rinpoche have a long and healthy life. May All his holy wishes be fulfilled.

CCS: Happy Wesak Day - love to all.

DV: When I read the title of the Sutra I felt the physical affect of energy flowing through my spine...I dedicate all positive affects from this experience to every afflicted being on and off the earth right now, and may those positive, comforting and healing effects multiply and extend into countless and boundless time and space.

BB: When I today was starting to listen to the oral transmission I feel the urgent need to make prostrations. I made a lot of them in front of the statue of Buddha Shakyamuni in my living room. I feel so blessed because this is the statue that stood on the altar with Lama Zopa when he

was visiting our center in The Netherlands last year. Happy Saka Dawa to you all. Lots of love. I want to thank dear Lama Zopa so much for giving people who can't travel (such as I) the opportunity to get the oral transmission of this very special sutra. I'm very grateful. Thank you dearest Lama Zopa

TP: Dedicating the merits to our full enlightenment for the benefits of all sentient beings. Dedicating for flourishing & clearing all obstacles from Shantideva Center and all those who attend it. Dedicating for flourishing & clearing all obstacles from my mother A, my sister J, myself and all that we come in contact with.

VV: Many good wishes & auspiciousness.

UK: May it bring temporal benefit and ultimate happiness for each and every being. May the Life of all pure Dharma Teachers be long and may their prayers be fulfilled quickly. Much Love in Dharma

PH: For the long & stable life of Kyabje Lama Zopa Rinpoche, His Holiness the Dalai Lama, Lama Osel, and all of the other holy gurus.

DO: I hope our merit will help create a more peaceful world with less violence, hatred, and guns.

MA: Thanks to Buddha, we finished Golden Light Sutra. Thanks very much. It is wonderful.

MS: May Lama Zopa Rinpoche have a long and healthy life. May all his holy wishes be fulfilled.

ABC: Dedicated for our gurus, for FPMT and ABC, all our students, and for peaceful conditions throughout the world.

ND: May [this recitation] benefit all sentient beings.

ST: Supreme Teacher, Sole Source of happiness, we always offer these recitations to you. By this merit, may all obstacles to your holy wishes be completely pacified. May all violence cease. May the Dharma and good fortune flourish. May all beings find happiness. Dedicated it for the swift enlightenment on all the sentient beings. long and happy life for everyone, this includes you, dear reader.. [To] Lama Zopa ...my thanks to him for making the sutra available to benefit beings and ensure peace, happiness and prosperity throughout the world. Truly, this skillful mean is magnificent. Wish you everything good that there is :).

AG: This evening, we completed one entire reading of the Sutra of Golden Light in ... My 3 companions and I shared the reading. Our intention was to bless up the US Election, for the highest possible good and best possible ultimate outcome.

GB: [Going] through a challenging purification zone dedicated these over time to many issues and various people and sentient beings including the long life of Zopa and Sogyal Rinpoche and the Dalai Lama.

AKB: My wife and I were so fortunate to receive the oral transmission of the Golden Light Sutra from Lama Zopa Rinpoche at the Mahabodhi Stupa in Bodhgaya, India, in February 2014. However, it wasn't until these year that we could overcome the obstacles to start reciting it. We made the vow to recite at least one word per day, but we are actually reciting one page per day in most of the cases. We have completed the Sutra recitation two times by now, and we keep reciting. We are very happy to have included this Sutra recitation as part of our daily Dharma practice. Thank you, Lama Zopa Rinpoche for such a great gift!

UK: Dedicated to the long and stable life of HH Dalai Lama and of all Dharma Gurus, For the immediate fulfillment of their prayers and projects. For the benefit and full awakening of all sentient beings in all times and in all dimensions. May all wars, violence, terrorism, destructive weather, lack of clear water, famine and diseases be eliminated and may everyone enjoy peace, good health, plenty having love compassion and awareness in their hearts.

MP: Individual Recitation in Spanish at private home.. as Lama Zopa Rinpoche's recommended practices for Buddha Multiplying Days. I offered all merit accumulated to the long life of His Holiness the Dalai Lama and Lama Zopa Rinpoche, and to the success of all the FPMT centers, projects and services. Thanks and sincere regards.

AW: I recited the GLS today, Lha Bab Duchon at Neve Shalom (Oasis of Peace) in Israel, for the people of Gaza, Syria and Iraq, suffering from war, for peace in the world, and for the success of Rinpoche's projects.

LS: Due to this merit may we soon/ Attain the awakened state of guru Buddha/ So that we may be able to liberate/ All sentient beings from their suffering// May the precious bodhi mind/ Not yet born arise and grow/ May that born have no decline/ But increase forevermore.

TD: For Bodhicitta Peace Happiness Joy Compassion Love Altruism Patience Serenity Hope Tenderness Wisdom to immediately arise in the Heart of each and every sentient being. Thank you from my Heart for all you do! From my Heart, my warmest wishes and prayers, AL: Thank you so much for continuously inspiring us to recite this wonderful Sutra.

GC: For Lhabab Duchon, dedicated to the long life of the Dalai Lama and all our most kind root and lineage teachers, the flourishing of dharma activities, and for all our mothers pervading space: May all beings find happiness of every variety and kind, ultimate and relative. May we be free of suffering, of every outer, inner and secret poverty, disease and unrest. May our leaders be guided by authentic wisdom and loving-kindness, temperance and respect for all beings in all their actions and may they together with the peoples and nations of this earth live inspired by the openness and friendliness, the vast scope of the Mahayana's heart and vision. May those wishes and misguided actions born from self cherishing and misapprehension of how things be fruitless, May their outward appearance as climate change, religious and political strife, be attenuated, abated and forever exhausted. May all our excellent wishes, in accord with the Dharma quickly come to fruition. May we be filled with youthful vitality, health, wealth, eloquence, friendliness and splendor, with the six perfections as our constant companions, together with all beings come to realize the perfect joy and excellence of full awakening in this lifetime.

AR: I dedicate the merit to all sentient beings and non sentient beings to liberate from suffering and be happy.

BS: One little thing, last year when we did it, with a special dedication for people held in captivity by isis and others, that exact day there were 21 christian Syrians released by isis. I surely don't want to say this was the cause, but it was a beautiful sign somehow.

DAV: I will keep reciting golden light sutra. And bring the great karma which I have from reciting to all the human being and creatures in this world.

LI: Thank you for reaching out, and for all you do on behalf of sentient beings, and to fulfill the most holy wishes of the gurus

ST: Even (one four-line) verse...I feel so fortunate to have found Dharma and can effectively work for others :)

MPT: My main worshiping pattern is the Golden Light Sutra; I have seen so many significant “signals” [?], or messages, as I prefer to think of them. I read the ... Sutra, and I am trying to read the ... Sutra, but the results, or the outcome is not the same. ...when I started the Golden Light, which I couldn't put down until I read it all, then the miracles started coming up; it was as if I had opened a door and that door took me to another world.

UK: Dedicated to the Long Life of all pure Dharma teachers and the quick fulfillment of all their wishes, to the development of Bodhicitta in the mind of all beings, to their quick awakening and for the end of all violence, illness, poverty, disasters in nature. For peace and harmony in all dimensions and in the elements and the success of all Dharma projects and activities, For long happy life of all Dharma practitioners and the destruction of all hindrances to enlightenment. All best wishes

MTB: Thank you so much for reminding about this extraordinary Sutra! I just completed today on Lhabab duchen the whole reading of the Sutra here in ... would you mind to enter the recitation for me? Thanks and may the merits be shared and also be dedicated to Lama Zopa Rinpoche long life, trying to repay the kindness of having provided us with such a beautiful translation! Thanks again and wish you all the best for all your good work and study.

FM: Long Life of Lama Zopa Rinpoche & His Holiness The Dalai Lama.

LI: By virtue of these dreamlike merits, may the gurus make the path forward clear. Thank you.

AR: I offer the merit of this recitation for the long life of HH the Dalai Lama, and all my teachers and gurus. May wars and famine end and happiness prevail. ... [May] all sentient beings and non sentient beings be liberated from suffering and be happy.

DF: Dedicated to world peace and global happiness for all sentient beings.

LS: By the skies filled with merit may all beings be free of all suffering. May the precious bodhi mind awaken and grow in all beings so they experience immeasurable happiness and peace. May the precious Dharma flourish.

MP: Recitation .. as per Lama Zopa Rinpoche's recommended practices for Buddha Multiplying Days. I offered all merit accumulated to the long life of His Holiness the Dalai Lama and Lama Zopa Rinpoche, and to the success of all the FPMT centers, projects and services. Thanks and sincere regards.

KNW: We offer and dedicate it according to the wishes of our precious Guru Kyabje Lama Zopa Rinpoche. Thank you for inspiring us to recite it!

AR: I dedicate this merit to all beings to enjoy happiness and the cause of happiness. May they be free from attachment and rest in equanimity. I pray to generate the supreme mind of awakening.

TAM: Completed one recitation- dedicated to all beings' liberation from pain and suffering, and for bodhicitta to be realized in everyone. And personally for my father's healing. Lately I've been so sad about all the suffering in the world. In my country .., there are people being murdered in an unnecessary war on drugs. In other countries, there are also other unnecessary wars and oppression. I want to make peace and share it. I am so grateful to have stumbled upon this sutra, I've learned and gained many helpful insights from it. The story of the fish disciples struck a chord in me, and also the story of the tigress. It inspires me, that we are not so powerless in the face of suffering. After reading just a few chapters, I noticed my voice sounded more melodious. So I want to speak more of these words that create harmony. Thank you for sharing this sutra.

BS: May all mother sentient beings quickly attain enlightenment.

TP: Felt honored to be able to be part of the world wide recitation of the Golden Light Sutra by completing one complete recitation of the text by myself in my parent's home in ...on the auspicious day of Buddha's descent from Tushita. I dedicate the merits of the recitation to the long lives of all our holy Gurus especially H.H.D.L and Kyabje Lama Zopa Rinpoche, for the fulfillment of all their wishes immediately and extensively. May we never be separated from them and the pure teachings of Lama Tsong Khapa until we gain enlightenment and I dedicate for peace and healing all over the world.

MS: Thank you so much for your work!

LC: Hope you will receive a continuous flow of participants reciting this magnificent Sutra. All the best in collecting recitation of this Sutra of Golden Light throughout the world.

UK: May all sentient beings be quickly liberated from all suffering and may fully awakening arise in their mind immediately. May the life of all pure Dharma teachers be Long and healthy and may their prayers be fulfilled without hindrances.

RB: I was able to make good use of this day and did a full recitation of the sublime Sutra of Golden Light! I hope you enjoyed a wonderful day!

EB: For the long stable lives of His Holiness Dalai Lama and Lama Zopa Rinpoche and for all of their wishes to come true. For all beings to aspire to greatest goodness and to meet with all the support to achieve this. For all disease, wars, famine, natural disasters, pollutions, corruptions, fears, depression, confusion, negativities, abuse, delusions to be totally pacified and for peace to spread in all directions. May all beings, countries and governments be guided by virtuous minds and actions. May all beings develop Bodhicitta and have excellent relationships with the Guru-Buddhas and have the most meaningful lives moment to moment. May all of our relationships support the flourishing of goodness in all directions for all beings. ST: [In the Darkhan area of Mongolia, they say that] since people in Darkhan have been reciting Golden Light the place has gone up--the economy is much better, rains come at the right time in the summer and the winters are not so harsh. Mongolian people recognize that is due to the power of the Sutra.

DP: [T]his time learned so much from Chapter 4.

DNg: May our merit go towards the long lives of all perfect gurus including His Holiness and Lama Zopa.

LK: To the enlightenment of all sentient beings and to my rebirths in the pure land of Medicine Buddha to practice the buddhadharma until I attain buddhahood.

LE: Dedicated to the long lives of our teachers, peace between China and Tibet, that HH the Dalai Lama returns to Lhasa, and to there being help in Finding Kyron Horman.

ML: I dedicate [my recitations] ... to the complete success of all Lama Zopa's intentions, to the cessation of all wars and peace in our Time, and to the benefit and enlightenment of all sentient beings - everywhere without exception. I find these readings very helpful in many ways. Thank you for collecting them, that also helps. Oh! Happy holidays to you all.

TVP: I described my experiences from reading the Sutra [in Vietnamese translation, T Ng] ... Based on this cause, here is the effect. Dharma Teaching to liberate other sentient beings was what Buddha wanted. So, I became an ordained novice monk since .. 2011. Now as a resident Dharma Teacher of Lotus Sutra and other Amitabha Sutras to 700 Vietnamese Buddhists in ... United States, I read again last night the booklet "Advice for Monks and Nuns" by Kyabje Lama Zopa Rinpoche as follows: [TVP quotes extensively from this booklet] ... Kyabje Lama Zopa Rinpoche also said: "There are different types of charity. There is charity of materials, charity of loving kindness, charity of Dharma, and charity of fearlessness. Benefitting sentient beings is a samaya of Vairocana. When you take Highest Tantra Yoga initiation you take the vows of the Five Buddhas. Also, it is extremely good to save beings from being killed to be eaten as food. Lobsters are boiled alive in hot water. Can you imagine if that was you, how immense the suffering would be?" I have donated money that I received from offerings to me as monk. ... Please share my thoughts here to bring compassionate ideas in the Sutra of Golden Light to daily life action to liberate animals. Thanks for doing this work to benefit other sentient beings.

EL: [I ... completed my sutra recitation ...] while taking precepts, I'm very pleased to add and do so in order that you may rejoice along with me at the wonderful opportunities we have to practice!. I'm so happy I had the opportunity to recite the sutra while ... in Europe, it made me feel as if I were spreading the goodness around, instead of just keeping it to my own neighborhood. ... May all of Lama Zopa Rinpoche's holy wishes be instantly fulfilled!

DO: Hopefully our positive efforts will go towards creating a kinder, more peaceful globe.

LC: May Lama Zopa Rinpoche's life be loooooong and healthy and may we accumulate the merit to continue to have teachings from Rinpoche in this and all future lifeTimes. May all the obstacles to Lama Zopa's health and long life and all Rinpoche's projects be instantly removed.

PH: For the long and healthy life of Lama Zopa Rinpoche and all our precious masters and spiritual friends. May everything be auspicious in for all sentient beings and all obstacles to temporary and ultimate happiness be removed right now.

LZ: I dedicate to Rinpoche's health. May he continue to guide us with his divine wisdom and may we be suitable vessels to receive these blessings!

DoC: Lama Zopa Rinpoche tells us that by reading the sutras, we accumulate immeasurable merit that will help us fulfill sentient beings' wishes, as well as give them peace and happiness. Additionally the Sutra of Golden Light is extremely powerful for world peace, for our own protection, our country's protection and the world. It also has great healing power for people in the country its read. So as 2011 comes to a close, please reflect on the positives generated by our global group. Maybe it doesn't feel like we're helping spread good considering the world's situation, but if we have faith in Buddha's word, we are...possibly at a level many of us haven't realized yet. I look forward to more readings with you With much, much gratitude.

EC: First time reciting the Golden Light Sutra. Obtained physical copy of sutra from CGC-FPMT of Penang, Malaysia. Started recitation (non-stop) at 26th,time: 11:00pm, finished at 2nd December time: 2:00 am. I dedicate this recitation to the enlightenment of all sentient beings, as well as to the long life of all dharma friends. Rejoice!

KL: With the dedication for Lama Zopa Rinpoche to quickly recover and enjoy good health to continue to give us teachings. And may the world be peaceful.

MS: I want to report this Golden Light Sutra recitation, entire sutra for the benefit of V.A.C.G., for his long life and health, removal of obstacles and success in everything he do, have a many children and very healthy ones, special the removal of black magic done against him. PEACE. OM TARE TU TARE TURE SOHA.

DO: May our merit extend the lives of all precious teachers especially His Holiness the Dalai Lama and Lama Zopa Rinpoche and clear away obstacles to Do Ngak Sung Juk spreading the dharma in Japan. Best wishes!

ML: I completed 2 full readings of the King of Glorious Sutras called the Exalted Sublime Golden Light during the month of Dec. 2011. I dedicated them to the success of all Lama Zopa's intentions, cessation of all wars and peace in our Time, and to the benefit and enlightenment of all sentient beings without exception.

EL: To benefit Lama Zopa.

EC: Recitation nonstop ... Solo recitation. Dedicated to enlightenment of all sentient beings, to be able to be in perfect condition to practice dharma, dedicated to the long life of HHDL Tenzin Gyatso, Lama Zopa Rinpoche, Choden Rinpoche, Dagri Rinpoche and all dharma friends. Rejoice!

ST: Ten more sutras for Rinpoche's long life and holy wishes.

DL: For the long life and good health of HHDL and LZR, success for FPMT Mongolia and world peace.

DDP: I just finished reading ... HEART OF THE GOLDEN SUTRA and like I have told you so many Times I am taken aback by what I finally learn each and every time. This time it was the chapter about the fish. I have understood that chapter but the paragraph on the meaning of suffering.... I read that over a few Times. Feel so blessed to be part of these reading.

ML: I have completed two full readings of the King of Glorious Sutras Called Sublime Golden Light. I dedicated them to the complete success of all Lama Zopa's intentions, to the cessation of all wars & peace in our time, and to the benefit and enlightenment of all sentient beings - everywhere without exception.

[Reported by Prison Chaplain]: One of our students has been reading the Exalted Sublime Golden Light Sutra regularly each week - at least twice a week, I think. Before he does the practice he thoroughly cleans his cell, and himself. He also abstains from smoking, something he would like to be able to forgo permanently. He does all this for our dear teacher Lama Zopa Rinpoche. He says the practice has changed him - the way he sees the world and the way he sees himself. In fact the practice has been transformative. He also reports that others notice he has changed. They ask him what has happened. Why is he different? He cannot thank Lama Zopa enough for suggesting this practice. I too am grateful. I am also humbled by his determination and courage. Thank you Lama Zopa. Love and best wishes

TD: This year I dedicate the reading of the Sutra of Golden Light for the peace of Tibet and her people. Also, for the peace in other countries where there is war, great fear and suffering. From 22nd Feb to 1st of March I completed a personal retreat and included reading the sutra. In addition, I mindfully tried to help a minimum at least one person in some way each day. This merit I fully dedicate to all those who suffer in this life-may they be free from suffering. May those who are afraid find courage, my those who are despondent find unending peace and happiness. May my humble efforts of kindness ripple like drops into water, never ending

GB: Dedicated to my son N: may he find his dharma teacher in this lifetime, always have much protection, courage and wisdom in the face of adversity, negativity and harmful forces and he may he always retain and develop to even deeper levels his kind compassionate and generous heart. Long may he live to be of benefit to others.

LZR: [Lama Zopa Rinpoche's response to hearing about the prisoner who reports reciting Sutra of Golden Light] Thank you very, very, very much for your news about the prisoner (..), I am very very happy to hear what he is doing when reading the Golden Light Sutra and how it has changed him, that is exactly the purpose of reading it. Please give my thanks , to him billion zillion trillion times not only for reading the Golden light Sutra but that he has changed and become a better human being, that is exactly the purpose of reading the Golden Light Sutra. I am very happy. Thank you very very much. With much love and prayers, Lama Zopa

ML: I completed two full readings of the King of Glorious Sutras, the Sublime Golden Light during the 15 day period of Losar. I observed no miracles as such, however, my practice seemed to be flowing much smoother and even somewhat blissful through this period. My relations with seemed to be much better for no apparent reason. Like receiving letters from two different that I haven't heard from in several months, and two promises of family visits from relatives we haven't in ti years. Our Dharma reading has been going better too. Just little things that add up to feeling great and having a much greater pathway state of mind.

MSG: Just wanted to report that the XX Study group in .. completed one recitation of the King of Glorious Sutras Sublime Golden Light on Sunday March 4th.. We dedicate the merits of our practice to the long life of Kyabje Lama Zopa Rinpoche and to H.Holiness the Dalai Lama, for peace and healing in Tibet and all over the world and for the flourishing of all FPMT Dharma centers in spreading Rinpoche's wishes and the pure Mahayana Dharma for the benefit of all sentient beings .Best wishes.

FC: "May all His Holiness the Dalai Lama's wishes be successful immediately; May the Snow Land of Tibet achieve pure freedom/ And develop the Buddha Dharma even more than before in Tibet;/ And may all mother transmigratory beings achieve enlightenment quickly!"

UK: I recited the GOLDEN LIGHT SUTRA ... 08. 03. 2012. Dedicated to the long life and quick fulfillment of all Prayers of all true Dharma Teachers who realized emptiness, for inner and outer peace and happiness of each and every sentient being, for success for all Dharma projects, good health for Lama Zopa Rinpoche, quick and perfect enlightenment for all of us and for the benefit of Family K... and family Z....

CJM: I read the SUTRA OF GOLDEN LIGHT twice (Chinese Version) with dedication to world peace and for the benefit of all sentient beings.

AM: My dedication is for world peace (particularly, in Tibet), the environmental harmony (with the sealement of Fukushima nuclear power plants in Japan), all sentient beings' happiness and freedom from suffering as well as their quick gain of the enlightenment, a long life for His Holiness Dalai Lama, Lama Zopa Rinpoche, Geshe Doga, and other high lamas. My experience; I completed the recitation this morning and saw the two rainbows in the sky.

DO: May our merit go towards Rinpoche's swift recovery and the long lives of all perfect gurus.
OT: With dedications for world peace, for happiness of all 6 realm sentient beings, for fulfillment of all our spiritual teachers' wishes.

GG: Dedications were generally for World peace, Lama Zopa Rinpoche's full recovery and return to giving teachings, the long life of HHDL, for success for all of FPMT Centres, Projects and services and for FPMT Mongolia as well.

MD: I did one full recitation of the Sutra of Golden Light in that period (Days of Miracles). My father was very sick in that Time, and he did a remarkable reconciliation with my younger sister and as well as with her husband. He told me that it is not his nature to be so^ but to be more confrontative, (which is very true) but that his master (a spiritual guide he feels connected to) told him to do it! Big love

TTh: After hearing this Scripture, I suddenly realize that what we benefit others will eventually benefit ourselves. I realize that I should be more considerate to other beings and not just myself, that the merit I generate is shared among everyone. This is a very important sutra teaching compassion!

ML: Dedicated ... to the complete success of all Lama Zopa's intentions, cessation of all wars and peace in our Time, and for the benefit and enlightenment of all sentient beings. ...
[Regarding benefits] When I look back there is a big difference from a year ago and even more than from when I first started. I do have some up and downs, but I've been handling them all myself lately and not "inflicting myself" on others, I've been able to give acceptable help or assistance to some others lately without getting it all fouled up - even if it is mostly material help. And I've been able to avoid giving unwanted advice for quite some Time now. I don't know if any of my "gains" are the result of the Golden Light Sutra or not, but I do enjoy reading it a few times per week, and always feel, lighter, more peaceful, and probably happier after my readings.

MS: I completed one recitation of the Sutra of Golden Light today May 5, 2012. Thank you very much. I feel my faith increasing because of this reading.

T: I just finished reading it twice ... after reading the second time ... [dreamt] I saw the old holy man, then in the dream that I underestimated him, then after that I was vomiting black blood from my mouth, then the land where I stood formed a large hole, and my vomit fell into the hole and immediately I woke up from my dream, at once, my body seemed to be fresher and healthier than ever. What happen with the dream? Why did I have a bad dream? Thank you

DNg: May our merit extend the lives of all perfect teachers and clear away obstacles to fulfilling all of Rinpoche's wishes. Our next reading will be on Sakadawa.

DPBC: Our simultaneous reading of the sublime SUTRA OF GOLDEN LIGHT in both English and Tibetan was done on Wednesday, May 23, as a day that is particularly auspicious for HH Dalai and for Geshe Sopa-la. The read is especially dedicated to ending torture, oppression and

suffering in Tibet and wherever there is conflict. This is also dedicated to removing obstacles to the long, stable lives of HH Dalai Lama, Geshe Sopa-la, Lama Zopa Rinpoche, Jangtse Choeje Rinpoche, Geshe Dorje-la and all our Teachers.

GB: With this recitation may everyone gain inner peace and may this create world peace.

KL: May our Gurus continue to guide us. And may all their holy wishes be quickly fulfilled, and may all beings be compassionate, and live harmoniously together.

JV: Thank you for reaching out to me... I am going through a hard time personally and this Sutra has given me great comfort and hope. As you know, Lama Zopa has extolled its virtues and benefits extensively. ..In addition to my dedication to my masters, I pray that this practice and others will enable me to take care of my children from all lifetimes, past, present and future. I do not care about my own happiness.

VA: Thanks to all the group and special thanks to our coordinator TL. May all beings be well and happy :)

DNg: May any merit made please spread peace and harmony in the world, especially Tokyo. May DNSJ be an important part in the Dharma spreading in Japan.

OT: Dedication for fulfillment of dreams of our teachers and bodhisattvas and for the peace in the world. With kind regards and prayers.

FPMT Mongolia: Dedications ... for World peace, Lama Zopa Rinpoche's full recovery and return to giving teachings, the long life of HHDL, success for all of FPMT Centres, Projects and services including FPMT Mongolia.

JS: I should like to report 2 complete recitations of this beautiful sutra. One I completed over the night of ... quietly beside the bed of my father who passed away very peacefully ... it was the first Time I had taken it with me and decided it would be nice to recite. It was a very peaceful night and very quiet - the previous night had not been so. I then ... recited again a chapter a day and completed on Saka Dawa. All dedications to a peaceful and harmonious earth and long life and well being of all our spiritual teachers and that all their wishes and projects go well.

OTs: With dedications for fulfillment of dreams of our teachers, for happiness of all sentient beings and for the peace in the world.

DO: On HHDL's birthday and Compassion Day ...people in Japan, Taiwan, China, USA, Thailand, and Singapore read Sutra of Golden Light. May our merit bring harmony ... and remove obstacles to fulfilling Rinpoche's wishes. May it also extend the lives of all perfect teachers.

HB: I have been studying this sutra with great interest in my study group. When I decided to read the complete sutra aloud over 10 days I felt it with my heart and not just my head - a totally

different experience. After reading the section on confession I felt as if I was being bathed in golden light. I am still feeling the impact of the story of the tigress.

AW: I recited the Sutra of Golden Light once, today, the anniversary of Buddha's conception, for the sake of all sentient beings, for the endurance of the Dharma, and for the fulfillment of the wishes of the precious Gurus, [as well as] for the success of fundraising for the Land of Joy project to create a Buddhist retreat community in the UK.

TG: Golden Light Sutra by FPMT Mongolia on the Wheel Turning Day. [D]edications for the long life for HHDL and LZR and that all of their holy wishes be quickly accomplished and especially that LZR will quickly manifest perfect health.

TL: I recite 1-3 chapters a day, with my sister. My mom and dad both passed away this year. I had been praying to Shakyamuni Buddha and Amitabha Buddha for His light and guidance for my parents' path to Enlightenment in the Pure land. He came to me, through my mom's image in a dream and gave me this book to read, a book I had never heard of in my life. I am so grateful.

MK: The day I began reciting the Sutra this Time we went to a lecture where a former professor was talking about the future, during the talk I kept seeing The Tathagata, Shakyamuni Buddha in translucent, beautiful white light form in the space in the middle of the talk, so loving, so peaceful, present for and in everyone there. We have also had days of sunshine in the last week after weeks of rain here. I am so grateful to our precious Guru Lama Zopa Rinpoche and this glorious Sutra for these teachings beyond words. Thank you and please live long and turn the wheel of dharma for all beings.

HM: Yesterday I finished reciting the Sutra of Golden Light, I think that this is the 11th Time I have recited the Sutra. I read one page every day.

OM: Greetings from Mongolia. [Happy to report that] we have completed 6 recitations of the Golden Light Sutra, with dedications for fulfillment of our teachers' dreams, for the happiness of all sentient beings, and for the peace in the world. With Best regards and prayers.

GB: Dedicated to my son N: may he find his dharma teacher in this lifeTime, always have much protection, courage and wisdom in the face of adversity, negativity and harmful forces and he may he always retain and develop to even deeper levels his kind compassionate and generous heart. Long may he live to be of benefit to others. Dedicated to His Holiness the Dalai Lama, Guru Zopa Rinpoche, Guru Sogyal Rinpoche - may you all live a long healthy life in samsara to help bring love, peace and the ultimate happiness of enlightenment to all sentient beings. Also dedicated for the enlightenment of all sangha of the FPMT and the Rigpa foundations. My heart is overflowing with gratitude to all my teachers and sangha for all their prayers and practice for recently helping save my life and for their continuing prayers and practices for my long life in the dharma. How immeasurably grateful I am to all for this extended opportunity to continue purifying and practicing the dharma for all sentient beings sake. I love you all beyond measure.

TP: I first encountered the Sutra of Golden Light at the Maitreya Heart Shrine Relic Tour. The sutra was on display with the relics. There was a sign next to the sutra stating the benefits of

reading the sutra, and after I read the sign I immediately felt inspired to read the sutra. That same day I searched the web and found an electronic version of the sutra on the FPMT site. It took me a week to read the entire sutra. Whenever I started reading it, I got very sleepy. I didn't feel sleepy before or after reading the sutra, so I took my sleepiness as negativity being worked out, for which I feel extremely grateful. I also got a cold the day after I started reading the sutra. I rarely get colds, so I also attribute this sickness to the purifying power of the sutra. There were many days during the week I spent reading the sutra that I felt a sense of fearlessness and immense joy. Also the woman I am in love with (we are not together), who I had not spoken with or seen in months, spontaneously stopped by my work place to visit with me. Also a friend of mine offered me an interest-free loan to buy a car to expedite my anticipated move to a Dharma center where I will need a car to travel to my job. I felt less interested in my selfish behavior. Reading the sutra gave me a sense of vastness that I didn't have before due to the huge time spans it mentions and the huge number of buddhas, bodhisattvas, and dharma guardians it mentions and due to the hugely beneficial results the sutra mentions that come from reading, studying, and teaching the sutra. And lastly, reading this sutra fulfilled something in me that I didn't know needed satisfying, a need that I can't articulate. The Sutra of Golden Light is the first sutra I ever read, and now I plan on reading as many sutras as I can get my hands on!

MM: Dedicated to His Holiness Dalai Lama and Rinpoche. And to Little O.

VA: For the benefit of all.

DO: Sutras were read in English and Chinese. May our merit go towards the long life of Kyabje Lama Zopa Rinpoche and His Holiness the Dalai Lama and remove obstacles for DNSJ to harmoniously achieve Rinpoche's goals.

EK: Hello! Just completed a second reading of this beautiful Sutra. My husband and I are also reading a chapter each night and there is more compassion in our relationship. Definitely feel led to burn incense (sandalwood) when I'm at home. Thank you for sharing such a Divine gift.

GB: To my dear and very special recently deceased long term friend LE with grateful thanks for your unconditional love and keeping me inspired on the path and for your swift path through the bardos and to a wonderful new incarnation and enlightenment. Also to my dear husband, R, for the removal of all obstacles to your long healthy happy and enlightened life.

AW: I recited the Sutra of Golden Light once yesterday for the success of the Land of Joy project to create a retreat community in the UK.

JT: On behalf of the Manjushri study group located in Youngstown, OH for world peace and healing and for the long lives of H.H.D.L and Lama Zopa Rinpoche and for the fulfillment of all their wishes immediately and as extensively as possible.

GB: Dedicated for the swift cessation of the destruction of the world environment and all precious insects and wildlife; in the meanTime, for its highest protection and increasing awareness and compassionate caring for it and its beautiful inhabitants by all human beings. Also

for the removal of all obstacles to SM's life span; long may she live in samsara to continue her beautiful work of caring for others, wildlife and the environment.

EC: Whatever merits gained is dedicated to the Long Life of HH Dalai Lama, Long Life of HE Lama Zopa Rinpoche, HE Choden Rinpoche, HE Dagri Rinpoche and all other teachers and virtuous friends. Dedication also for the arising of Boddhicitta in all beings and that the wishes of all Bodhisattvas be fulfilled instantly. Dedication also for world peace and that all beneficial dharma projects be successful and be of great benefit to beings. Dedication also so that all sentient beings will be able to find food, drink, shelter, love and refuge and Mahayana teachers and teachings. Dedication so that the teachings of the Buddha will spread in all directions and never diminish. Sarva Mangalam!

HKK: May the merits of my recitation be dedicated to HH Dalai Lama, Kyabje Lama Zopa Rinpoche, Kyabje Choden Rinpoche, Kyabje Dagri Rinpoche and Geshe Tenzin Zopa. Also to my mother, H.K.L, son H.J.-D, and wife C.P.S, and to all sentient beings. May they be well and happy, may they have long and stable lives! May all the Gurus' holy wishes be fulfilled! May all obstacles be pacified and may all favorable conditions abound for me to get a job!

LHC: finished reading or reciting from a book, Sutra of Golden Light, being a translation of the Suvarnabhasottamasutra by R.E. Emmerick, Professor of Iranian Philology, University of Hamburg, given to me by a friend in 2004 in 5 1/4 hours as the print is small and tiring. I could not find the link to open up to read from the Internet direct on FPMT website which I did last time in about 4 hours.

AW: I recited the Golden Light Sutra once today in order to create merit for the manifestation of the Land of Joy , a retreat community in the UK. Moreover for the long life of Lama Zopa Rinpoche and for the fulfilling of all his holy wishes. Also for the freedom of Tibet, for the resolution of all conflicts in the world, especially in the Middle East, in particular Syria, for the positive hope for the 22nd century to come about with all that is best in human culture intact and all that is worst abandoned. May all beings gain complete enlightenment through the merits of reciting this Sutra of Golden Light.

HC: I was just reading through the Sutra, the chapter on the four kings, I was feeling skeptical about it helping bring any peace to my region. Just as I finished, I read that a truce has just been agreed on in Gaza. Just before I started reading all the tweets on how dire the situation was, now they are about hope. Every time I read through the Sutra of Golden Light, something like that happens. I urge all who read this message to delve into this amazingly powerful Sutra.

DO: May our merit bring positive and peace to the world, especially in the Middle East. May it lengthen the lives of our precious teachers, especially His Holiness and Lama Zopa.

FPMT Mongolia: Dedications for the long life of HHDL and LZR and that all of their holy wishes be quickly accomplished and especially that LZR will quickly manifest perfect health.

DNg: May our merit bring peace and calm to our troubled, sometimes violent, world.

LD: I received this Golden Light Sutra together with Sangata sutra a couple of years back from

ABC: This Golden light Sutra was placed in my office then. Recently, I brought back the sutra back home to recite it. I finished reciting one round of the sutra. I felt very happy while reciting the sutra. When I was reciting chapter 18 when prince Mahasattva was offering his body to the Tigress, my tears just flow from the great compassion of this great bodhisattva. I intenti to recite the sutra one page a day with my wife and three children. May this merit be of benefit to all sentient beings. Please thank Rinpoche for spreading the precious Dharma. Tashi Delek.

OTs: Dedication for liberation from any sufferings of all sentient beings, for fulfillment of our spiritual teachers' wishes & for the peace in the world.

GB: Lovingly dedicated to my recently deceased father ... May he be fortunate enough in his next lifeTime to be able to clear much karma, meet his teacher, practice the dharma, become enlightened and be of benefit to many sentient beings.

AW: I recited the Golden Light Sutra today, Losar for merit for the fundraising for Land of Joy, and FPMT project to create a retreat community in the UK.

DO: May our merit prolong the life of all perfect teachers and bring calmness to troubled areas in the world.

DK: I just finished reciting the Sutra of Golden light. Started after ... also after the first day of the Jewel Heart Lama Chopa retreat start date :) in which Gelek Rinpoche started it with a very special blessing ... I finished at and dedicated it for the Maitreya Statue project; Jewel Hearts projects; Lama Zopa Rinpoche's long life; Gehlek Rinpoche's long life; H.H. Dalai Lama's long life; for the city of Detroit Michigan, so it flourishes in success in this hard economy and attracts Dharma centers to ... benefitting beings there; and for the sake of all beings my Mothers.

AW: I recited the Golden Light Sutra yesterday, the Day of Miracles, for the success of the Land of Joy project in providing a means for people to generate correct realisations for many centuries to come.

AH: I would like additional dedication for SH. May he make peace with himself and his father. Thank you very much, love

LG: For World Peace and the improvement of our countries.

CJM: With dedication to the complete and immediate recovery and long life, to our precious root Guru, Ven.Lama Zopa Rinpoche, the success of the Holy Statue and all FPMT projects and for the benefits of sentient beings.

JT: We wish to dedicate the merits for the long life of all our teachers especially H.H.D.L and Lama Zopa Rinpoche and for peace and healing all over the world and for the quick enlightenment of all sentient beings.

RH: For Rinpoche's holy wishes to be fulfilled and for world peace.

DNg: May our merit go towards Rinpoche's long life and that all his wishes be fulfilled.

GL: Dedications for HHDL, LZR long life and all success with their holy wishes and for FPMT and FPMT success.

LE: Dedicating to His Holiness, our Lamas, and peace.

MS: Thank you. I could never recite it enough.

AW: I recited the Sutra of Golden Light today ... and dedicate the merit towards the manifestation of a retreat community in the UK to be named Land of Joy in accordance with the wishes of the sublime Kyabje Zopa Rinpoche.

S: I confess all my mistakes in the past and in the present, with the actions of body, speech and mind.

JH: For the benefit of all living beings, and for the long life of His Holiness the Dalai Lama, Lama Zopa Rinpoche and Khensur Rinpoche Geshe Tsepel. Sent with love from Berkeley California!

F: May these prayers be able to bring genuine everlasting happiness to our kind dear dear mothers. May all of us be able to follow the footsteps of The Buddha and our holy gurus until enlightenment is reached. May peace and love pervade all realms especially for the 3 lower ones.

PH: One recitation completed. With dedication for world peace, may all suffering and causes of suffering cease right now and every sentient being realize fully enlightenment without delay. With deepest gratitude to all our holy masters and spiritual friends: especially His Holiness the Dalai-Lama, Lama Zopa Rinpoche, Neldjorpa Sherab Namdreul, Gueshe Tengye at Vajra Yogini, Mogchok Rinpoche. For my parents, brother and children. May Dj pass the entrance examination to Science Po tomorrow. May I always embody and manifest the wisdom and compassion of bodhicitta. With love

TP: Reciting aloud this Sublime Sutra in the company of many Australian native birds I am filled with inexpressible joy to have the opportunity on this Sakya Dawa to offer any virtue made from reciting this Sutra of Golden Light, to my beloved Virtuous Friend, Kyabje Zopa Rinpoche for His return to full good health, and that all His holy wishes succeed.

ML: I completed 3 complete readings of the Sutra of Golden Light... I said them by myself and I live in...I dedicated them to the complete success of all Lama Zopa's intentions, for cessation of all wars and peace in our Time, and for the benefit and enlightenment of all sentient beings. I can only say these recitations make me feel much closer to the path, and I do feel like it helps to purify my past non-virtuous actions. So thank you very much - With love

LS: Very little time today but managed to finish my first ever reading of The Sutra of Golden Light to be part of this special day today... from Chapter 18 to the end...a very good way of finishing this wonderful Sutra...I hope it will multiply the benefits for everyone along with everyone else's readings of it. I just wanted to finish it on this day to honour the Buddha and

hope for better things for the world, all sentient beings, all those dear to me and myself & link in with all the multitude of prayers and mantras being said all over the world today. I will start reading it again soon. This first Time it has taken me a long long long Time to read, many months. Thank you, I send it for everyone and everything on the planet & through all the universes too! Hope it helps.

CWC: May Lama Zopa Rinpoche have Good Health and Long Life.

MK: I finished reciting the Sutra of Golden Light on Saka Dawa, particularly dedicating for Lama Zopa Rinpoche's health and long life, and all his work for sentient beings and for His Holiness The Dalai Lama to remain and turn the wheel of dharma for all living beings.

VT: On this past Saturday, 15th May - Saka Dawa - I completed one recitation of the King of Glorious Sutras, the Sublime Golden Light. May any positive potential result in the flourishing health and immensely long life of His Holiness the Dalai Lama, Kyabje Thubten Zopa Rinpoche and all great Dharma teachers; in the instant fulfillment of all their holy wishes; in the quick success of all FPMT projects, especially the building of the Maitreya Statue; and in the temporal and ultimate happiness of every sentient being.

CJM: I completed the recitation of the whole text of Golden Light Sutra (in Chinese version) on the 25th May 2013 with dedication to the perfect health and long life of our precious root Guru, Ven Kyabje Lama Zopa Rinpoche and to the world peace wishing also all mother sentient beings have happiness and its causes, be free from all sufferings and its causes and achieve enlightenment quickly.

SW: Dedicating to Rinpoche's long life.

RvK: Dedicating to Rinpoche's long life.

FPMT Mongolia: Dedications for HHDL, LZR's long life and stable health, FPMT / FPMT Mongolia - success of all projects and world peace.

BM: For the benefit of all sentient beings, for V... in hospice care, and all others close to death.

OTs: Recitations of Golden Light Sutra with dedication for liberation from any sufferings of all sentient beings, for fulfillment of our spiritual teachers' wishes & for peace in the world.

T: I printed one copy and donated to the Buddhist temple in Mauritius. I dedicated the merits for everyone after having read it and before reading it I prayed for everyone's peace and well being and for our planet.

AL: Particularly dedicated for Lama Zopa Rinpoche manifesting perfect health and unceasing lifespan.

EV: Today I am looking forward to going to a bait shop and liberating minnows and crickets!!! May all sentient beings aspire to the Pristine Mind of the Buddha!!!

MdH: For world peace and for Lama Zopa Rinpoche

MK: I dedicate this to the long life of our Precious Guru Lama Zopa Rinpoche and ask sincerely that he remain in the aspect of complete wellness, that all his aspirations be completely fulfilled. Also a dedication to my son and all others who are frightened for their safety, may they be fully protected. For the long life of His Holiness the Dalai Lama, please remain and turn the wheel of dharma, may all his holy wishes be fulfilled.

PK: Dedicated this to HHDL and Lama Zopa for good health and a long life each Time. I confessed my shortcomings and endeavors to renunciation.

MM: I want to share happiness, gratitude and also report full readings of the Golden Light Sutra. Take this opportunity to tell you something beautiful: After a long period without a job, follow the instructions of Lama Zopa Rinpoche for employment, and I'm happy because I got a great job, I want to use for the benefit of others. My heart is filled with infinite gratitude to Lama Zopa Rinpoche, his teachings and wanted to share it with you! Today I read the Sutra of Golden Light completely. The credit was dedicated to Mother Earth, to calm down the heavy rains and flooding that have damaged many living in Mexico these days and because yesterday there was an earthquake in the north of the country (in Chihuahua) where it is normal to have frequent or earthquakes. For all FPMT projects are successful, immediately beings be free from suffering and the causes. Long life up to the end of the samsara to HH Dalai Lama & Lama Zopa Rinpoche. Thank you and much happiness to all beings

GB: Here is another recitation of the Sublime Golden Light Sutra. Slow in being done but nonetheless another has been completed. :-)

PSD: I found this sutra to be very inspiring. I have never really been interested in reading sutras, or reciting them for that matter, but this particular sutra really speaks to me. I found this extract from Chapter 4 especially motivating, and I have started to recite it regularly. Due to countless sinful actions/ Performed in hundreds of eons past,/ My mind is pierced and stricken with grief,/ Wretchedness, sorrow and fear./ Solemnly fearing unwholesome deeds,/ I shall always keep my mind modest./ Wherever I commit the smallest action,/ I will not succumb to frivolous excitement. /Since buddhas are compassionate /And dispel the fright of all beings, /And entreat them to hold the remorseful fast/ And free us from every fear./ May the tathagatas keep at bay/ My negative karma and emotion./ May the buddhas always bathe me/ With the water of their compassion.

AH: I had a feeling that Rinpoche wanted me to do this during Losar, then 2nd guessed myself & then found that he had a message on his facebook page advising to do this. Funny? I have taken 2 days to recite this, I am hoping it will remove any obstacles for my husband at work & with money (I was fired from my job & it's been stressful as a subject) and also any obstacles for our dog, ... he really lives to make ppl happy & just loves, he's such a good dog ! I also prayed that Rinpoche would be in Singapore soon & bless our dog Chopsticks I pray that they will never be parted from each other in all their lives (& he loves to hear stories of Rinpoche & the Maitreya project, etc). I thought on page 62 of the royal family that were killed in Nepal, I actually know

nothing about this subject but today it made me cry. I also cried when I read the 'Tigress' chapter, I was worried for the tiger & her cubs. At the end I followed Rinpoche's instructions on how to dedicate & so I dedicated for His Holiness Dalai Lama & of course for Rinpoche as well & for His Holiness Karmapa. I made offerings of incense.

AW: I have recited the Golden Light Sutra so that the Land of Joy may manifest in the UK as soon as possible, and that the funds be raised, the property acquired, the buildings developed and there be harmony between those involved, all as an offering to Kyabje Zopa Rinpoche through whose kindness the light of Dharma shines throughout the world.

JTJ: Each morning I am reciting aloud at least one chapter. I completed the first recitation today... I have experienced a lightness about me and inside me as I go about my day. And for me understanding how rare and precious this life is, is truly a miracle. I experienced some synchronicity in practice. For example, I noticed how the water was low in the offering bowl and how one drop was left. I filled it up and then read the chapter on the The Previous Lives of Jalavahana's Fish Disciples (and how they were without water in the pond).

ST: Rinpoche has been giving the oral transmission of the Sutra of Golden Light for nearly two weeks now at the Mahabodhi stupa. The setting is stunning with a backdrop of the golden floodlit stupa and 100,000 multicolored light offerings around us. Before the transmission Rinpoche does khora and blesses and offers the light offerings (root festival of lights). He has commented many Times how beautiful they are and also that people who are sponsoring them have so much to rejoice. Then there is a motivation for the transmission and we begin the journey through the marvelous world of the Golden Light Sutra, with Rinpoche pausing now and then to translate some of the mind-blowing benefits of the Sutra spoken by the Buddhas, Bodhisattvas, Goddesses, Deities, Guardians, etc. yesterday Rinpoche quoted from Chapter 10 where the Goddess Drdha explains how simply listening to the Golden Light Sutra delights hundreds of thousands of millions of Buddhas, frees beings from the lower realms and causes beings to be born in the higher realms for hundreds of thousands of rebirths. The benefits come from hearing even one chapter, one four line verse, one word or the name of the Sutra. (see end of Chapter 10) Rinpoche told the story that he took a bite of food in Malaysia and felt toothache, so he just remembered the Sutra of Golden Light and the pain disappeared. "Whatever problem you have," Rinpoche said, "Just by thinking of the Sutra of Golden Light your problem has gone." When you are experiencing black magic, spirit harm, sicknesses that doctors cannot cure and other problems, one very good solution is to recite the Sutra of Golden Light." And this can also help in countries where there is a lot of fighting and problems. recite the Sutra of Golden Light." And this can also help in countries where there is a lot of fighting and problems.

MR: I wanted to report a personal reading of the whole Sutra ... It was a tremendously enriching experience.

CL: I've been reciting at home this marvelous sutra for years. I've tested its protection and benefits many times. This is the first time I connected to your website and wonder if this recitation goes on throughout the world. Is there a group of reciting the Golden Light Sutra in Paris so that I can join them, because after all these years I'm looking for a group or master who teach and give commentary on the sutra. I thank you very much for your answer and hope all

benefits rain on you. Three bows to the Buddhas past, present and coming, and the Bodhisattvas assembly, to Lama Zopa Rinpoche for his work and the benefits he has given us all his life, to all the buddhas and Sanga and lay women and men.

MJ: Thank you very much because happy to learn something precious. With my best prayers.

DoC: [These recitations include] 33 sutras read by Chinese friends during the auspicious Losar. May our merit bring peace in the world especially in Africa and the former Soviet Union. May it also calm the environmental spirits to bring less severe weather conditions.

LI: Thank you for everything you do on behalf of the Dharma, and to please the Guru. May your merit be multiplied by a million billion Times and become the cause for the liberation of countless sentient beings.

AH: Have completed Sutra, found it very calming. Back injury feels a little better.

LI: I dedicate these 5 recitations to the success of all compassionate FPMT projects which bring benefit to sentient beings, and specifically, that the causes and conditions arise for the FPMT Vajrapani study group .. in Huatulco to return to a functioning status, bringing the teachings that liberate to all of the suffering sentient beings who live here, especially the many pretas, and that all obstacles and hindrances to the spread of the Dharma to this wild land be removed in an instant. With Love and Prayers.

LR: Dedicate for all those who are or have been involved in war zones and their families who love, support and care for these men and women on their return. May all sentient beings be free from suffering and live in peace and harmony in this life and all future lives.

LP & DB: From Ukraine, practicing Buddhism since 1995, Longchen Nintig tradition of Nyingma school. Thank you very much for the opportunity to participate in a worldwide chanting of this Great Sutra!

AW: Dedicated to the flourishing of the Land of Joy retreat community, to the release of Margaret Easton from her suffering, and to the long-life and infinite increase of the mandala of Kyabje Lama Zopa Rinpoche

GB: For peace and harmony throughout the world and for the long life of dear Zopa Rinpoche, Sogyal Rinpoche and HHDL.

CM: Happy to share that I read the SGL. My this effort be united to this noble world wide recitation. Rejoicing in all the merit created to benefit all sentient beings!

PLC: Pray for the four continents and music, world peace, the world without disasters, man-made violence, no war, sharing the Pure Land.

CS: May the merits created be dedicated so that our precious Gurus have long lives and always teach us and that all sentient beings gain Enlightenment.

OY: With prayers for happiness of all mother sentient beings and for fulfillment of our spiritual teachers and His Holiness of Dalai Lama and Lama Zopa Rinpoche.

OT: I have recited this sutra to great benefit. Thanks to FPMT and Lama Zopa Rinpoche for making the sutra available to me and countless others! Om Mani Padme Hum

L: For peace in Colombia.

AH: Finished today so I could pray & dedicate for my husband's safe travels & long happy healthy successful life.

OC: May our merit go toward Rinpoche's long life!

PKJ: Thank you for sending me an email to recite the Golden Light Sutra. It was in my heart when the email arrived. The experience of recitation has filled my heart with compassion and wish all beings in all realms to gain anuttara samyak sambodhi. I was moved to tears for the unlimited compassion Buddhas and Bodhisattvas have as they have come into the 'world' over and over to guide us. Homage to all the Buddhas and Bodhisattvas. Thank you for the clear light, the emptiness, deep inner peace and the determination to gain Enlightenment to guide and benefit many beings. May all beings be free of suffering and realize the wisdom of emptiness.

AW: Today I recited the Sutra of Golden Light, with dedication for the success of the Land of Joy's business model.

JC: Rejoice in the completion of two recitations of the Sutra of Golden light. May all be most auspicious with love,

AW: I dedicate with prayers for the four continents and music, world peace, for the end of trouble throughout the world, the world is no more trouble, no man-made violence and war, and that all gain the Pure Land.

KFL: Completed my recitation last Thursday & dedicated to world peace & may the Buddha dharma & our precious gurus continue to remain until samsara is empty!!!!

HP: When I recited the 1st page of Chapter 2 in The Sutra of Golden Light about a week ago I got tears of joy in my eyes out of a feeling Buddhas and Bodhisattvas will always remain. When looking at this videoclip suddenly shared today by 3-4 Facebook friends "WATCH: Dog Tries To Save Fish In Thailand By – CCTVNew" www.youtube.com/watch?v=0cz2_vCoGHE I smiled out of happiness because of the similarities with the story about the fishes in Golden Sutra of Golden Light who lack water as it's not just a story. It's true! Om Ah Hung!

SM: I finished a recitation of The Sutra of Golden Light! I started reciting a little every day as a completely new practitioner. This is a somewhat difficult time in my life, but due to the power of my inspiring teachers and this most amazing Sutra, I find that I have strength and perseverance. I

have found this Sutra most beneficial in helping me have strong and joyous motivation for my daily practice, which I am currently consolidating. May all beings abide in perfect bliss!

JJ: Every Time I read the Golden Light Sutra something deep with-in me stirs and my mind is transformed as if I were experiencing every word. The first time I read The Golden Light Sutra a deep feeling of Joy and emotion over took my senses and I felt the need to cry. In truth the Golden Light Sutra's cannot be fathomed by words . I could not imagine that when Lama Zopa Rinpoche said to read The Golden Light Sutra it would have induced such awe and wonder. Please thank Lama Zopa Rinpoche for me as it was a great gift to recite such an amazing Sutra.

JDH: First and certainly not my final recitation of the Sutra of Golden Light. I might add that my cat Spag listened to a good portion of it also!

SS: Hello, very often I read in the Sutra of Golden Light whenever I desire to cure friends. I have been reading this precious Sutra since finding it in 2006 during the Maitreya Relic Tour. I take it always with to travel around it there to read aloud. All the merit that may arise, I dedicate entirely, following the example of Manjushri and Samantabhadra, for the benefit of all sentient beings.

VA: Precious Three Jewels, one more recitation to report. May all beings rejoice.

IR: I'm reciting with a Dharma friend, reading in english and in portuguese one day a week. I'm a doctor and I treat autistic and hyperactive children, and my patients are going much better. It's an experience full of hope.

MS: May Lama Zopa Rinpoche' have a long, long life!

LH: Thank you so much for the request, it is wonderful to feel as if I am fulfilling the wishes of Rinpoche'. It's also a huge pleasure to read the experiences of others who have completed the recitations and rejoice in their merit. I would like to report having completed one recitation of the Sutra of Golden Light. I felt great joy and faith arising in my mind during the recitation, and many tears flowed. What a blessing that we live in a Time when this sutra is available, and that we have the merit to be able to read and try to understand it. After reciting about half of the sutra, a few days ago, I was ravenously hungry. That night I experienced a painful toothache which woke me up in the middle of the night. After finishing the recitation and few days later I am now experiencing a bad headache. I am taking these to be signs of purification!

TKM: One completed round of Golden Light Sutra on the Day of Miracles... On this special day, I have also taken the 8 precepts, and recited Heart sutra and Diamond Sutra too.

JMC: For the benefits of all sentient beings and also for the perfect health and long life of our precious Guru, Kyabje Lama Zopa Rinpoche.

CMM: Happy to share that y read the sutra in an airplane. Just the right time to complete it. Hoping all the beings on the route were benefited along with all the mandala of our beloved teachers.

JD: While doing this recitation on the first night [I had] a strange dream... during [the] week, different obstacles ... but the most interesting thing ... is that it simply increases devotion and motivation through daily practice on the cushion and in life as well, and [I was] simply joyful... At end I really enjoyed reading and discovering the soutra itself... which also brings up ... different questions in my own mind and on my own attitude to life.. Much Love

JN: I just finished my 8th recitation of the King of the Glorious Sutra, the Sublime Golden Light and I feel so close to this Sutra now. I have my favorite Chapters and parts and lines. It gives me much hope, love, and caring. It broadens my perspective on living life. Loving Kindness

SA: I hope that you, Lama Zopa, and the rest of the FPMT staff are happy, well, and without any obstructions whatsoever.

MM: Thank you for opportunity!!

JB: I have read the Golden Light Sutra out loud for the benefit of all sentient beings, Lama Zopa Rinpoche, Venerable Thubten Chodron and Sravasti Abbey, prisoners, and the United States President, Barack Obama. May this bring us closer to liberating all beings from suffering. Thank you for this opportunity.

SK: How miraculous – Lama Zopa’s activities for beings [& his] .. immeasurable kindness. Thank you, Rinpoche.

AD: A group of us accomplished 6 full recitations under the Lunar Eclipse on June 26 in the presence of 1000 earth worms we liberated from certain death as fishing bait ... [I]f Rinpoche’s maths are good (of course!), then with the multiplying mantra and accomplishment on the full moon lunar eclipse, we did many many millions !! Thank you Rinpoche. May your life be firm and long, always blessed with the most golden auspiciousness! Also, is this the main website to record accumulations ? ...thank you and love ani dianne and the Nyingma students of Auckland...Two more recitations completed within our group...!Em Ah Ho ! Thank you Rinpoche and Lama Yeshe

RC: After reading Lama Zopa Rinpoche’s Online Advice, Transforming Problems (and) Tong-len [www.lamayeshe.com/index.php?sect=article&id=332] for my depression & anxiety attacks, I completed my first Sutra of Golden Light in the span of 2 weeks... I dedicate this merit to all sentient being for their liberation and world peace!

CU: 108 recitations of the holy Sutra of Golden Light as an offering to bring benefit to all the IMI sangha

LL: Finished a recitation the day before yesterday, sitting in front of the Jade Buddha, rejoicing in Kyabje Lama Zopa Rinpoche’s limitless enlightened activities to benefit limitless sentient

beings! Dedicating the merits especially for Rinpoche's long life and for his infinite, compassionate activities to continuously have perfect success until all beings are fully Enlightened!

AL: I just completed the recitation of the sutra for the first Time. I feel like I have done something meaningful with my life by reciting this sutra. Thank you for making this text available to us.

AD: Happy to report ten further recitations ... a group of eight Nyingmas in Auckland, NZ on the solar eclipse, plus some extra readings including one sangha member in Australia. Also, we liberated about a further 500 worms from certain death, and they received our offering of the whole sutra!! Warmest wishes to you .. we will keep accumulating as we can ... may all golden auspiciousness arise for the lives and activities of all pure lineage masters and their sanghas!

YH: Thank you for having this sutra on your website! Kind regards

CC: Hello there! It's so inspiring to know that the total number of recitations of Sutra of Golden Light around the world [are] over 10,000 times! I believe that such great positive power with pure motivation is definitely benefiting all sentient beings

CR: Today ... the suffering of the people is huge ... I encourage all of you with the Golden Light Sutra. Dedicate the merits for peace and compassion of all sentient beings. Freedom is here and now!

ML: I feel the reading has brought both my wife and me much closer to the path. We've both been very happy through the whole 15 days. Many good things have been happening. One in particular was that a fellow "dropped out of the sky" and ... [told] me of a supplement ... and it is having a very helpful effect on my body ... People seem to be talking to me far more ... It has been very helpful for me. Thanks to Lama Zopa, and you too. Love

JD: Much Love. I just carry on with this practice while doing my daily meditation.

MR: I committed ... to complete 1 recitation and I did despite my not fully [having] understood the meaning and pronunciation of many words. I went through the complete sutra. It took me many days to do it; some days was a few lines, other days some chapters, but I did honour my commitment . I'm still not sure of the outcome but my life is much much better today. Thank you . I hope that the light of the universe keeps shining in your path. Namaste

DD: With dedication to all people suffering from being overwhelmed with suicidal thoughts. [And in] addition, [dedicated to] all suffering sentient beings. With metta

TH: Hello & Greetings. I only discovered this today, being in some respects very new to this spiritual path. I had recited up to p 4 - where I stopped - I felt I should, to honour this sutra, as it says, have a bath and put on clean clothes before I read anymore. I have lit some Tara Incense for the gift. While reading I realized what one of my fundamental problems to overcome probably is, and may have identified what has been blocking my energies in many directions. I think this is a big answer to many prayers said to Green Tara over the past week or so, and to a

huge rainbow appearing yesterday. Thank you for your website. I have yet to visit your centre or meet you, and hope to do so very soon. Thanks so much for this. Best wishes

AD: Happy to report a further eight readings of Golden Light Sutra and 3000 insect lives liberated from certain death during the readings.

SA: Since I have been doing one recitation of the Golden Light Sutra a day ... [t]hey continue to be an incredible blessing in my life.

PH: A recitation of the Sutra of Golden Light completed. With dedication for the long life of our precious masters and the immediate fulfillment of all their holy wishes, for world peace.

ML: Two more complete sutras during the month of August. I dedicate them all for world peace and the complete success of all Lama Zopa's intentions.

S: Dedications for JG, , who has a painful and debilitating chronic illness

LE: [May] leaders of the world think about their constituents and make decisions for the people and peace. Thanks very much

DP: Dedicated for my dear friend D who is battling uterine cancer.

TL: Please remember M, who, while suffering greatly from an accident that hurt her back and subsequent surgery, has just suffered a fire[with] ... serious destruction.

AN: With dedication of merits for an end to the violence plaguing Mexico, parts of Africa, and all other places where the powerless are being ruthlessly hurt. May all activities that fulfill the holy wishes of His Holiness the Dalai lama and our other precious teachers, as well as all holy beings abiding among us, flourish and succeed. Dedicated to help the victims of Pakistan's terrible floods and to help the organizations involved in providing aid.

MS: 3 recitations for the long life and good health of all our glorious and amazing teachers, HH the Dalai Lama, Lama Zopa Rinpoche, Geshe Tsulga-la ... Thank you& Love

MM: Thank you Lama Zopa Rinpoche so very very much for sharing this most beautiful prayer which gives me much hope for the earth and all peoples in a new way. It brings me so many many tears of gratitude and love for all and all beauty. I have been looking for this prayer. It is my first recitation this day hun Djax .maya day of liberation.

SA: I definitely look younger the more I recite it. How amazing!

BB: I want to report that I have just finished my fi^h recitation of The King of Glorious Sutras, the Sublime Golden Light. By whatever merit I collected thus may Lama Zopa Rinpoche's health be good and his life be long; may all other gurus have good health and long lives; may the Maitreya project be successful and quickly brought to completion and may it be of great benefit to all sentient beings; may all conflicts and disorders in the world immediately cease; may lower

realms be utterly emptied of beings and thus may all beings always gain excellent human rebirth, may they always in all their future lifeTimes be able to hear the Dharma, may they generate great aspiration to follow the path of Buddha's Teaching and thus may they all as soon as possible gain enlightenment; may there be wealth where there is poverty, may there be good health where there is illness, may there be peace where there is turmoil, may there be happiness where there is misfortune; may all virtuous aspirations and wishes of both myself and others be swiftly fulfilled; may I and all others have long lives, may our health be good and may we quickly realize the fruition of Buddhahood.

ML: It works out very good for me, reading a couple chapters or so per day - 2 full sutras per month. I dedicate them to cessation of all wars, and to peace in our Time, and for the complete success of all Lama Zopa's intentions.

NI: Dedicated to the IMI, the sponsors and the long life of our teachers, especially His Holiness the Dalai Lama, Lama Zopa Rinpoche and Nalanda's abbot, Geshe Jamphel.

JN: 10 recitation of the Golden Light Sutra. It is a Sutra I hold close to my heart.

DP: Dedicating the reading to all who suffer.

GLS: For the following who have died recently, [our recitations are dedicated for their] rebirth in a pure land or precious human rebirth with conditions to practice Dharma: for DvNg, who died in a car accident just after finishing retreat with Lama Zopa Rinpoche; for SA, who died of cancer, and for MJU and for her family who are [experiencing great] sorrow. [Also dedicated]... for all living with chronic depression, chronic fear and chronic pain that they may be freed from their suffering and find peace. Also dedicated for D, with uterine cancer, and for S, with breast cancer. [May] ... all activities that fulfill the holy wishes of His Holiness the Dalai Lama and our other precious teachers, as well as all holy beings abiding among us, flourish and succeed.

M: Due to merits and virtues I collected, may Lama Zopa Rinpoche's health be good, his life be long and may all his noble wishes be swiftly fulfilled; may all other gurus have good health and long lives; may all wars and conflicts immediately cease; may Maitreya project be successful and quickly brought to completion and may it be of great benefit to all sentient beings; may the Buddhas turn the wheel of Dharma until samsara ends; may lower realms be utterly emptied of all beings; may all virtuous wishes and aspirations of both myself and others be swiftly fulfilled; [for all of our lives] may we.. always gain fortunate rebirths as humans or devas, may we always encounter Buddhadharma and unceasingly without distraction practice virtuous deeds. ... May I purify an ocean of activities, May I fulfill an ocean of aspirations, May I make offerings to an ocean of buddhas, May I practice without discouragement for an ocean of eons.

SA: There is no doubt that the happiness from reading it grows with time!

ML: Two more [recitations].. all dedicated to the complete success of all Lama Zopas' intentions, cessation of all wars and peace in our Time, and the benefit and enlightenment of all sentient beings. It definitely helps me keep the negativity away. I try to read a few pages each day. To me it is a very good practice and fits well with my other practices.

MG: [Dedicated for] my liberation from poverty, may abundance and wealth flow easily into my life, and for the harmony and understanding into my marriage. And for my bouddhiste practice, may it serve all sentient beings and my country. Thank you very much! [It is good] to be a part of a group of practitioners - to not be alone...Yours in the Dharma

SB: I would like to dedicate this practice ... [for] the flow of abundance for everyone, for the benefit of all beings to have their needs met, to feel safe and to experience happiness in their lives. Thank you.

M: For the continued recovery of my uncle TE & my recently departed co-worker LL. 556 JD: Peace and acceptance for S and family

TL: May the Kalachakra in World Peace, to be held in Washington, DC, in July of 2011, fulfill the wishes of His Holiness the Dalai Lama and benefit as many as possible. ... I also [dedicate for] ... all those suffering from the effects of the volcano in Indonesia, the new flooding and illness in Haiti, and the victims of drug-war violence in Mexico, and the victims of war anywhere and everywhere.

DP: [For] my friend D who is bravely undergoing chemo treatment for uterine cancer, and also for all the Haitian people

M: [For] my mother A... so she may find peace and light and also for me ... so I overcome my doubts and let abundance and wealth flow easily into my life.

JD: I feel a tremendous gratitude by having the opportunity to make the recitation of this soutra. Nevertheless, I am like St. Thomas [BLS, aka Doubting Thomas], I believe what I see. From the last few months, I guess [I can say] I'm truly doing the experience of the recitation of this soutra. While doing it isn't always easy to find the words on what I'm experiencing. This is why I preferred to keep silent. But now I can truly say that a lot of small, but nevertheless noticeable) events happen in [my] daily life have enhanced joyfulness and my credo to the practice of meditation with a holy act like the recitation of this soutra... understanding different kinds of personality increased into factual little events, auspicious opportunity arises in a variety of circumstances... Increased motivation, empathy and finding the appropriate words or initiative or intuition ... which all enhance my love for beings, [my] compassion and motivation ... These kind of experiences are deep and encouraging the pursuit of the practice... with a very deep feeling of holiness and gratefulness for all the bodhisattvas, bouddhas.

HM: I have for the past two years recited one page of the Golden Light Sutra every day. ... I go to two wonderful Buddhist centres: Centre for Wisdom and Compassion ... and Phendeling.

ML: I completed reading The King of Glorious Sutras called the Exalted Sublime Golden Light 2 Times through during the month of November. I dedicated them to the complete success of all Lama Zopas' intentions, cessation of all wars and peace in our Time, and for the benefit and enlightenment of all sentient beings. Thank you very much. I want to take this opportunity to wish you and yours a very joyous holiday season, and a great new year.

CI: Sutra of Golden Light [recitations in November dedicated to] Lama Tsong Khapa's teachings to flourish limitlessly, to all sentient beings for the benefit of all, and to uphold the wishes of Lama Zopa Rinpoche's advice to help spread peace and happiness to all living beings.

G: I would like to dedicate ... so [that] all forms of violence disappear [from] all over the earth, and in particular ... [that] violence related to organized crime and drug trafficking in Mexico become completely eliminated. [with] skies of love and gratitude.

M: Prayers and dedications for U.Y., a tireless and profoundly inspiring servant of peace and harmony, who passed on this week. May he find the most auspicious and beneficial rebirth

TL: May the Kalachakra in World Peace, to be held in Washington, DC, in July of 2011, fulfill the wishes of His Holiness the Dalai Lama and benefit as many as possible.

DP: [T]hrough requesting dedication for my friend ... who is suffering with uterine cancer she got a report of remission. Thanks to everyone for the prayers.

PH: With dedication for world peace and a long and healthy life for all our precious teachers. May all suffering be pacified.

YH: Many thanks for making it available online and encouraging people to read it.

JR: Just finished it! I was reading about seven pages a day ... My life has totally changed. I also volunteered 2 days at the relic tour at Orlando . Working with D .. and D.. was awesome. ... Being a member of fpmt has been the most precious and greatest thing I have ever been part of Many blessing and no obstacles for our service and love for all sentient beings.

LZ: I was staying in a small dwelling next to my friend's house. One morning I was reading the chapter on Jalavahana bringing the water for the fish who were deprived of water and scorched by the sun. When I went out, I discovered G... filling the Koi pond as it had sprung a leak during the night and was almost dry. Today I found myself on the 2nd chapter where Kaundinya requests "a particle of relic for my possession" and later in the day I found myself sitting in the presence of the Relics. These are just 2 examples of how the Sutra of Golden Light often synchronizes with what is going on around me. ... I dedicate for the happiness of all sentient beings!

DP: With the request that BH [who was born with a hole in heart] be included in the dedications. Plus dedications for all the new lives born all over the world.

A: Please pray for all those suffering from chronic fear, depression, anger and physical pain, from one burdened with them

TL: [With] gratitude to all those who inspire us, teach us, guide us, help us with course-corrections and, in general, hold up the light allowing us to find our way out of the darkness.

ST: The other day I had the opportunity to caretake the relics for two nights at the Geshe House ... In the afternoon I was reading SGL. Just as I got to the paragraph where the great bodhisattva fell down and the earth shook in six ways like a ship pounded by the waves, there was this loud noise. I thought a horse had jumped on the roof. But it was actually a 4.1 earthquake. We are printing and spreading the SGL throughout Mongolia.... A special edition with a photo of [Lama Zopa] Rinpoche offering SGL to the President of Mongolia will be .. given out during Tsaagansaar.. Mongolian Lhosar. We hope ... the students will recite the Sutra 24 hours a day and 7 nights continuously to the fifteenth. We have made spreading the Sutra throughout the countryside in Mongolia part of our manifesto. Please dedicate prayers to Chenrezig that we succeed.

ML: I dedicated the merit of reading to the complete success of all Lama Zopa's intentions, peace in the world and all wars, and to the benefit and enlightenment of all sentient beings. Thank you so very much. I find these readings very helpful to my practice. Love

LE: Dedicating to His Holiness the Karmapa and that all this mess works out.

PH: For P. I. For world peace. May all sentient beings realise their ultimate nature. May I become very quickly capable to lead them to enlightenment. May my actions never cause even the slightest harm to any sentient being, in whatever life, instead may they only bring the greatest benefit.

TG: It is indeed a group effort!

EL: By reading this sutra may all the obstacles to the health and long life of all our gurus be removed, especially HH the Dalai Lama, Lama Zopa Rinpoche, Kuzho Lama Rinpoche (Geshe Tashi Tsering), Choden Rinpoche and Geshe Jamyang, and all our other precious gurus not listed here. May everyone who wants to attend their teachings do so. May Langri Tangpa Centre (LTC) .. flourish and benefit others for generations... May we be able to meet our (LTC) monthly mortgage payments .. without difficulty. May all the students who contribute to the continuation of LTC in whatever way have long, healthy and happy lives. May the new altar and life-size Buddha statue be accomplished in accordance with the dharma without obstacle and inspire everyone who sees it. And may the LTC website and library programs come to fruition in the best possible way. May obstacles be removed & causes and conditions come together for my mum and dad's health, C's academic success, our financial, physical, emotional and spiritual well-being, life and career aspirations, attending the teachings of HH the Dalai Lama, Choden Rinpoche & Kuzho Lama Rinpoche. May my sister be enabled to attend the teachings of HH the Dalai Lama in Melbourne this year. May obstacles confronting ... be resolved in the best way. May E & C realize all temporal and ultimate goals most quickly: good health, long and meaningful life that benefits others, fulfillment of career aspirations, financial wealth & freedom to attend teachings & retreats without obstacle for as long as we wish, realizing non-learner's union, the great perfection, rainbow body in this lifetime; for the benefit and bliss of all sentient beings. May C's parents' financial and life problems be instantly resolved; may they enjoy good health, prosperity, and dharmic life guided by perfect mahayana gurus. May C's brother be healed of all problems, live an independent and meaningful life, guided by the Dharma. May enlightened leadership once again prevail in the world, pacifying all negative, and social forces

and ushering in true justice, peace, and enlightened global human society free of bigotry, prejudice, hatred, greed and endowed with wise goodheartedness. And may there be ecological balance, healing of the planet, and averting of climate change disasters for all sentient beings.

JG: May our glorious gurus live long! May all their holy aspirations be immediately fulfilled. May centres for the dharma flourish full of harmonious dharma brothers and sisters for eons to come. May western nunneries arise and flourish. May all obstacles to Gaden Samten Ling's new building immediately be removed and may the new centre be completed swiftly without delay. May all beings gain Buddhahood.

CN: May all sentient beings achieve the rupakaya and the dharmakaya.

JC: Wishing everyone connected with the Foundation a long and happy life.

JK: When I read Rinpoche's response [to the question of what one can do to eliminate suffering and benefit mother sentient beings], the rapture went beyond. When I read the words in the Golden Light Sutra, time stood still.

LK: To the enlightenment of all sentient beings. May I take rebirth in the pure land of the Medicine Buddha in all my future lives until I gain buddhahood.

LhW: This most glorious Sutra was suggested to me to read each day. Even if all I had that day was the physical energy to recite one stanza this would be the most benefit for myself and others. Through my experiences these past 3 years, this most sublime Sutra is becoming to my mind a Healer when I am sick, a Friend when I am lonely, the Song of the Virtuous Friend when my Guru is not near. It has been almost 10 months since I have been in the hospital. My body has frequented the hospital many times in the past 23 years. Knowing that this is only due to the causes that have been created, which is one of the promises/explanations of this sublime Sutra, is one of the many experiences I have had. All merits I have collected are dedicated to freeing others' suffering

LE: Dedicated to world peace and oppressed people around the world.

FM: It's a bit like if I found gold! I mean Golden Light Sutra found me maybe. It is pure gold for your mind, like if you were having discussion with the Buddha Shakyamuni himself.

MV: I have just finished second recitation of the King of Sutras, the Sutra of Golden Light. Please rejoice with me and thank you very much.

SK: I have completed one full reading at home of the Golden Light Sutra. It was beautiful to do this and also to see in the Sutra the very conditions that we and the earth are experiencing right now. The causes also were shown. How amazing really.

MJ: Dedicated it to World Peace and an end to violence.

RH: I was adopted by a pitbull dog a month ago; he was obviously running away from an abusive home. Every night when I read the Sutra, I do it to benefit him as well as all beings. Yesterday outside as I was reading, he came and lay down in front of me and slept while I read 3 chapters!

ED: For M.A. family and Japan.

MA: On behalf of Japan and of Michelangelo.

DP: Dedicating it to all those who are suffering.

JL: I am pleased to offer one completed sutra reading of Golden Light from home. May all violence end, may all be happy, may all the gurus' holy wishes be fulfilled. Big Love.

AI: We read tonight to be part of these 15 days of great merit, and we especially dedicated to the people of Japan. We also dedicated to Lama Zopa's long life and good health.

PH: For world peace, for all our Japanese brothers and sisters and the immediate end of the atomic disaster! For the long life of our most precious holy gurus! Sarva mangalam!

UK: May the Dharma flow and inspire the minds of all beings so that everybody quickly awakes from the dream of self-grasping and suffering. May all suffering transform quickly into supreme happiness. Dedicated to the long life of all true Dharma teachers, to the Dharma teachings, and to a strong Sangha. May all beings find an everlasting connection to the Dharma and to their Buddha nature and live life out of this!

KS: For a long time, I've been reading a few pages to my daughter every night. Right now I am stopped in the middle of another recitation because I am also writing it out.

GD Centre: On 19 March, we have the great pleasure of reciting one complete Sutra of Golden Light for the benefit of world peace, for Japan, and for FPMT.

ML: We experienced no miracles. I had, however, a few very good realizations which seem to have changed the way I perceive or interact with my environment. I'm very pleased and hope to improve upon them. Dedicated for the complete success of all Lama Zopa's intentions, for peace in our Time and for the benefit and enlightenment of all sentient beings. Thank you and Lama Zopa so very much. Love.

HTs: May all sentient beings have happy!

JN: I just completed my 14th recitation of the Sutra of the Golden Light. It has become like a good friend who gives me hope and love and protection in my daily life.

IM: On behalf of the Sangha and for the benefit of the people in Japan, Libya, Tibet and all sentient beings May their suffering entirely and may they find happiness.

TC: Dedication to all those who are suffering, all those who are in fear, all those who are experiencing pain of illness, all those who experience grief and loss of loved ones. Offered with special dedication for all children and beloved ones in Japan, Tibet and India.

OTs: It is our pleasure to report 3 complete recitation of the King of Glorious Sutra, Sublime Golden Light with prayers for the benefits of all, for the victims of Japan earthquake & tsunami, for fulfillment of our teachers' wishes and peace in entire world.

SL: Please dedicate for the long life of all the gurus, for Khen Rinpoche, for members of my family, friends, sentient beings, and [those affected by] the Japan earthquake. Thank you so much.

CM: I would like to add, in response to Lama Zopa Rinpoche's request, that my experience in reading this sublime Sutra two times over 4 days was to gain a greater appreciation of just how profound this precious Sutra is, with some chapters continuing to resonate with a level of understanding and other parts it was like reading for the first time and I thought, wow. My dedications were from the Golden Prayer book, including for the special FPMT dedication and with Shantideva's dedication, which I always enjoy saying in the knowledge it is one of His Holiness the Dalai Lama's favourite dedications.

JG: May our holy precious gurus have long and stable lives. May their dharma aspirations be spontaneously fulfilled. May all their activities to benefit sentient beings meet with increasing success. May all those who have passed away in Japan, Libya, Egypt, Bahrain and all over the world be immediately be reborn in Sukhavati. May they hear the Buddha's teachings directly and achieve perfect complete enlightenment for the benefit of all.

MS: Thank you for this wonderful opportunity. I feel a tiny improvement in my mind. One of my early teachers ... always said, "Slowly, slowly." Another always said, "Don't neglect the little things just because you cannot do the big things." This is so easy to do and brings so much benefit.

TC: With my grandmother's passing the family will once again meet face to face, with an opportunity to embrace in fellowship. My grandmother was good and kind, her love and compassion is carrying on in spite of her physical presence not being here now. This is a miracle! For me I know the sutra works, but it was really working overTime this Time. It is a true blessing of love. No matter how it turns out, to me this is proof positive that reading this sutra heals, protects, guides and allows the miracle of peace to occur. Dedicated to my grandmother and to all those like her.

GL: A destructive relationship transformed into a healing, loving, respectful relationship.

JG: It [reciting the Sutra of Golden Light] was a fantastic experience ... I had been wanting to recite it at the [Mahabodhi] Stupa [in Bodh Gaya] for a few weeks.

DP: Although I have been reading the ... Golden Light Sutra for a while now, every Time I read it I learn something new.

LE: 1 recitation completed for peace in the world and to benefit all beings.

ML: I dedicate [two completed recitations] to the success of all Lama Zopa's intentions, for cessation of all wars and peace in our Time, and for the benefit and full enlightenment of all sentient beings.

DP: It was nice that I could download ... and read ... on my Iphone.

MM: To Lama Zopa Rinpoche's health, long life and fulfillment of his aspirations!!

CY: This is my first Time reciting the Exalted Sublime Golden Light Sutra from my home in Kuala Lumpur. When I started reciting, the wind became very strong and it whistled throughout the recitation. Towards the completion of the recitation, the howling wind died down. I pray and dedicate this beautiful Sutra to world peace and happiness.

EL: May all Kyabje Lama Zopa Rinpoche's holy wishes be fulfilled!

SL: Dedicated for the long life & good health of HHDL and Lama Zopa Rinpoche, success for FPMT organisation and all projects and also dedicated also for world peace.

ST: [Dedicated] for Rinpoche's health, long life and all His Holy wishes to be fulfilled.

JN: I just completed my 15th recitation of Sutra of the Golden Light. It becomes clearer to me with each reading. I also feel the protection of all heavenly beings.

VL: May all Kyabje Zopa Rinpoche's wishes be fulfilled!

MB: I did 3 recitations of the Sutra in Verona Italy for long life of all my teachers, for speedy recovery of Lama Zopa, for M and A, A and his family, J and his family, for B and M A, for all the mentally ill and sick people, for every sentient being, for the poor and the rejected, for the lonely, for A. I dedicate my daily practice for all people so that I am able to do the three years retreat for all nuns and monks.

UK: I just finished reciting the Golden Light Sutra twice and dedicated as suggested plus to the welfare and living or entering in the Dharma path of family K.. and family Z... My daughter recently made her last examinations at school and during those four days I always recited the Golden Light Sutra in particular for her support without telling her. She was very happy with an especially stable mind in those days and said, she does not know why ... but in spite of these heavy exams she felt so much at ease more than usually, somehow ... very happy, which is strange [because] in the past she sometimes experienced even black outs. ... Much love and happy Saka Dawa.

MB: We invited those on our mailing list of to recite in their own homes during Saka Dawa. At least four others made a commitment to doing this. Very powerful experience. Thank you so much for your explanation of the Sutra on the FPMT website and in the mailings.

TV: Recited once on Saka Dawa 2011, in G... Belgium, during full moon eclipse mainly for Rinpoche's long life and good health and for the success of all His activities.

KV: Wishing peace for Panchen Lama, and dedication to him during Saka Dawa

M: Reporting one recitation of the Sutra of Golden Light. Thank you for this opportunity Beth. Wonderful to know that many others were reciting it also.

MN: Dedicated to the people of Syria.

ED: My sister and I recited 4 Sutras of Golden Light. We dedicate to Lama Zopa's health, H.H. the Dalai Lama Long Life and for our father [in] bardo and for our mother.

CI: Dedications to the long life and good health of Lama Zopa Rinpoche

ST: For Rinpoche.

ABC: Especially for the Long Life and good health of His Holiness the Dalai Lama, Kyabje Lama Zopa Rinpoche and Khen Rinpoche Lama Lhundrup

LV: I dedicate this recitation to the recovery of my mum and to the possibility of developing pure love towards her and patience.

BS: May all internal and external obstacles to fulfillment of our Teachers' holy wishes be immediately and completely pacified. May all suffering and causes of suffering of all sentient beings always be transferred onto me, and may my three doors always be transformed into the body that sustains them.

LT: Dedicated to the long life & health of HH the Dalai Lama & Lama Zopa Rinpoche, the end of conflicts & disease, for peace & plenty & happiness & the end of suffering for all my friends, relatives, enemies & everyone I have ever met & for all their friends, relatives, enemies, everyone they have ever met etc. until this covers everyone in the world, their ancestors & descendants.

AM: During and after the completion of the Sutra of Golden Light there has been definite help for my family from sources that cannot be explained.

ML: I dedicated them to the complete success of all Lama Zopa's intentions, to the cessation of all wars, and to the benefit and full enlightenment of all sentient beings.

ST: For Rinpoche's long life and holy wishes to be fulfilled and for everything good to happen!

ML: Dedicated each reading to the complete success of all Lama Zopa's intentions, cessation of all wars and peace in our time, and for the benefit and enlightenment of all sentient beings. I have no benefits that I can attribute directly to the Golden Light Sutra. Sometimes even reading only twice through aloud each month becomes a struggle, which is good for me and my

discipline. I've also been more calm and able to study my Dharma lessons better. I sure it helps a lot.

DNg: May the merit go towards Rinpoche's full recovery and long life. 653 DP: Chapter 18 always brings new wisdom.

LT: Thank you for reminding me to recite this wonderful sutra! I cannot thank you enough for making it so accessible.

GB: For the protection, healing and enlightenment of our special daughter-in-law, Sarah, and for the safe and healthy delivery of her second son in December (or before).

EL: May all Kyabje Lama Zopa Rinpoche's holy wishes be instantly fulfilled!

ML: I have completed two full readings of the King of Glorious Sutra Called Exalted Sublime Golden Light during August. I dedicated them to the complete success of all Lama Zopa's intentions, to the cessation of all wars and peace in our Time, and to the benefit and enlightenment of all sentient beings. Thank you for keeping this count. I'm delighted to contribute to this project. It helps me to develop discipline as well. I am doing quite well with my practice. I have no center to which I belong and no group here in Eureka CA where I live. I do a lot of study on the computer. I've been practicing regularly now on my own for 11 years. I've had so many spiritual and behavioral gains I couldn't list them all - nothing magic but just very solid and real gains. I am 71 years old and on oxygen. The doctors told me I was supposed to die in May of 2000, and I've had several heart attacks, although none in the past 4 years. The doctors don't know what is keeping my ...body going. I'm happy with it all and have been putting all this extra time to good use. I was not a very nice person before I met the Dharma. But I'm sure it will be a lot better the next Time around, I'll be able to benefit a lot of people, at least I make a lot of aspirations and that makes me feel even better. I'm dedicating also this month for Lama Zopa's quick recovery, as I read where he had a stroke.

EL: I think you're right, that practicing the sublime Sutra of Golden Light does bring us closer to Lama Zopa Rinpoche. Not sure how I got the idea, but have thought that by doing this practice, in addition to all the benefits Lama Zopa Rinpoche states, I'm also pleasing the Holy Mind of the Guru, which makes my commitment to the practice even more enthusiastic! May all the holy wishes of Lama Zopa Rinpoche be instantly fulfilled!

D Ng Group: May our merit go towards Rinpoche's recovery and Lama Lhundrup's quick rebirth to benefit all of us sentient beings. Can you believe our virtual reading group has been going for 4 years this month?

EL: As usual, I'm so happy to be able to let you know another recitation of the Golden Light Sutra has been completed! I think in our last messages, we'd mentioned the recitations to be dedicated to Khenrinpoche Lama Lhundrup, as requested by Kyabje Lama Zopa Rinpoche. I did want to mention that when I'd received the email with Lama Zopa's request, the next section of the sutra that I was to read was in Chapter ti, Chapter on the Four Great Kings, at the bottom of page 54, the paragraph beginning: He will think to himself, 'Today, the Tathagatha, the Arhat, the Fully Enlightened Shakyamuni Buddha will enter my palace.'

Today, the Tathagatha, the Arhat, the Fully Enlightened Shakyamuni Buddha will enjoy a meal in my palace. Today I will hear the Tathagatha, the Arhat, the Fully Enlightened Shakyamuni Buddha's Dharma, vastly unlike anything in the world. Today by hearing the Dharma, I will advance irreversibly to the peerless, perfect enlightenment. Today I will please many hundreds of thousands of millions of tathagathas. Today I will make expansive and inconceivable great offerings to past, future and present buddhas. Today I will utterly sever the continuum of all suffering for beings in the worlds of hell, animals, and Yama. Today I will plant seeds of virtue to obtain several hundreds of thousands of millions of bodies of a Brahma king. Today I will plant seeds of merit to obtain several hundreds of thousands of millions bodies of Shakra. I will plant seeds of merit to obtain several hundreds of thousands of million rebirths as a Chakravartin king. Today I will be free from cyclic existence for several hundreds of thousands of millions of eons. Today I will hold a stock of merit that is inconceivable, great, vast and incalculable. Today I will accord great protection to the entire circle of the queen's retinues. Today, here in the palace, I will give inconceivable, supreme, excellent, matchless great peace and happiness to beings. Today I will cause the entire land to be protected, guarded, freed from harm and enemies, undefeated by all foreign armies, free of infectious diseases and free of conflict.' The Golden Light Sutra is so beautiful, that there have been many Times that I've been moved to tears and was once more, as I read this paragraph aloud, thinking of Lama's request to dedicate to Lama Lhundrup. May all of Kyabje Lama Zopa Rinpoche's holy wishes be instantly fulfilled! Most kind regards & love

ML: I completed 2 full readings of the King of Glorious Sutras Called the Exalted Sublime Golden Light during the month of September. I dedicated them to the complete success of all Lama Zopa's intentions, cessation of all wars, and for the benefit and enlightenment of all sentient beings without exception. My studies and practice are going well. Thank you so very much. I find the discipline of completing these sutras and never skipping more than 2 days at a Time, is very helpful. I make sure one is complete by the 15th and the other by the 31st. It doesn't seem like much at all but it is sometimes very difficult. But I get a great li^ from doing them, sort of a stabilizing factor. Of course I do a lot of other practice and study as well. Thank you so very much.

LE: Dedicating ... out of compassion for Kyron Horman's parents: may he be found. Please, if you do see Geshe Zopa Rinpoche could you please ask him to say a prayer to help.

DNg: May our merit lead to Khen Rinpoche's swift and unquestionable rebirth.

LE: Dedicating for peace in Tibet and China, that HH the Dalai Lama can return to Lhasa, and for the ... monks and nuns who self-immolated.

LD: Loving Kindness and World Peace

TD: I wish to dedicate 3 complete recitation of the Sutra ...for the complete recovery of MA BA and for all people with mental and physical problems, for their therapists and their relatives and friends, for S, SS, and E. For the long life of all my teachers, HH Dalai Lama, HH Karmapa, HH Sakya Trizin, Tenga Rinpoche, Dagri Rinpoche, Kensur Ciampa Techok, Lama Monlam, Lama Zopa, Tulku Ghatso Ghesce, Sonam Ghesce, Tenpel Khube Rinpoche, Namkkai

Nirbu ,CA, Thich Nhat Han, Gomo Tulku, BS and DS, SO, O, M, M, G, M, M, G, R, S, S, DP, LD, MB, D, G, R, F, J's family, M, A, F, A, M, O and their parents A, M and his family, R and his parents, B, M, M, R, L and P, L, E, G and family, E, G, G, L and M, S, E, A, A and Vishudha Centre, L for her health and her family, L, K, V, C, the new monastery in Pomaia, and the new gumpa in Pomaia. For all those suffering because of hunger, poverty, drug addiction and alcoholism, for those who suffer because of anger, hatred, terrorism, wars, earthquake and natural disasters, because of loneliness, for those who live on the streets, S, P and I, for all the participants at Buddha Dharma Sangha Camps, for C, B, Y, E, her sons and their father and E's mother RU. N, C, E, M, R, F, E, G, R, M, S and O; [for the] world, Mandala, C and his family, G and S, A's family, S, T, A, F, V, P, G, L, A, P, R, S, C, D, A, M and her family, Thosamling's nunnery and institute.

ED: For family and patients.

LT: For the quick and unmistakable return of Khenrinpoche Lama Lhundrup.

JT: It was an honor for me from Youngstown, Ohio to join in the world wide recitation of the Sublime Golden Light sutra recitation for Lama Lhundrup's quick and unmistakable reincarnation to return. I also dedicate the merit to the long life of H.H.Dalai Lama and Lama Zopa Rinpoche's long, healthy lives - may all their wishes be as extensively and immediately be fulfilled. Thanks for all you do.

JC: [Recitations in Taiwan, China and US] dedicated the merits for Khen Rinpoche Lama Lhundrup's swift and unquestionable rebirth.

JS: I dedicate recital of this beautiful sutra yesterday for the swift rebirth of Rinpoche and the long life and good health of all our precious spiritual teachers and for a peaceful, harmonious world.

DK: I started reciting around the beginning of the Occupy Wall Street movement and would read a chapter a night... Took me about 3 weeks. I've read it before and reported, but wanted to take my time with it.

Th S: Dear family, I did complete recitation on 28th...I felt so much regret for... negative actions from past, the wish to do something for the Romanian people and so much happiness knowing that buddhas and bodhisattvas protect and guide me.

LT: I met Lama Lhundrup at Kopan ... in 2005 ... I have never forgotten about it. It was like an old teacher giving heart advice...thank you for arranging this global event. I do feel like I am part of this BIG group. May our precious teacher return swiftly.

ML: [Two] full readings of The King of Glorious Sutras called the Exalted Sublime Golden Light...I dedicated them to the complete success of all Lama Zopa's intentions, peace in the world and the cessation of all wars, and to the benefit and enlightenment of all sentient beings. Thank you so very much. This practice is a great help to me. LOVE and BEST WISHES

JO: I recited the Sutra of Golden Light twice on behalf of the Sravasti Abbey community. It was very beneficial, as much of these recitations were done on car rides, so it benefited myself and the driver and other passengers. For some Time, four of us were driving to another city for teachings and we took turns reading. I think these may have been the first car rides I've been on that didn't involve idle chatter! I much like the effect this sutra has, and I hope to be able to recite it again, along with the Lotus Sutra and Sanghata Sutra. And may Khen Lhama Lhundup quickly return and guide us to awakening!

GD: We dedicate for the quick return of Khenrimpoche Lama Lhundrup Rigsel and the Long Life of Kyabje Lama Zopa Rinpoché.

GB: Dedicated to my beautiful best friend, husband & carer ... for his enlightenment, improved health, weight loss, long life and one full of many many blessings.

GA: Dedications of our Golden Light Sutra practice for the [quick] recovery and long life of our precious Lama Zopa Rinpoche and the end of violence and the causes of violence on earth, Mexico in particular.

ST: [F]or the 49th day following Khensur Rinpoche [Lama Lhundrup]'s passing.

Dp: [For the benefit of my friends ... plus baby. ... Blessings to all.

LE: For His Holiness the Karmapa... Also...for peace between China and Tibet so that His Holiness the Dalai Lama may return to Lhasa to bring peace to the people.

CI: [For my father] ... and may my family be blessed during this grieving process.

AD: [D]edicated ... to the wall street protesters so that they remain safe and their message heard. Also, I would like to dedicate that every sentient being have their needs met in regards to food, housing, warmth and happiness.

TL: Prayers and dedications, all those who have offered their lives as a fiery plea for help, all those who are considering such a step, for all those in Tibet, and all those suffering under the forces of hatred-in-power.

LE: Dedicated to long life of teachers and for the Eid ul-Adha slaughter.

RS: I've finished one reading ... distributed some printed copies ... to friends as well as Lama Zopa's message thru e-mail and created a facebook event with the motivation to inspire people to keep on reading it. ... It's a difficult sutra to read with ...[so much] information and images and detailed scenes. I've downloaded the transmission and listen to it some Times. Please let me know if I can be of any help to you. I pray for the healthy and long lives of the lamas spreading the Dharma and helping beings. Love and light ... When I read Chapter 4 I started crying and felt an urge to be of help to beings as well as extremely happy and blissful, MANGALAM! Thank you for this gift.

AC: I live in Bodh Gaya. After I made the preliminary ngon dro, I started writing the Sanghata Sutra in English & Tibetan, & every day, I recite the Golden Light Sutra.

M: I completed recitation of the Sutra of Golden Light on 5 March. I found the confession verses very emotional, tearful. Since this reading things are changing very fast in our life, in many ways, work, health, many possible changes of direction for me and my family. Thanks

DSNJ: May our merit clear obstacles to DNSJ in fulfilling Rinpoche's vision for the center.

JT: I'm reciting the chinese alternate version of translation which is composed of 10 parts, I read one part every morning or two to three parts if Time allows. I dedicate the merits of reciting the sutra, for world peace and harmony and to the liberation from sufferings of all sentient beings.

TJ: I completed my first recitation yesterday. I have listened to the audio transmissions twice but most often hear selected portions while driving or carrying my mp3 player. I begin and end my almost daily recitation ... beginning with chapter 1 and ending with chapter 21. I ...have recently placed the audio portion of Chapter 1 with commentary from your web site on YouTube ... Just hearing that small portion of the Golden Light Sutra transmission is powerful and profound. I love the idea that it will help the world and all sentient beings.

AF: The Suvarnabhasa Sutra has given me so much benefit and happiness and enlightened me on why so many negative and painful events are occurring in our world, and how to destroy negativity. I am so grateful for the honor and privilege to be able to recite this most excellent sutra.

LL: May all beings live in peace and prosperity. May the Buddha Dharma flourish. May all beings realize bodhichiaa and mahamudra. May all the wishes of H.H. the Dalai Lama, Kyabje Lama Zopa Rinpoche, Gyumed Khensur Rinpoche Lobsang Jampa, and all our holy gurus be fulfilled!

RS: Just finished to read the Sutra of the Golden Light for a second Time in Portuguese and decided to read it now ... in other languages to leave its imprints in my mind - who knows what may happen in another life. I'm so grateful ... the Sutra of Golden Light arrived in a moment when things where falling apart. Job problems, family problems, financial problems and yet its reading left me in such a calm state and inspired. Strength, calm abiding, rejoice all that happened at the same time insights, reflections on questions, motivation. May many be able to read it and feel good.

FA: I want to report two recitations of the Golden Light Sutra. I live in Mexico City and I dedicated the first recitation of this wonderful Sutra towards the end of the violence in this country caused by the Drug Wars. As soon as I finished the first recitation, the swine flu outbreak became a serious threat and I felt I had to start my second recitation immediately, which I finished today. It is curious: Today was a beautiful day in this city. It was hard to believe that we have the swine flu epidemic. Although most people wear face masks and avoid contact, today I found, again and again, people that seemed to be at peace, even happy. I will continue

reciting this Sutra until this nightmare is over. I'm sure it helps. I hope there are more people in this city doing the same. Regards

PH: Recitations completed, dedicated for world peace, especially the immediate end of the siege of Gaza Strip.

RS: "May I be a guard for those who are protectorless, a guide for those who journey on the road. For those who wish to go across the water, may I be a boat, a ra^, a bridge." May all beings gain enlightenment in this very life, in these very bodies!

TF: Due to meditating incorrectly, I have lots of wind problems and hallucinations of snakes. It has been a very traumaDc period and I was advised by the resident Geshe to recite the Golden Light Sutra 1000 Times...I would [like] your help to dedicate ...[in order] to clear these obstacles. Additionally I would like to dedicate 1) for all of Lama Zopa Rinpoche's holy wishes to be fulfilled like wish-fulfilling jewels in the quickest possible time 2) for the world to be always filled with perfectly qualified Mahayana Gurus, with long stable lives, with disciples that only do what please their holy minds and for them to stay and guide us Dll samsara ends 3) for the Dharma to always be well preserved and flourish unceasingly from now until samsara ends 4) for the Sangha to always have all the perfect conditions and no obstacles to complete the path swiftly, and 5) [for these merits to be dedicated] in whatever Rinpoche dedicates. Thank you.

SM: Dearest Precious One, On this most auspicious day, Saka Dawa, I ... report another recitation of the Exalted Sublime Golden Light, the king of glorious sutras. I read this sutra during a very challenging Time. My husband ... fell very seriously ill and had a very rare tumour. As he was on the operating table, I read the sutra .. in a chapel at the hospital and during his Time in hospital. The surgeons ... removed the large tumour from his body ... and ... were able to save his life. I give thanks for this wonderful Time. He spent 23 days in hospital and ... I was given strength and was firmly motivated to use all of this Time as part of the Dharma path and found so much opportunity to pray for all the others in the hospital and for their families too - I did not shed a tear during this Time, I did not allow any negative thoughts or fears enter into my mind and the Dharma supported me throughout. Thank you Lord Buddha! I truly rejoice that I could use this testing Time as a chance to practice. I also wish to dedicate this reading to the long life of my precious teacher, guide, guru, Lama Zopa Rinpoche. Many rainbows showed again in the days I read the sutra out loud. Love and light.

RS: Thank you so much, may many benefit from your inspiring activity!!!! I'm on the fourth reading, second in English with other questions coming and so happy. It seems that the more you read the happier you become, wow, hurray this sutra.... May the teachers live long and healthy lives helping many like me.

TF: I have just completed another 12 recitations to remove my very bad wind problem and hallucinations, and to clear all obstacles to my dharma and meditation [practice]. I ... would like to dedicate 1) for all of Lama Zopa Rinpoche's holy wishes to be fulfilled like wish-fulfilling jewels in the quickest possible Time; 2) for the world to be always filled with perfectly qualified Mahayana Gurus, with long stable lives, with disciples that only do what please their holy minds and for them to stay and guide us Dll samsara ends; 3) for the dharma to always be well

preserved and flourish unceasingly from now until samsara ends; 4) for the sangha members to always have all the perfect conditions and no obstacles to complete the path swiftly; 5) dedicate in whatever Rinpoche dedicates. Thank you :)

JH: I have been including this sutra recitation as part of my individual morning practice at home. May there be world peace. May all sentient beings gain enlightenment quickly. May all the gurus wishes be fulfilled. Best wishes.

PH: A recitation completed, dedicated to the immediate end of the siege of Gaza. May the Palestinian people live in dignity and prosperity. For my friend ...: may all his negative karma be purified and may he experience freedom and happiness right now. For the long life of our precious masters.

MS: For the long life of Lama Geshe Tsultrim Chopal

MS: Recited ... for Geshe Tsulga & Kurukulla Center.

LC: My dad is now in hospice care. He's 91, has Alzheimers and has stopped eating and drinking. I would be hugely grateful for any calming peaceful transition energy sent his way (and for the family).

LE: A Dedication that the earth be blessed and for people to be prosperous and have sufficient means!

RS: Just finished this night the fifth reading, first Time in french! Wow, its like a shield. I feel shielded. More questions but I'm waiting ... May many benefit!

MB: Since I downloaded The King of Glorious Sutras, the Sublime Golden Light, I read it once out loud and each day I make incense offerings to it and prostrate before it in reverence. I wrote some notes about certain chapters and memorized the names of Buddhas and bodhisattvas mentioned in the chapter on the earth Goddess Drdha. But I had no extraordinary experience until last night. Before I went to bed I recited the multiplying mantras to multiply the merits of the day and instead of usual dedication I read the whole chapter 4 of the King of Glorious Sutras, the Sublime Golden Light. And I got the sign in my dreams. I had a dream that I collected such vast merits that I gained enlightenment. Maybe it was the effect of worshiping this sutra and maybe it was because all I think of day and night is enlightenment, Buddha, Dharma, merits, mantras, wisdom, liberation, emptiness etc.

JT: I finished another book of the Golden Light Sutra, this is my 2nd Time out of the 10 Times that I pledged. I specifically dedicate the merits of chanting the Golden Light Sutra to the victims of the Typhoon Marokat in Taiwan.

KD: I have been writing out the Sutra of Golden Light. When I enter the room where it is kept I feel a strong desire to make three prostrations. ... When the Sutra of Golden Light comes to mind my body feels very light and the prostrations almost effortless as if I could go on forever. ...

When I read the Sutra tears come as I realise Lama Zopa Rinpoche's inconceivable kindness and wisdom in asking us to recite it.

DS: Four recitations of the Golden Light Sutra. May it free all beings from Samsara.

JN: X asks that the entire sutra be read for create causes to meet the incarnation of Geshe Jampa Gyatso, ... and let X know. To learn about Geshe Jampa Gyatso, please go to the Lama Tsongkhapa Institute website www.iltk.it

D Ch: I know that this sutra is a miracle when it is recited with faith. It provides me strength while my son is in Iraq fighting a war. It provides him safety as these past years he has returned home each Time safe from harm. I know it heals as I recite the sutra for him, and all the families affected by war everyone who suffers is blessed and wonderful things happen. Most of all there is great peace. I read the sutra for the blessings of others, often I am surprised that it is I who am blessed.

DP: On Friday evening I saw the movie "Unmistaken Child" and was stuck by the generosity of the parent to give their child for the sake of all sentient beings, then to read about the prince giving his body to the Tigress... it makes one think about this chosen path. Peace and blessing to all

MD: Felt very calm upon completion.

DO: I finished a whole sutra with [the internet group led by [in] (Washington, D.C.) ... May any merit I gain please go toward removing obstacles to DNSJ fulfilling Rinpoche's wishes and for the long life of our precious Lama Zopa Rinpoche.

JB: Under .. T. Lh, I've completed the reading ... Blessings to all beings!

TF: Kopan Monastery has just done 1000 Golden Light recitations for me and I would like to dedicate the merits to clear obstacles to dharma practice, studies and meditation. Additionally I would like to dedicate 1) for all of Lama Zopa Rinpoche's holy wishes to be fulfilled like wish-fulfilling jewels in the quickest possible Time; 2) for the world to be always filled with perfectly qualified Mahayana Gurus, with long stable lives, with disciples that only do what pleases their holy minds and for them to stay and guide us until samsara ends; 3) for the dharma to always be well preserved and flourish unceasingly from now until samsara ends; 4) for the sangha members to always have all the perfect conditions and no obstacles to completing the path swiftly; 5) in whatever Rinpoche dedicates. thank you and rejoice :)

LE: Funny thing. I am doing 5 recitations to "create causes to meet the incarnation of Geshe Jampa Gyatso." After I finished the first recitation, I was at a public library ... and went into the Friends of the library used book store ...[where] I found Teachings from Tibet, Guidance from Great Lamas with a price tag of \$1.00. So I bought it and of course Geshe Lhundub Sopa and others are in there. Cool!

SV: Recitations at Dharamsala & Tso Pema, India. Very strong energy created!

MS: Dedicated to the long life and good health of Geshe Tsulga in Boston.

KS: I read one page of the Sutra of Golden Light to my daughter almost every night.

M: I want to report that I have just finished the second recitation of The King of Glorious Sutras, The Exalted Sublime Golden Light. May all Gurus be healthy physically, may they have long lives and may all their wishes be swiftly fulfilled. May all wars and conflicts immediately cease, compassion and loving kindness be generated in the hearts of us born as humans towards each others and towards other sentient beings and may we perform only virtuous deeds, speak only virtuous words and have only virtuous thoughts. May there be wealth where there is poverty, may there be rain where there is drought, may there be peace where there is turmoil, may there be happiness where there is misfortune, may there be good health where there is illness. May the Buddhas and bodhisattvas turn the wheel of Dharma until samsara ends. May all the places in this country (Serbia) and in countries both near and far be protected by gods and devas and may there be favourable conditions for developing the precious Bodhi mind. May all virtuous wishes and aspirations of both myself and others be swiftly fulfilled, and may I and all others have long lives, may our health be good and may we all quickly realize the fruition of Buddhahood.

JT: I finished my 3rd recitation of the Golden Light Sutra last month ... ti more to go to complete my pledge. I dedicate the merit of chanting the sutra to all the victims of the tragedy in the Philippines caused by one of nature's worst beatings, Typhoon Ondoy.

CR: I feel like a big army is behind me. I had made a promise, that this life until i die i must read this blessed sutra for the benefit of all sentient beings. I have read a chapter every day since I started two a half months ago. This sutra is a miracle.

DP: I have read... dedicating the reading to all sentient being & my friend with cancer ... peace.

MD: This is always of great help and a source of calm.

BB: Just to report the third recitation of The King of Glorious Sutras, The Exalted Sublime Golden Light ... May all Gurus be healthy physically, may they have long lives and may all their wishes be swiftly fulfilled. May there be peace and happiness in all ten directions. May the Buddhas and bodhisattvas turn the wheel of Dharma until samsara ends. May all virtuous wishes and aspirations of both myself and others be swiftly fulfilled. May we all live in harmony.

M: Due to all the merits I have gathered through this deed [of reciting] may all Gurus be healthy physically, may they have long lives and may all their wishes be swiftly fulfilled. May all wars and conflicts immediately cease. May there be peace and happiness in all ten directions. May the Buddhas and bodhisattvas turn the wheel of Dharma until samsara ends. May all virtuous wishes and aspirations of both myself and others be swiftly fulfilled. May the compassion and loving kindness be generated in the hearts of us born as humans towards each others and towards other sentient beings and may we perform only virtuous deeds, speak only virtuous words and have only virtuous thoughts. May I and all others have long lives, may our health be good and may we all quickly realize the fruition of Buddhahood.

AK: I have finished the process of reading the text of sutra. I think that reading and understanding this text, prayer to Buddha and all bodhisattvas is the excellent way to cleaning the mind from all negative existence. When all living being clean their minds from the negative, in that moment all of them will become happiest.

L: I request dedication for my dad who recently died. Also I request dedication for all those who suffer from the disease of Alzheimers. The ripening of karma resulting in Alzheimers causes a frightening loss of all that is conventionally understood and the person who has not gained the wisdom of meditation is painfully 'tossed by waves of karma and delusion' and suffers unbearably at the time of death.

ATLh: [Dedications] For all those suffering fro the earthquakes, floods, and storms troubling our earth at this Times; for [K] recovering from one surgery and facing a second; for [M], newly diagnosed with early onset Alzheimer's; for [LJ & JG] both diagnosed with brain tumors; [for K], struggling with pain and addiction to pain-killers, & all those struggling to overcome addictions; for [M] recovering from a stroke, and for all others who are ill, especially those in harsh pain, alone & without money for doctors.

DNSJ: Many our merit free all sentient beings from samsara and clear obstacles to DNSJ achieving Rinpoche's wishes.

CTCT: [34 recitations completed toward our pledged 108] totally dedicated to Lama Zopa Rinpoche's long and stable life and the flourishing of CTCT Centre and for the benefit of every suffering kind mother sentient being.

Shedrup Ling: On Lhabab Duchen ... we completed 3 recitations of the Holy Sutra of Golden Light. This was only a small number this Time because the swine flu is rapidly spreading in Mongolia, especially in Ulaanbaatar, and the Government has ceased all public gatherings, closed schools and other group activities. So our Mongolian staff recited ... and then our English teacher and myself recited ... With love and best wishes

AN: Today ...in Rome ... I completed a recitation of the Golden Light Sutra ... I wish that there was an MP3 by Lama Zopa of the Golden Light Sutra like the one for the Sanghata Sutra which is just lung without commentary. That is because I like to listen over and over again to hear the sound of the sutra resonating such as throughout the night. I also listen to it while awake. Alas, I have much need for this sutra as I am beset by frequent torture, death threats etc. as I am working to stop the use of depleted uranium in the world. It harms the lives of sentient beings for at least 4.5 billion years. That is short compared to the future suffering in Hell of those using it and killing in the wars! Please pray that my goal of bring all the worlds intelligence and military agencies to salvation by getting them to act ethically. I already proved ... that ethical non-violent operaDons are all that are necessary for national security and work better in every way. But there are many people addicted to violence. Please pray that my recitation of this sutra, now and in the future, quickly relieves them of the suffering of their addiction to unethical actions and grants them secure refuge in whatever tradition is best for them.

CD: I read all of the sutra (from a computer monitor) in a few hours. ... Thank you for a motivation.

DSNJ: Rejoice! We read .. the weekend of November 14-15. .. readers from Germany, US, & Japan. May our merit stop the animal slaughter, or if not bless them, in Nepal on November 24. May our merit liberate all sentient beings from their suffering!

KEL: We have done ...recitations ... in total peace & blissful clear light :) thank you

TH: This is my very first time to recite Golden Light Sutra in order to contribute [to the] merits in the hope that tomorrow in Nepal they will not kill 500,000 animals. I recited once in several days. It is a long sutra, but I did not [stop] for the animals! May the blessings of Buddhas be with you, always.

JF: Our Center's recitations of Sutra of Golden Light total ... from Nov. 14 to 23. 354 PH: For the immediate fulfillment of all wishes of our precious masters. For my parents ..., my brother ... and my dear sons!

MS: Completed November 23, 2009 and dedicated to stop the sacrificial killing in ...[Nepal] tomorrow.

MG: For my son V.C.G.

SC: Recited Sutra of Golden Light ... dedicated for the animals being sacrificed at the Gadhimai Mela in Nepal.

CA: Recitations following Lama Zopa Rinpoche's recent request.

MM: I finished ... last night. Recited it thinking of all sentient beings, especially the 46 million turkeys being slaughtered for Thanksgiving, the meat industry workers, whose heart is yet incapable of compassion, & the thousands of animals being sacrificed in [Nepal] for their November ritual. May the degenerate age come soon to an end.

SB: I do love the sutra and plan to read/recite it again soon.

LE: Being able to recite sutra in your sleep would indeed be an awesome skill! Been trying to balance my practice, commitments and work... takes diligence and effort.

LPP: Dedicated to the 500,000 anticipated to be slaughtered in the ritual killing in Nepal. Dedications as advised by Lama Zopa Rinpoche.

RC: I want to report ... recitation of the Golden Light Sutra dedicated that the Ghaddimai festival sacrifice not happen. Thank you.

RS: I've finished the 6th reading of the Golden Light Sutra. It was incredible difficult; it was as if I was in a slow motion operating mode At the same Time I've discovered so many more details

and stories and states of the Tathagatha. Really amazing. I thank you and Lama Zopa for the blessing bestowed thru this Sublime Sutra. May many benefit!!!!

RIWC: The staff of [Root Institute for Wisdom Culture recited the Golden Light Sutra under the bodhi tree ... to help avert the animal slaughter tragedy happening in Nepal on the 24th of November

JN: The Sutra of the Golden Light has helped me get tenants ... who have seen and heard the Dalai Lama speak ... I also found some sticks of incense and I burned them and they helped my meditation. ... My ... Brother has written me an ... email. So at least he is writing me. I just finished my 2nd reading. Loving Kindness...

DDP: I have just finished reciting ... of the Sutra of Golden Light. Joyous about being part of this group ... many blessing to all sentient beings.

CF: [I] recited through T. Lh.'s group that recites some [the] first Sunday [of every month].

SA: Thank you for your wonderful encouragement and loving kindness.

DD: A friend of mine sent me the sutra book and have completed ... it. Very beautiful and profound sutra. Upon reading this sutra, it generates great compassion in one's heart . Thank you for making this sutra available to humanity. ... I have sent this sutra to few other people as well

JN: I feel blessed to be able to read The Sutra of the Golden Light. I had a dream last night of my brother ...

LE: Happy Lama Tsongkhapa Day!!!

SA: Today ... I finished my ...recitation of the Sublime Golden Light Sutra. ... I would like to ... inspire ... whatever effort necessary to get 100,000 recitations by intelligence and military people worldwide. ...

JN: I just ended my 3rd recitation of the Sutra of the Golden Light. It has been amazing ... May peace become a reality in the World [in the] coming year. With Loving Kindness

DSNJ: Rejoice! We were reading in Japan, Taiwan, Germany and the USA. Please may our efforts go toward a better, more peaceful, more environmentally sound 2010 and obstacles removed in fulfilling Rinpoche's wishes for DNSJ. Happy New Year!

SA: I particularly like the 4 line stanza "This sutra is inconceivable, Its ocean of virtue is without end. It frees each being, From countless oceans of suffering! I am imaging it freeing all the people working to kill off 23rd of the worlds population from suffering ... loving kindness

CU: 108 recitations completed. Dedicating the merit to Liberation Prison Project, FPMT's International Mahayana Institute, and ... prison mentor CW ... now reciting for [the benefit of] Sravasti Abbey.

DD: A new Dharma friend joined me for the reading ... including the suggested dedication prayer by HHDL and the Confessions and Aspirations written by HH Dudjom Rinpoche, Jigdral Yeshe Dorje. Thank you and many blessing for presenting the opportunity to us.

JN: Every time I read it, it becomes more meaningful and clear. ... I learn more each Time I read it. It is becoming clearer and clearer to me. It puts me a wonderful space

DNSJ: May any merit created go towards making the world a peaceful place where people live in harmony. .. currently writing ... from Hiroshima, Japan .. where the first atomic bomb was dropped.

DP: with a dedication to peace and blessing for Haiti.

LT & RI: Recited each morning of the 15 Days of Miracles at the Mahabodhi Stupa, Bodhgaya. Due to the three Times merits of myself, all buddhas, bodhisattvas, all sentient beings, and the merit of reciting the Sutra of Golden Light, may the enlightenment thought arise in my own mind and all others without delay, and where it has arisen, may it grow stronger and stronger. Due to these merits, may there be no violence of any kind, no illness or wounds, no natural disasters, famine, drought, starvation, fighting or unhappy minds, anywhere in the ten directions from now on. May the lives of the Teachers and spiritual friends, particularly His Holiness the Dalai Lama, Geshe Lhundub Sopa Rinpoche, Lama Zopa Rinpoche, and all authentic teachers be long and stable. May we fulfill their holy wishes instantly. May all institutes, monasteries and so forth which propagate the holy Dharma have all obstacles removed and receive all conducive conditions to be immediately successful. May anyone who hears about these projects quickly purify their minds, collect extensive merit, and realize the entire graduated path to enlightenment as quickly as possible. The heroic Manjushri comprehends reality as does Samantabhadra. Training after the manner of all of them, we dedicate these and all merits. All Victorious Ones who come in the three Times praise any dedication of merits. Therefore we dedicate all these merits that we may perform all the great deeds. In particular, may we be able to spread the sublime holy Sutra of Golden Light, ensuring peace, prosperity, and temporal and ultimate happiness for all sentient beings for as long as space endures.

PH: One more recitation completed! May the Dharma spread out all over the world, in the mental continuum of every sentient being, and so everyone realize, without delay, buddhahood! For the long and healthy life of all our precious masters and the immediate fulfillment of all their inconceivably holy wishes and projects. May every sentient being be immediately free from all kind of suffering and its causes and only experience temporal and ultimate happiness! For E. and M. H., G. H. and his sons J. and J. For my loved sons Dj. T. and Dj. T. and their father M. T. For my dear friend Ah. H. and his family. May all the negative karma that makes them prisoners in the Gaza-Strip be immediately purified and may they live in joy and happiness. For M. O.. For the immediate end of the siege of Gaza and a just and stable peace between Israel and Palestine. For the immediate end of Chinese hold on Tibet. May everyone have love and compassion in their

hearts! May all war, violence, terrorism, destructive weather, diseases, and famine be totally eliminated! With love

DH: Homage to Guru Rinpoche, and all Sangha. Reading alone. In New York, U.S. Much love

MP: Best wishes to all!

MT: As soon as I finished copying the Sanghata Sutra I started with the Golden Light. Due to merits and virtues collected through these activities: may all gurus be healthy; may they have long lives and may their wishes be swiftly fulfilled (with special thanks to Lama Zopa Rinpoche whose kind advice [has been] useful to me regarding my daily practice); may there be everlasting peace and happiness in this world; may the lower realms soon be emptied of beings forever; may all beings always gain perfect human rebirth; may they encounter Buddha Dharma wherever they are born and generate aspiration to follow the path of Buddha Dharma; may they all engage in virtuous activities and may they all as soon as possible transcend cyclic existence and gain perfect and complete enlightenment. May the Maitreya Project be quickly brought to completion without a delay for even a second and may it be of great benefit to all sentient beings. The extent of my dedications exceeds this space so I will continue with the dedication in the silence of my room.

AH: I recited the sutra one full time. It is really a powerful sutra. Thank you for inspiring me! love

DH: Greetings Sangha Brother and Sisters. I was able to complete the reading of the 21 chapters of the glorious sutra. I will continue. I have learned from the readings. Thanks to Guru Rinpoche! with much love.

AC: Hello Dharma Brothers and Sisters. ... I would greatly appreciate if you could share with me any latest information from Lama [Zopa] Rinpoche as I am not able to view anything that has the word "lama" in it because of the relationship between China and Dalai Lama. ... Is there any feedback from people who recite this sutra? It would be great to read them and further reinforce my motivation and faith. Many thanks

SA: Today I completed another recitation of the sublime Golden Light Sutra. It is such a great blessing in the world to be able to have a Dharmakaya Stupa which one can carry in a daypack wherever one goes!

JL: Dedicated to world peace, the long lives of the gurus, and to the ultimate happiness of all sentient beings.

LT: I have completed Sublime Sutra of Golden Light. Thank you for this precious opportunity!

JN: I just finished ... Golden Light Sutra. It is becoming cherished and has a special table in the morning sun with sunset view of the ocean. I thank my Dharma Sister ... for telling me about this wonderful sutra.

LL: Thank you for inviting us to join in on the Sutra.

JT: I recited sublime Golden Light Sutra ... during the Losar Time period. ... thanks for the opportunity to do this.

NMC: The Naropa Meditation Center is happy to join you with 12 recitations of the entire Golden Light Sutra. Love & prayers

GDC: We dedicate for the world peace.

DC: Completed recitation as requested ... Dedicated to .. my mother, in the hospital, in critical condition with advanced copd. Could you please add her to the dedication list? Thank you so much; for V, in the hospital and faces various procedures; for E who is nearing the end of her 99 years of life and is in distress; for Doreen struggling for each breath due to end-stage emphysema; for our Tibetan brothers and sisters, whose uprising 51 years ago, on March 10, remains unanswered. Also dedicated to all the poor, orphaned [or] are at war and suffer great fear. May they find happiness and peace.

JN: The words and meaning are like jewels to me. I started underlining the important sentences, so someday I will remember them when I am confronted with a situation to use them. I feel a part of the glorious gatherings of tathagatas, bodhisattvas, kings, gods and goddesses. I am beginning to see the world in a different way.

LT: After reciting for several days at the Mahabodhi Stupa in Bodhgaya, it seemed as though thousands of millions are gathering to hear and recite.

DN: May our merit increase the lives of our precious teachers and fulfill Rinpoche's wishes for Japan.

AC: I wish to report my recitation for the benefit of Lama Zopa Rinpoche. Again thousand thanx for all, [and] wishing too by this root of virtue that Buddha blesses all sentient beings and sets them free of all suffering.

CK: Recitation of the Sutra of Golden Light for health and long life of Rinpoche.

OTS: With prayers for Lama Zopa Rinpoche's good health and long life and for the prospering of the activities of FPMT centers.

AN: Recitations dedicated ... for obstacles to be removed from Lama Zopa's long life and ...[for] all his wishes [to] be fulfilled.

AC: I'll read the sutra every day ... for the holy Lama Zopa Rinpoche's health and long life and dharma activity..... I live in Bodhgaya (Dorje Den) here [in] the holy land of Lord Buddha Sakyamuni. [Dedicated] for more power and more blessings [for] our lama.

DP: In dedication to Zopa Rinpoche.

LL: Dedicated to the long life of Kyabje Lama Zopa Rinpoche Dorje Chang. [May] each and every one of Rinpoche's holy, compassionate wishes is completely fulfilled right away with no delay. Also may the Maitreya Project and all the other centers and projects totally fulfill all of Rinpoche's intentions. Also dedicated for development of peace, non-violence, loving kindness, compassion and wisdom in this and in all worlds!

CF: Recitation for Rinpoche and removal of any obstacles and for the Hayagriva retreat participants.

JT: Thank you for this wonderful opportunity. I ... dedicate the merits to Lama Zopa Rinpoche's and H.H.Dalai Lama's long, healthy lives, to the fulfillment of all their wishes, and for the removal of obstacles towards the fulfillment of their obstacles. I would also like to dedicate it for all of us to be fortunate enough to receive their teachings and blessings to gain our full potential for the benefit of all sentient beings. Thank you.

DA: [Dedicated] to Lama Zopa Rinpoche. May he live a long life and all his holy wishes be fulfilled.

MS: Recitation of the Sutra of Golden Light for health and long life of Rinpoche. Until Sunday morning I was ... well. On that day when I was reciting the Sutra of Golden Light, I made many strong prayers for all the obstacles impeding the long life, holy activities and the fulfillment of Rinpoche's holy wishes to ripen upon me without delay. Then on that very ... evening, I got very sick ... and I was very happy to be sick because due to the power of the Golden Light Sutra my prayers was fulfill. May Lama Zopa Rinpoche have a long and healthy life. May his holy wishes be immediately fulfill. May his holy teachings and activities increase and flourish for the benefit of all beings. May all obstacles impeding the fulfillment of his holy wishes ripen upon me without delay.

CW: Today .., I did one reading aloud of the King of Glorious Sutras called the Exalted Sublime Golden Light. The reading took from 12:20 pm until 6:05 pm and being unaccustomed to reading aloud I am now hoarse.

MS: I read that Lama Zopa wanted us to recite the Sutra 65 Times so I looked it up and was taken aback that it was 104 pages long. But then I read my dear teacher Lama Yeshe's words that we shouldn't think that something is impossible but have a go. So I skimmed through once and have been thinking about it since and today I read to page 23 and printed Chapter 4 on Confession to read at home. I am aiming to recite that chapter 65 Times and then move on to the rest. Will keep you posted what happens.

AM: I am reporting one completed recitation of the Golden Light Sutra, completed April 7, specifically for Lama Zopa's health and long life.

VG: with best merits for peace.

JK: May Lama Zopa Rinpoche be with us for a very good, excellent, long life. Lama Zopa Rinpoche has such enormous compassion! May Buddha bless him forever

OT: One more complete recitation of Golden Light Sutra with prayers for Lama Zopa Rinpoche's long long life, good health & fulfillment of his wishes.

JN: I must say the words are now popping out at me. They feel like jewels. I have now underlined some choice lines that are especially close to my heart. Often in my day I find myself crowded with divine beings from the Sutra.

AL: May all beings be happy and free from suffering!

OF: I just finished ... for LZR. I do hope he has good health.

PH: Thank you so much for this precious opportunity to dedicate the merit for the long life and fulfillment of all the holy wishes of Kyabje Lama Zopa Rinpoche. I dedicate the merits further for the long life of Ven. Gueshe Tengye, Ven. Mogchok Rinpoche and Neldjorpa Sherab Namdreul. May the Holy Dharma ripen in the mental continuum of every sentient being in the most beneficial way. For all my family, for world peace. For my dear friend M. T. May all the personal and economic obstacles and difficulties he is experiencing be removed right now and may he realise temporary and ultimate happiness. Best wishes for you!

RW: I wanted to let you know that I recited (and greatly enjoyed) the Golden Light Sutra over the past two weeks and completed today...May this merit benefit Lama Zopa, FPMT, you, all beings and myself.

MD: One Golden light Sutra dedicated to Rinpoche's good health and long life, the success of all Rinpoche's Dharma activities, and for Rinpoche's Holy wishes to be instantly accomplished. We had a lovely day reciting. Both of us continue at our homes a bit every day.

IS: Dedicating for the abundant health, long long life and obstacle-free environment for all Rinpoche's projects, [and for the] success & harmony of all his students' past present and future. May FPMT also have abundant resources to be the Eternal Sun warming countless sentient beings till all are fully awakened. Dedicated for the Health of His Holiness and all our Great Geshes as well as the staff, students and quiet helpers (including their families) Big Love

UK: As recommended I recited the Golden Light Sutra for Rinpoche's good health and great success of all his Dharma activities. I am happy to thus repay at least a little bit of his kindness, especially helping my sick daughter L 5 years ago by recommending several pujas, etc. She is pretty well now. With all my gratitude and love

DSNJ: May our merit remove hindrances to LZR's good health and long life. Thank you!

DP: Just finished reading the Golden Light Sutra. Dedicated to the well being of Ven. Zopa Rinpoche and all the people hurt or killed in the earthquake. Peace and blessing.

LP: I have finished the recitation of whole Sutra 24.04.10. I have dedicated it as ... wished, for the precious gurus and the Tibetan people.

O Ts: It's our pleasure to report ... recitation with many many prayers for Lama Zopa Rinpoche's long life & for all Rinpoche's wishes to be instantly accomplished.

CM: One recitation completed yesterday for the very long life of our previous teacher Lama Zopa as requested, and for the success of all his projects and for the benefit of the FPMT. I [also] recited this sutra on Tuesday 20th January 2009 on a ship as we approached Antarctica. I dedicated it to the new President Obama and the success of his term for all the peoples of the world as it was the day of his inauguration

MS: I am continuing to read ... the Sutra of Golden Light regularly. I have added two lines of my own though; where it says "may women become more like men," I have added and may men become more like women: compassionate, caring and loving.

IVY: Recited for Lama Zopa Rinpoche's health in March 2010

CM: Another recitation of the Sutra at South Georgia, an island that is one of the last bastions for wildlife before the Antarctic continent. I recited 15-18 Jan 2009...My dedication was mainly for all the sentient beings who lived and passed through in all the land, air and seas around the Antarctic continent and all the islands in that part of the world and for the protection of the environment for them all.

HW T: I have concluded the recitation of one King of Glorious Sutras called the Exalted Sublime Golden Light today and dedicate whatever small merits to the benefit of all sentient beings.

O Ts: Please be reported 2 more recitations of the Golden Light Sutra with prayers for peace & Lama Zopa Rinpoche's long life & for all Rinpoche's wishes to be instantly accomplished for all sentient beings.

PH: A recitation completed. With dedication for world peace. For the long and stable life of all our holy masters especially Ven. Lama Zopa Rinpoche, Ven. Mogchok Rinpoche, Ven. Gueshe Tengye et Sherab Namdreul, and the fulfillment of all their holy wishes. For all my family members and friends. May all beings become aware of their ultimate potential and achieve enlightenment without delay.

RH: Dedicated to Lama Zopa Rinpoche and the FPMT. Love & clear light

RP: Weeks ago a request was made for students to recite the Sublime Sutra of Golden Light for Lama Zopa Rinpoche's long life, health and well being. ... yesterday on Saka Dawa, I most joyfully completed the recitation and dedicated as requested.

MD: Read the whole text today. What a moving experience.

LZ: I just completed 4 recitations of the Sutra of Golden Light. om mani padme hung.

O Ts: One complete recitation for benefit to all sentient beings and for peace in the world

JM: I reading it aloud here and only my cat hears it. And he does listen. There are other people in ... reading the Sutra daily ... Actually I learned about the Sutra from a practitioner who is in charge of Volunteers for the upcoming Relic Tour here in ... I believe she discovered the Sutra in ... when the Relic Tour went through there.

KMc: I was just blessed with a new job recently and today began reading the Sutra of Golden Light as my way of saying thank you to Lord Buddha. ...I have been working hard in my classes with Jamyang and am now finished with Geshe Tashi until May of next year. I continue on with my master's class on the Ornament of Clear Realisation with the Institute of Lama Tzong Khapa in Pamona Italy. I have so much to be thankful for, [for] my son who is in Iraq ... and that of his friends who are with him. For my dedication of the Sutra, this Time I shall dedicate it to the above, all those I leave behind and all those whom I shall meet. All those who are loved, and are at war, and all those whom I do not know who are at war. Finally, and with all my heart a thank you for Buddha teaching dharma so many years ago, and making it possible for my small mind to be able to study, and perhaps learn before I leave this life. ... Blessings have fallen on those including my son and others who are to go home [from Iraq] soon from war for a well earned rest. Prayers work, reciting the Sutra works, I have definite proof of this. I shall continue to pray for those who are still there waiting to go home and for the fighting to end. I am doing another recitation today for this special occasion! So count one more recitation for me please!! I am spending most of the day today doing this recitation.

TCh: Thanks for the updates and maintaining the website so beautifully and up to date. We had an FPMT Training here over the weekend and I was able to quote some of the amazing experiences from reciting the Golden Light Sutra to inspire those who give service for our centre. We continue to do monthly recitations, very slowly working our way through. ... Just when we were wondering if we would have the opportunity ourselves to recite the Golden Light Sutra in a war zone, our National Defence Forces contacted our Buddhist council for the appointment of a Buddhist Chaplain, to visit anyone serving in the armed forces, engaged in active duty, who requests a Buddhist chaplain. So we are imagining ourselves there on the ground, in robes and bulletproof vests, hardhats and steelcap boots reciting the Golden Light Sutra (LOUDLY! For the benefit of all sentient beings)...you never know, so we keep reciting, for world peace and peace to arise in the minds of all beings as swiftly as possible.

LW: I ...am in the midst of completing the .. [recitation] ... The merits accumulated [are dedicated] for universal peace and harmony, for the supreme Buddhahood for all mother sentient beings, for the good health and long life of all glorious, noble, spiritual masters of the Triple Gem. May the Triple Gem continue to turn well and [remain] strong in samsara [to accomplish] the Supreme Buddhahood of all mother sentient beings. [The merits are dedicated] for all benefactors & supporters of all our Dharma projects and activities. May all the killing, hunting, trading, and cruel sports done to any living beings stop at once. With love and virtue.

PH: I completed a recitation, [dedicated] for the long and stable life of our gurus, especially His Holiness the Dalai Lama, Lama Zopa Rinpoche, Mogchok Rinpoche, Venerable Geshe Tenzgye

and the immediate fulfillment of their compassionate vision. Peace and happiness in the heart of every sentient being.

NS: I finished one complete recitation ... when I was in extreme, intense pain and very unwell. The recitation took me about a week. On the morning of some major tests I finished the recitation and felt immediate relief from about 80% of the pain and the tests done later that day came back clear. It has taken me about a year to recover most of my health but I remain firmly convinced that even one complete recitation of the sutra produced immediate and profound benefits, although I could only tell from the effects I felt in my body. Also, I have been blessed to receive many prayers and pujas from my holy lama, and I believe these too have had immediate and profound effects on my well being. I dedicate the merit for the long lives, good health and continual turning of the Dharma wheel of our lineage lamas and for the enlightenment of all beings.

EW: I began In August 2008 reciting a chapter of the Sutra of Golden Light each day. One day while on vacation, after reciting a chapter, the odor of incense filled the air- although there was no incense in our hotel room. I did not mention it to my husband. Later that morning he asked me if I smelt incense? This has also happened in my home during the first week of September.

M DF: Phagya Rinpoche did a complete text recitation for the sangha of Chakrasamvara Center on Hibiscus Island. ... we requested it and he was sponsored with a translator to fly from New York to Miami to a private home which is also the center for our sangha. We met every evening as a sangha. Rinpoche has a pure, genuine heart and is down to earth and very patient. He is connected to his practices and shares his wisdom with a great sense of humor and compassion. Every morning Rinpoche did Green Tara Practice also. I hope that he will continue with this sutra on the behalf of tara sisters everywhere.

JM: The Maitreya Relic Tour [was in Rochester, New York.] ...It was wonderful to see the Sutra of Golden Light so beautifully displayed and to see the interest others have in it now. I brought my copy and was able to sit and read it there.

Ots: One more recitation of Golden Light Sutra with prayers for the peace everywhere and to stop any violence in the world and for benefit of all sentient beings.

PH: I completed a recitation of the Glorious Sutra of Golden Light. I dedicate the merits for the immediate end of the siege of Gaza.

GC: One full recitation by members of Guhyasamaja Center near DC, dedicated especially to wise leadership for the U.S. and in the world at large. Also [dedicated] to the fulfillment of the wishes of our gurus.

LL: Reporting one full recitation ... completed on election day. Dedicated to the fulfillment of the wishes of my teachers such as HH the Dalai Lama, Kyabje Lama Zopa Rinpoche and Gyumed Khensur Rinpoche. Dedicated to gaining enlightenment to benefit others. And,

dedicated to wise and compassionate leadership here in DC and in the world. Also dedicated to peace and non-violence!

KH: I've just completed my first recitation. Thank you for having the Sutra of Sublime Golden Light at the Relic Tour!

PH: One more recitation completed! For a long and stable life of our precious gurus. For the immediate end of the siege of Gaza. May this glorious sutra be recited everywhere where are war and acts of violence in order to bring peace and happiness.

ST: Five more [recitations of the] Sutra of Golden Light for world peace and Guru!

DO: On Nov. 13, ...[we] read from Taiwan, Washington, DC and ... Japan. On the auspicious day of November 19... May our positive merit help all of us around the globe fulfill each and every one of Rinpoche's wishes.

DR: I recited the complete Sutra once, loudly, alone in my apartment. It took me couple days. Now I [am doing] it again ... I still am not able to do it all at once but I hope with Time that will happen. Also, I cannot stop thinking about translating the Sutra into the Croatian language ... I am very grateful to be able to read and recite ... Thank you very much

O Tse: We completed four recitation of Golden Light Sutra ... with prayers for the peace everywhere and for benefits of all sentient beings

DR: I did it once again ... I feel wonderful. Thank you, thank you, thank you for revealing this Glorious Sutra.

PH: Recitation completed, dedicated for the immediate end of all conflicts and violences in the world especially between Israel & PalesDne. May the merits created by the recitation of the glorious Sutra all around the world & the blessings of our precious masters purify immediately all causes and conditions of this tragic situation which lasts more than 60 years now and which seems so inextricable and desperate. May the blessings of this Holy text without delay show a way to the poliDcal leaders to act with wisdom and compassion and to end the siege of Gaza, the massacre of defenseless civil population and bring peace, prosperity and happiness for both people. Lama Zopa, precious master, please bestow your blessings to help them to purify all negative karma!

AL: We wish you a very auspicious year 2009 in which all your aspirations may be actualised. ... It took ... more than two months to complete one recitation. [Friends and colleagues also] did [recitations]. ... It makes me so happy for them!

DR: I ... purchased a copy of the Golden Light Sutra in Mongolia in 2004, and have kept it on my altar... After reading what Lama Zopa told Beth would please him, I read the Golden Light Sutra at last. Negativities ... and that had been especially resistant to change. I have also felt (and been more inclined to follow through on) urges to be kind to people and animals.

T AM: Recited ... [and I] feel heart openness.

O Tse: This is to report that we completed ... recitations of the Golden Light Sutra, with prayers for the peace everywhere and for benefits of all sentient beings.

MB: I have completed .. recitations of the Sutra of Golden Light. May all sentient beings quickly gain enlightenment and may our holy gurus always guide us

AL: We wish you a very auspicious year 2009 in which all your aspirations may be actualised. It took me more than two months to complete one recitation. [Friends, spouses and colleagues also completed recitations.] ... It makes me so happy for them!

JB: May all sentient beings be blessed and graced by these recitations. 185 MS: I have been doing two full recitations a week since November.

AL: Tonight we had a Sutra of Golden Light party, a group reading ...listening carefully and rejoicing, [some]...in different traditions. It was a very beautiful and joyful! experience to share this Sutra together. ... much merit dedication ...[and] offered long life wishes for Lama Zopa Rinpoche and for Venerable Nyingje. Much gratitude! I have also led Sutra of Golden Light parties three other Times ... A friend was very inspired and read the Sutra with her Native American teacher and community. Also alone I read the entire Sutra ... dedicating merit for auspicious results in the USA election. ...Gratitude!! Thank you Lama Zopa Rinpoche and Venerable Nyingje and everyone involved with this project!!

M T-T W: I would like to report that I have completed the recitation of the King of Glorious Sutras the exalted Sublime Golden Light on 31st of January. From this recitation may all living beings be liberated from the ocean of suffering, and may this bring the happiness to all living beings on the earth! Om Mani Padme Hum. With love

Ch M F: I have read more than half but I feel that I do not have the capability to understand. I am practising my Buddhism diligently no matter how busy I am. ... I have lack of support. ... and feel very sati at work. I am trying very hard to work hard ...but feel so lonely and I hope chanting Sutra of Golden Light will help me. I have been practising in the proper path..always keeping in mind ...Buddha, Dharma and Sangha.

MS: I went to a State Wildlife Refuge..a speck within the vastness of the Great Plains. In the center..is a small lake surrounded by a refuge of trees inhabited by hundreds of small birds. Along the banks in amongst the reeds are rushing galvanized shelters..I walked the perimeter till the bag of bird seed was emptied, set up a chair, placed a picture of the Glorious One on burgundy silk, lit incense and fired-up a fragrance burner. With a backdrop of singing birds' voices on the winds & the blue ones dancing, I recited the Golden Light Sutra Dll the sun set the ice covered lake ablaze. The dedication was to all the beings of all the realms of all of space without exception.

AB: Many, many people are suffering in this current financial crisis. Many are losing their homes. I am working very hard and will work harder and harder to help them. But would it be

too much to ask Lama Zopa Rinpoche to pray for them and to include the healing of their situation in the recitation?

JB: May all beings be blessed and graced and freed from suffering. Blessings.

KH: Thank you for this opportunity.

AF: Thank you for the opportunity to recite the sutra again after a long spell and to be able to be connected to others who are doing the same for world peace.

JF: I have completed the recitation of the Sutra of Golden Light today & dedicate the merit to the ordinary and ultimate peace and happiness of beings, to peace & freedom for the people of Tibet, for an ease of suffering for my friend ... who is stricken with a serious and mysterious disease, & that all living beings perfect their gathering of merit and wisdom and gain the two holy bodies from those accumulations.

PS: Late last year I went camping and took a copy of the confession chapter from the Golden Light Sutra with me. One morning as I sat beneath a tree reciting the sutra I noticed that intermittently a rain of golden coloured powder would fall from the branch directly above the place where the open sutra was placed.

JP: Six of us together in our small center in Switzerland, recited the Sutra up to the Chapter on the Four Great Kings. ... We will continue.

DO: May any merit ... accumulated ... go towards helping the Tibetans in Tibet in keeping patient and [having positive] thinking.

YP: I've recited the Sutra of Golden Light once during these 15 Days of Miracles. I am truly impressed, touched and inspired by the teachings of the Tathagata and the Sutra! Rejoice!

BR: I'm reciting the Sublime Sutra of Golden Light. ... Thank you very much for this wonderful sutra. Please translate others!

S AB: I think this is such a wonderful way to commemorate these Days of Miracles.

RW: I studied with Lama Zopa Rinpoche ... last year and was very impressed with his realization... I ... would pursue any practice he recommends. Thanks for this opportunity.

KH: I'm amazed at the quiet peace and strength I feel before, during and after reciting this sutra. I thank you for presenting me with this. I truly feel a sense of connectedness, knowing others across the globe are making these offerings and reciting these powerful words. Much thanks and peace.

CM: I have just finished reciting the Sutra of Golden Light for the first Time ... I did it over two days ... After reciting the first 49 pages yesterday I felt blissfully happy for some Time afterwards. After finishing the remainder of the Sutra today I felt sati and I sensed the growing wish

in me to become Buddha as soon as possible in order to liberate sentient beings from their suffering. May the merit of this practice help to cease the suffering of all sentient beings.

JW: May all being achieve enlightenment, free from all sufferings. May all being be free from attachments, may all beings encounter the dharma. May all my parents, ancestors, karmic debtors receive the merit, may all buddha activities be successful, may ... my family, relatives, teachers, friends, enemies, servants, government, doctors and nurse receive the merit.

T Ng: I've completed 35 recitations during the last 15 days. Experiences include seeing the rainbow light of five colors ... during Yamantaka ... Fire Puja ... in ... Arizona.

DF: I have completed the recitation of the Sutra of the Golden Light this A.M. I read each morning since Feb. 25th. It was wonderful ! Thanks! My cat sat with me each day in front of my altar and I read the Sutra aloud as he purred. D. :))

JW: Thank you very much for holding this [recitation]. I became more committed and motivated to complete the sutra although it slowly took 3 months to complete. But with a place to report it creates a more intense commitment. ... best regards in Dharma

V: I accomplished one round of the Golden Light Sutra...reading a little each day!

SS: This is to report that I have by today 10-03-09 completed recitation of the Sutra of Golden Light. I am a non-Buddhist, I am a Christian by belief, and I received the translation of the Sutra of Golden Light forwarded by the Amitabha Hospice in Auckland (thank you very much to them for forwarding). I completed the recitation for a desire of world peace. I am in peace with it and hope that with this I can contribute to the world peace. Peace be with you, too. Have a good day. Kind regards

DG: I got one complete recitation. ... What a great project...I did this aloud for the benefit of the cats who live with me. Most ... sat listening for most of it. It took me the better part of the 15 days...finished the first go-through last night.

LPT: [We] did our recitation together over three nights finishing [on].. the 10th. May the blessings of this beautiful sutra benefit all beings. Thank you for giving us the opportunity to read it once again, yours in the Dharma.

BR A: Complete recitations, 2. Feel sense of peace, strength and a strong desire to give of self to benefit sentient beings. Dedicated 1st reading to our precious world and all its inhabitants that they may live wisely. Dedicated second reading to neighbour - advanced cancer, and to all sentient beings and release from suffering for them and our planet. Thank you for the privilege of reciting this Sutra.

FC: With dedications to the long life of guru Namnang Minjo Dorje Rinpoche, His Holiness the Dalai Lama, & fulfillment of the collective aspirations of the Tibetan people

SU: I started and finished reciting the Sutra of Golden Light today. It took just over four hours. Four beautiful hours. I would like to thank you for informing me and giving me the opportunity to recite this amazing and meaningful prayer. I ... dedicate this recitation to HH The Dalai Lama for long life, for World peace especially in warring countries, Iraq & Afghanistan, Israel & Palestine, Zimbabwe & its people, to Tibet and its valid cause especially now, its 50th anniversary of the Chinese invasion, to people who live in poverty, those in hospitals, those who are losing or lost loved ones, may they find the strength to move on and not be afraid. I would also like to dedicate to Lama Zopa and all at FPMT for spreading the Dharma in such a beautiful way. Namaste.

TJ: Sutra of Golden Light recited in Tibetan, 26th Feb - 2nd March (one recitation over those days), and in Sanskrit, 3rd March to 10th March (again, 1 recitation).

Th D: One recitation of Sutra of Golden Light completed ... on the island of ... and dedicated to all the noble works of Precious Lama Zopa Rinpoche and all the good works of everyone with the FPMT - long life to His Holiness, Lama Zopa and all our most Precious Teachers.

CZ: I've really enjoyed the experience

DS: I can report 2 recitations of the Golden Light Sutra. May all prayers of H.H. the Dalai Lama will come true without any obstacles. May Tibet be free.

ML: My wife & I completed 2 readings of the King of Glorious Sutras called the Exalted Sublime Golden Light plus 14 more verses. No special experiences but my son called me first time in a long while and a magazine subscription ... got straightened out, and it seems as though people are being far more pleasant to me even strangers.

KB: I began the recitations on the 25th of February, and continued through this evening. I attempted to recite groups of seven five Times daily: on rising, midmorning, midday, mid afternoon, and before bed. As of tonight, at the end of the cycle, I have recited the GLS a total of 375 times. Thank you for giving someone like me, who has no connection to any physical sangha, a place where I can feel I belong and through which I can participate in something of this magnitude.

SP: I completed reading the Sutra of Golden Light ... as part of ... [the] 15 Days of Miracles. ... As always the reading is an inspiring and grounding experience for me.

JM: I was thinking about how wonderful it is to have the opportunity to recite this Sutra knowing it is being said all over the World. Amazing. Then I recalled that every day I think the same thought as I say Mantra. Takes your breath away. Makes you happy.

JT: My friend ... and I recited the King of Glorious Sutras, Sublime Golden Sutra twice during the Losar time period together and once on our own separately ... Thank you for informing us of this precious opportunity so that we could participate.

AM: I completed a recitation of the Sutra of Golden Light ... for the benefit of all sentient beings.

N dC M: I made twelve recitations of the Sutra of Golden Light with dedications for the long life of Lama Zope Rinpoche and all gurus, and also to benefit all sentient beings in the world. [May everyone] accumulate many many merits!

JG: My friend and I recited the Sutra of Golden Light ... in French ... Something peculiar: on one night I woke up about 4am, and couldn't get back to sleep so I got up to continue reading the sutra that I had started the night before. Then after a few hours I went back to bed and dreamt, in sort of a half sleep, of seeing a lioness eating a man. I was a bit astonished of this, wierd to dream such a thing...The next day I read part of the sutra where a prince gives his body to a hungry lioness ! Wow ! The imprint ! I have been sleeping much less since. Take care and good reading to you all.

NC: I finished reading the whole Golden Light Sutra ... during the Holy Days [of Miracles]. And one of my friend also finished whole sutra... Thanks for such wonderful chance of invite everybody to do it together. May I dedicate all the merit to all sentient beings to get enlightenment.

JG: I recited this sutra on the Full Moon .. of ...the Day of Miracles. I did this recitation while abiding in the 8 Mahayana Precepts & having completed a Tara ritual in the morning. I dedicated with the aspiration for: - the long life for the supreme emanation of Chenresig - His Holiness - the long life of the great western dharma king - Lama Zopa Rinpoche - the long life and good health of all dharma teachers - the eternal existence of the dharma - the fulfillment of the wishes of all sangha and the growth and strengthening of the western sangha - the fruition of the dharma aspirations of all practitioners - the continued good work of Barack Obama, Stephen Harper & all world leaders to bring about tolerance, peace and compassionate caring for each other - the freedom of the Tibetans both in mind and body to be able to fully pursue their religious studies and cultural traditions - the flourishing of the dharma in the west through the establishment of monastic settings in North America and other places where our teachers have blessed us with their presence - the removal of all obstacles to the dharma aspirations of every individual through all 6 realms of existence in the 10 directions and 3 Times - the enlightenment of all beings May the FPMT flourish for eons!

ŚL: On the Day of Miracles we had a Sutra of Golden Light recitation.

AC: I read the sutra 5 times ... reading brings tears to my eyes. Why? Probably because of the thought of the extremely pure compassion of the buddha and the spiritual friend. It's still hard to imagine that the Buddha placed spiritual objects around the universe for us to make merit with, and that reading a sutra can have such a profound effect. these beings truly are pure compassion. I bow down to their holy lotus feet. ... The general feelings after completing the sutra reading were of spiritual heat- energy around me, but on one occasion in Luxembourg City ... I felt as if a great purification had occurred too. I felt very light and expansive and white. I now want to mention the name of the sutra to everyone i meet to make a connection, and hopefully benefit them and I find myself thinking of ways to bring up the Sutra's name in conversation. .. I sent a link to the sutra to ... the motorcycle bulletin board I belong to.

NG G: Thanks for all those who worked hard to make The Sublime Golden Light Sutra accessible for us, especially here in the west. I have happily completed my first recitation of the Sutra of Golden Light. And I would like to dedicate this merit for the flourishing of Buddhas and Lama Tsong Khapas teaching, that all beings be guided by dharma teachers and that all sentient beings gain full enlightenment as quickly as possible. With much love

CZ: Thank YOU so much [from Albuquerque, US] for assembling such wonderful content related to this sutra. I took a look at the “experiences” section and will make Time to read more thoroughly soon. Your guru devotion is inspiring!

VV: I work the night shift ... It affords me the opportunity to recite at least a chapter a night (on good nights and if the chapter isn't too long). I am feeling so bad for Burma and China. Amazing isn't it that both of those countries have recently been bashing on the Buddhist monks. ... But still, pray for them we must and the Golden Light Sutra is such a wonderful way to help people.

JS: I read the Sutra of Golden Light ... I was thrilled to read it ...[and] emotionally moved, weeping tears reading the [Story of the] Tigress. [On finishing the], I was satisfied. English is not my ...[first] language, so there were many words I did not understand in the first reading. I will read the Sutra of Golden Light again ... It is very interesting.

DNSJ: Two recitations ... May our merit go towards relieving the hardships of victims of natural disasters in China, Burma and elsewhere, toward helping ... in Tibet and removing any obstacles DNSJ has .. [regarding] Rinpoche's visit in September.

CL: Thank you for the opportunity to recite the Sutra. I recited ... starting on May 4 ... A great experience, a wonderful journey. I dedicate any merits to world peace.

SU: The Sutra Of The Golden Light is beautiful and full of inspiration. I read it all the first Time, 2 days ago, took me about 5 hours and worth every second. I now read a chapter a day and dedicate it mainly to HH Dalai Lama for long life, to Tibet, for a solution to their ongoing crisis, to all country leaders so that they will search and work together for world peace and naturally to all beings including myself so we may be released from the grasps of samsara. ... I.. read a chapter every morning before I meditate and ... it works well. However, the chapter which inspires me most is the Chapter On Confession, I think it is so beautifully worded, everyTime I read it I feel so inspired, it feels like a blanket of love and happiness falls over me and encourages me to live a better life. Thank you Mandala Magazine through whom I discovered the Sutra.

SM: I am disabled ... incurable diseases ... just had my 53rd operation. I love reciting the Sutra and do some every time I practice ... I am so happy and lucky and blessed. I have Lama Zopa as my root guru and teacher and he is guiding me along the path. The Sutra is so powerful, I have seen miraculous occurrences due to the reading of it. And I have been blessed by His Holiness. I live my life continually reminding myself and rejoicing that I have a life of 'no need' - I do not need anything else in my life - it is already all here. I just need to awaken and become the Buddha I am meant to become. ... I will continue ... my reading.

LL: After reciting aloud a portion of the Sutra of Golden Light, I arose from my cushion to stretch my legs, went out into the backyard, looked up in the sky, and there was a double rainbow! This was extraordinary for two reasons. 1) This was my first recitation of the Sutra. and 2) It had not been raining and I had never before (or since) seen any rainbows in the San Francisco Bay area. It was a marvelous event. It brought tears to my eyes, all my hairs stood on end ... Thank you Lama Zopa!!!

SM: I felt compelled to do something with regards to the Golden Light Sutra ... We had a very large throne style chair ... [brought] into the altar room. [I]... display the Golden Light Sutra on it. It seemed appropriate that a sutra of such importance ... should have a throne. ... I felt a lot of love for Rinpoche as I was reciting. It felt so wonderful to do something that we know brings great delight to him, he has often said, if you wish to do something for me, recite the Golden Light Sutra, so what a privilege to recite it and know that we are doing something not only to benefit all the sentient beings in the world, but to do something with great great love in my heart for the most precious Lama Zopa Rinpoche, my teacher, my root Guru was also so moving for me. I dedicated the reading as we have been requested.. and I was so happy that despite health issues ... I was able to complete the reading. ... We also saved a little sparrow ... he plopped down in front of me during much of the reading of the sutra and listened with his eyes half closed. It was a wonderful thing to know this small sparrow was hearing the sutra and would also greatly benefit from it. with love and light.

DG: Today on Saka Dawa, I completed my Second recitation of the Sutra of Golden Light. I am so grateful to Kyabje Zopa Rinpoche for helping his fortunate students and many around the world to connect with this profound sutra. I dedicate the merit completely to the success of the activities of all of my Gurus, especially His Holiness the Dalai Lama, Kyabje Zopa Rinpoche, Choden Rinpoche, His Holiness the Karmapa, Dzogchen Ponlop Rinpoche, and Khenpo Tsultrim Gyamtso Rinpoche. I dedicate specifically for the success of His Holiness the Dalai Lama's efforts to bring a peaceful solution to the current events in Tibet, and to the end of all violence, war, and famine. Sarva mangalam!

DB: Completed the Holy, Most Sublime Sutra of Golden Light this morning of Buddha Purnima. What a blessing of centered bliss from our Teachers from Shakyamuni Buddha to His Holiness the Dalai Lama, KirD Tsenshab Rinpoche, Lama Zopa Rinpoche, Lati Rinpoche, Geshe Gyeltsen, Venerable Rene Feusi, and all our kind, kind Masters. Thank you for making this resource available. May all, everywhere benefit from perfect physical, mental and spiritual health. May all war and quarreling end. May the universe immediately become a Buddhaverse.

JH: Dedicating [on Saka Dawa] for harmonious, compassionate world leaders.

SM: I am pleased to report 1 complete recitation ... for the benefit of all sentient beings and especially the Dharma wishes of Lama Zopa Rinpoche and his students.

JV: Our small group made one complete recitation this evening. I personally felt it was very moving...reading the words of this magnificent sutra...the story of Jalavahana, as his great compassion is aroused by the suffering of ten thousand fish, brought tears to my eyes.

OF: The recitation took longer to complete this Time. I had to really push it to finish it tonight... it helped to have a deadline. I enjoy reading the Sutra of Golden Light again. Blessings to all of you.

RQ: Happy Saka Dawa! We wish to report 2 more recitations made by our family ... completed and dedicated on 18th June to HHDL and LZR's wish fulfillment.

TM: I have read the Sublime Sutra of Golden Light 12 Times in its entirety, but have read Chapter 4, the Chapter on Confession many Times more. Each Time, when I come to the verse, "May I become their friend, support and refuge" ... I feel a profound sense of physical warmth, varying in intensity from a warm glow, to an uncomfortable heat, requiring me to turn on a fan ... Although I have come to expect this effect now, it still is profound enough to make a substantial impact upon me. ... This is the only scripture that causes this effect, and I recite many many Sutras on a regular basis. ... Most pleased to be a small part of this effort, as I feel the benefits are self-evident.

AP: I have to say " thank you so much ..." because you helped me so much!!!!!! You made me [able to] participate in the big recitation of the Golden Light Sutra for Saka Dawa. I was part of the group! Thank you so much!!

RQ: A recitation completed ...and dedicated to [fulfilling] HHDL and LZR's ... wishes.

SS: I started ... on ... and finished today. Since [beginning]... I became increasingly inspired and touched by the sutra. It has been a wonderful experience. Love to all.

AP: 2 months ago, after reciting the Golden Light Sutra, I perceived a smell of incense for about half an hour in the room where my mother and I were. I thought it was because of the G.L.S. Thank you so much !!

PH: I finished two more complete recitations. I was so happy to learn that there is recitation in Israel and I hope it will bring very soon definitely peace between Israel and Palestine, with a happy life for everyone. May also the environment become again clean in the Gaza Strip. I dedicate my recitation for this area in the world, especially for ... who live in Gaza, and may all political prisoners become free.

VW: Reporting my first complete recitation of the sutra! Dedicating merits to all sentient being & world peace. May every being be liberated from samsara. May they find peace.

GP: I have just finished a slow reading-recitation over these last weeks of this excellent text, and at each chapter, [made] dedications to the peace and happiness in the world and specific current events. Cheers

ES: I recited the Golden Light Sutra in Finland [dedicated] for the benefit of all sentient beings, for the world peace and peace in Tibet, for the long life of our teacher.

JP G: Je decouvre ce site aujourd'hui seulement. Depuis 1 an environ jusqu'a ce jour j'ai fait 111 recitations completes... Dernierement je suis parti avec un petit camping-car pendant 2 mois dans des pays de l'Europe des Balkans ... recitant chaque jour le sutra entierement, dans les capitales ou les grandes villes de ces pays, me deplacant de 150 a 200 km chaque jour. J'ai donc recite en Italie, Slovenie, Croatie, Bosnie, Montenegro, Albanie, Macedoine, Bulgarie, Serbie, Hongrie, Autriche Suisse Et bien sur France.

DO: On Tuesday, July 15 we had a group reading of this wonderful sutra. Readers were in Japan, France and Oklahoma. May the merit we created please go towards removing obstacles to Rinpoche's visit in September and may His visit spread the Dharma in Japan. Thank you thank you for coordinating us with this wonderful prayer.

RT: May the virtuous Dharma blaze forth.

SP: I just read the article on the accumulation and have completed one reading... for world peace, the Long Life of the Dalai Lama, Lama Zopa Rinpoche, my teacher, His Holiness Shenphen Dawa Rinpoche, for healing and peace among my family members, and where I work and to gain enlightenment for the benefit of all sentient beings... Thank you and Lama Zopa Rinpoche for all of the ways offered to purify karma and to work towards gaining enlightenment for the benefit of all.

T Ng: Last night ... I recited ... [in the] United States. I recited two times after receiving an email ... [regarding the] IMI. At 2 a.m. ... I had a dream that I saw a leopard leaping into the sky with GOLDEN LIGHT. This morning, I donated money to Lama Yeshe Sangha Fund to show my support to the monks and nuns. For the last year, I had a few dreams that His Holiness Dalai Lama was the Compassion Buddha.

AE: I was given a copy of the Sutra at Kopan .. On my return to Vietnam this month, I recited ... over a period of about 3 weeks, completing it ...[While] reading ... I had insights ... [into] problems that were on my mind. It certainly seemed to help in the thought transformation process. The Sutra is full of such exquisite beauty and devotion. It is really a rare & precious jewel, which fills the heart with joy to read. I look forward to sharing it with others.

TNg: Last night, I recited the chapter on Confession in Vietnamese six Times. At 2 a.m., I had a good dream. I saw the beautiful scene as described in the Sutra. ... What you did based on Kyabje Zopa's suggestion for people to recite the Golden Light Sutra is very beneficial to a lot of people. The FPMT website, with a lot of projects, brings merits to a lot of people, including myself. ... It takes a lot of retreats, personal effort during daily life in order to experience what the sutra talks about.

MG: I dedicate the merits of this recitation for the long life (and health) of my son, V.

SP: I completed ... the Sutra of Golden Light this morning. I dedicated this reading for Peace in the world, particularly peace in Tibet, peace in my home, peace with my and my husband's family members, and peace in the hospital ... also ... to the long life of my spiritual teachers, Shenphen Dawa Rinpoche, Lama Zopa Rinpoche, and the Dalai Lama. Wanting to contribute to

this project challenged me to read more each day than I had thought I could do. Meeting this challenge has also encouraged me to expand my daily spiritual practice. May all be auspicious and may all walk in beauty.

FC N: I've joined recitation of Sutra of Golden Light for world peace. Thanks from Hong Kong

NG G: 2 recitations of the Golden Light Sutra for the International Sangha Prayers for World Peace. May never arise in this world the dangers of diseases, war, famine, and fighting or unhappy minds. But instead may there be great prosperity, and everything needed be easily obtained. May the holy gurus have long, stable and healthy lives.

MM: Thank you Rinpoche. May your aspirations and the aspirations of His Holiness the Dalai Lama be fulfilled immediately without a seconds delay!

DB: May all fighting, quarrels, illness, troubles and problems of any kind no longer exist. May all know peace internally and externally, in body and mind. May all reach Perfection immediately. Recitation completed [on the] anniversary of the first turning of the Dharma Chakra.

A: I've just finished reciting the Sutra of Sublime Golden Light. I dedicated it to the long lives of our teachers and to the people of Tibet. May they have religious freedom and the return of their lamas soon.

S: Always feelings of greater inspiration, strength, courage after reciting. Also the mind is calm, energized and opened a little tiny bit more to others. The Chapter on Confession is especially powerful. Different words or phrases resonate during or after different recitations, [for instance,] recently "For ten million eons I shall strive for the sake of even one sentient being."

AN: I have just completed one complete recitation of the Arya Suvarnaprabhasottamasutrendrarajamahayanasutra, King of Glorious Sutras called Exalted Sublime Golden Light, on International Sangha Day. I dedicate all the merits to ending the suffering of all lower migration, death and poverty of the three realms of the triple thousand worlds, and to ease the suffering of my sister ... and of my old friend ..., both of whom are seriously ill. May peace, prosperity and Dharma reign forever!

PH: Finished another recitation of the Sublime Golden Light Sutra. Thank you for this opportunity. With dedication for the long life of our spiritual masters and peace everywhere in the world, may all sentient beings realize the ultimate nature of their mind. Love

M P-R: I wanted to report 1 recitation of the Sutra of Golden Light, which I finished yesterday... Please add Romania on the list where this precious sutra has been recited. May our joined efforts make Lama Zopa's wish come true. Warm regards from Romania.

Th D: I have recited the complete Sutra of Golden Light today, on my own here on the island of Kefalonia Greece. May the blessing and benefit extend to all sentient beings and bring great

success to all of the projects of the FPMT, Lama Zopa, His Holiness the Dalai Lama and the people of Tibet.

LT Centre: Seven complete recitations done [by four groups of seven people each] on ... Dedicated to all Rinpoche's dedications, long life of the gurus, end of war, disease and conflict, harmony and flourishing of Langri Tangpa Centre and community, success and quick fruition of all our projects to benefit all beings. ... the whole thing, complete with motivations, visualisation, chai tea and dedications took 1 & 1/2 hours - so very achievable for an evening class!

JPG: It was very very inspiring to do the Confession Chapter with Vajrasattva just after! Love

AP: I recited... the Sanghata Sutra ... and the Golden Light Sutra ... [Dedicated for] Tibet to be free, China to become buddhist and the realisation of HHDL's projects... For the peace of this world and all others. Thank you so much for the site of the Golden Light Sutra which you updated!

MK: As soon as I completed the final chapter of the recitation it began to rain, a beautiful warm rain ... much needed here. Since beginning, sadhanas are ... clearer, dreams are more intense, beautiful with much learning in them and I can remember them more clearly. The night before completing the recitation I dreamed of His Holiness sitting beside me, talking, laughing and holding my hands. I can still feel the warmth of his hands. Thank you. ... I dedicate all my virtues and merits from reading this Sublime Sutra of Golden Light for the fulfillment of all the vows and pledges of His Holiness The Dalai Lama and for his long life, for the great work of Lama Zopa Rinpoche and the FPMT, for long life of Kyabje Choden Rinpoche and for the long life of Geshe Tashi Tsering, and for long life and work of Jetsunma Tenzin Palmo and Venerable Robina Courtina. May all their vows and pledges be fulfilled. May all beings be guided by the teachings of the Buddhas and abide in compassion for all beings, may all dukha be ended

DNSJ: Four of us in Japan and France read the this wonderful sutra ...May our merit increase the lives of our precious teachers and may all their wishes be fulfilled.

IMI: International Mahayana Institute community's offering to celebrate FPMT International Sangha Day had over 500 participate in the prayers.

A: I completed here in the south of France another recitation of the Sutra of Golden Light, today on the day of World Wide Fasting and Practice for world peace and to end oppression in the world in general and particularly in Tibet. With dedication for the immediate fulfillment of this aim, in particular of all visions of His Holiness the Dalai Lama concerning Tibet. I dedicate it also for the immediate end of the siege of Gaza and purification of all negative karma of the Palestinian people, may there be unity and no more inner quarrels, and peaceful coexistence with Israel. For my friend ... and family.

MW: I have completed one recitation of the King of Glorious Sutras the Exalted Sublime Golden Light. The story of the Tigress touches me deeper each Time I read it! Praises to the Tathagata!

LTKI: We had many recitations about this wonderful Sutra. We started in Summer 2008, during the Tibetan course, in response to the Burma situation, and we started again for the Tibetan

situation and for the quick return of Ghesce Ciampa Ghiatso (Geshe Jampa Gyatso) at the end of this spring and again in July as well. When Lama Zopa Rinpoche came here in June, he gave the oral transmission. Usually, when new people come to the Center for the first Time, they like to read some sutras together, and in particular, the Golden Light Sutra. This is an experience here with the people. We also read this Sutra during a Tibet demonstration in Rome. This was particularly to stop the disorder there. The result was good!

LL: Completed a recitation of the Sutra of Golden Light yesterday! Dedicated to the realizations of Bodhicitta & Buddhahood to the fulfillment of all the holy wishes of H.H. the Dalai Lama, Kyabje Lama Zopa Rinpoche, and Gyumed Khensur Rinpoche to the liberation and religious freedom of the Tibetan people and to the election of a wise, compassionate, and peaceful leader for America this fall!

Y: While reciting the Sutra of Golden Light one day I wept non-stop during an entire chapter and feel very blessed! Now I continue to recite the Sutra every day! Thanks and I am thankful that I have the Sutra with me in this most [personally] challenging time.

CY: I received a copy of the Sutra of Golden Light in the mail. As soon as I brought it the package inside, I had a strong urge to light incense and offer it.

R: I first recited this sutra with other members of [the] FPMT [group] on ... a partial eclipse day. After that, I just had an urge to recite this sutra. Therefore I have started to recite at least 1 chapter every night as part of my daily practice. ... for the benefit for oneself and for others.

I: I am ever grateful for Rinpoche's request. It is so clear I am able to feel the blessings of Buddha and the other bodhisattvas directly. As soon as I downloaded it and took it to be printed and bound the rain started coming and didn't stop all winter. It has been so good for the farmers in our area. Everywhere looks so beautiful and lush again. ... It is crucial we keep doing the recitations as the negative karma we have created is hurting us in so many ways. Being aware of the instant affect it has gives me the profound awareness we must take full responsibility to work for the benefit of countless others with such a powerful tool as this!! On a personal level, I am also aware of how it has transformed my mind, body, health and life in every way. I notice it as soon as I stop....so now to take me even deeper I am writing it in gold as I did with the Sanghata Sutra. That was such a powerful wish granting experience for our center here. I have even begun using the energy by involving myself in more community projects and take this blessing there too, into local council meetings and beyond. I encourage everyone to embrace this most powerful practice for all of us. How truly fortunate we are to have the protection of such a perfect spiritual friend as Kyabje Zopa Rinpoche. Many thanks.

A: I'm reading the Sutra in German and very happy to be able to do something pleasing to Rinpoche. He is so kind in asking us to do this as it is so difficult to meditate.

R: I have just read the benefits of Golden Light Sutra recitation, and one .. is [that] the Guru will answer one's question whenever it arises. I recited the Golden Light Sutra on ... and on ... [and now] I have an answer for certain problems that have been bringing me down recently. It seems that my problems are related to the way I practice and I have gotten advice on this. Although the

solution is a very simple one – that is to be mindful and focus. But it is really what I lack most in my daily practice.

D: I had ordered The Golden Light Sutra ... and yesterday, all of a sudden as I was on my way home, I suddenly felt surrounded by gold energy and light. It poured into my every cell and very being. I was filled with so much pure joy and happiness and felt protected. When I got home, what did I find waiting for me? The Golden Light Sutra. It had been delivered that same day, and I did not know. ... I also wanted to thank you for sending me the book. May all beings everywhere be free of suffering!

D: I have recited this twice. The first time - I tell you it was a struggle to get started, wow, my mind was seriously misbehaving. Half way through I felt this energy, like a wave from far away, flash through my little gumpa and then vanish off in the other direction. The second time - I recited it with a visiting friend ... I am glad to say this person ... has become ... active ... in the Dharma center in their city.

G: When I read just the name of the Sutra of the Golden Light in the Mandala magazine I was instantly drawn to it and wanted to download it. When I started reading it, I experienced joyful feelings. It is not a dreary task to recite it. I see it as a light filled jewel, but one which is big enough to enter and turns into a temple which fills my heart with happiness and light. I have started an altar with fresh flowers on it and make my altar every day more beautiful. My faith in the Buddha's teachings has strengthened. I feel I have waited for this sutra all these years... The Sutra of the Golden Light is like a diamond filled with rays of light in which I can bathe my tired soul. I feel like I can come to this practice and there is all these enlightened beings who bathe me in their love and light ... Buddhism has come to life for me with this sutra. I now understand what the teachers mean. It is a direct experience. The Buddha himself and many others ... mystically enter my heart and my life transforms. Reciting the Golden Light Sutra is like hearing the Buddha speak his words from inside my own heart. Everything good happening to me in my life now is the blessings of the Buddhas and this sutra is my teacher. Now I can also see that words are so shallow and dry. I would have to sing the song of praise of the Golden Light Sutra.

P: I really get a powerful effect from reciting this. I feel it is very beneficial. I am ... sending it to others so they will recite it too.

G: The first time I read a few pages of this sutra I felt immense joy and bliss. I could very clearly feel the strong positive influence it has on the mind. Everything seemed brighter. The heart is all of a sudden released of any narrow-minded selfish thoughts. What is difficult in analytic meditation, is accomplished here with great ease: a heart-felt wish for the well-being of others. It did away with any concerns about my own self. It makes you effortlessly accomplish the Four Immeasurables. Recently we recited it together in a group. ... It was good to purify some negative karma ... [by] reciting the Golden Light Sutra sitting side by side with one another. Each of us also got a free copy of the German translation (courtesy of the translator ...) I like ... sharing our experiences with the Golden Light Sutra as a further encouragement on the path.

M: Recited in full the first day I received it.

S: I was volunteering ... with soldiers ... [One ... [felt] that he had ... many lifetimes killing ... I gave him the Sutra to read. He read it in two days and felt [a desire to] become Buddhist.

A&B: Two people reciting the sublime Sutra of Golden Light (as well as 21 Praises to Tara and the Sanghata Sutra) in proximity to the recent fires burning near San Diego, California, reported the air being clear of smoke in their area.

G: With much appreciation for this Sutra, I had the opportunity to read a few pages at the Maitreya Heart Shrine Relic Tour in Edmonton Alberta. ... I felt a great light and centering while I sat in the meditation hall. What beautiful words with so much energy and love captured and given in this text. ... The Confession Chapter that I began to read touched much of what I feel I need to express within myself. Fear of the darkness that is within has prevented me from finding a release for these seeds and the fruit they may manifest. I have felt so peaceful and energized for the rest of the day so far. ... My humble gratitude is but a drop of the ocean this text provides. I truly wish to express my deepest thank you for placing it here at this Time. Tashi Delek!

DNgSJ: [At our] small Tokyo center ... we've begun reciting this powerful sutra at least once a month. Because we are so spread out (from Hokkaido to Kyoto) we arrange our starTing Time and chapter assignments via our Googlegroup and do our reading in our homes. Six people [read while two] ... who don't read English say the title and rejoice while we are reading. ...) When we finish reciting and dedicating, we let each other know via our Googlegroup. Based on peoples' comments, everyone ... enjoys the reading and the contribution we are making for sentient beings. It's also a great way for all of us to connect, even if it is through the air waves. Thank you, Rinpoche, for introducing us to this wonderful sutra. May any merit we create go towards Your long, healthy life and for obstacles to be removed in having You visit Japan. [Note: Lama Zopa Rinpoche visited Do Ngak Sung Juk in 2008.]

D: I could not wait to copy the Golden Light Sutra. I have so drawn to it most immensely and with such joy. I have been reading it over and over every page with such joy. I always make offerings to the Buddhas, Lama Zopa and my lama, Geshe Tsulga, and all the buddhas in the ten directions and all the world for peace and happiness and for all the buddhist centers to flourish.. it gives me such joy to do this for the benefit of my lamas and world peace and so many other wonderful things, the joy of life itself. Thank you for making it available to me. Om Mani Padme Hum...this has brought me incredible insight and joy more than I have ever known.

C&D: Several people report that by reciting the Sutra of Golden Light regularly ... they feel an increased or deepening interest, understanding, and commitment.

D: Reporting ... a recitation of the Sutra of Golden Light. ... [m]y words were sparse because I felt rather selfish in purpose. I felt like I personally needed a little merit. :-[I've been sick for a while and it was getting bad. Actually, I thought I was dying... but as you can see, I was wrong (heheh). I have a thousand and six things I'd like to say... and many questions but I'll hold them back and just say 'thank you'. Or you may direct that 'thank you' to the person first desiring the placement of the Sutra Of Golden Light online. It was an altering experience. ... Best wishes for your happiness.

AN: On a recent trip to Sri Lanka, I ... another monk ... [and] two Burmese monks [recited] ... In light of recent turmoil in Burma as well as the history of terrorism in Sri Lanka, we thought it was a good thing to do. After the reading, I gave one copy to one of the Burmese monks. ... This recitation was done at the famous Temple of the Tooth in Kandy, Sri Lanka. Due to the merits of this recitation, as well as all the three Times merits accumulated by myself and others, all Buddhas, Bodhisattvas and other sentient beings, may there be no war, terrorist attacks, quarreling fighting, oppression, natural disasters, famine, disease, and unhappy minds in this or in any of the world systems of the ten directions from now until the end of samsara. May the precious Bodhi mind be generated in my mind and in the minds of all sentient beings without even a second's delay, and may that altruistic wish that has already been generated increase. May all the lives of the holy spiritual friends, particularly His Holiness the Dalai Lama, Kyabje Lama Zopa Rinpoche, be long and stable. May I (by myself alone) be able to fulfill all of their holy wishes instantly. May all the centers, organizations, monasteries and so forth designed to promote, preserve, and propagate the holy Dharma, particularly all of the centers, and projects of the FPMT, have all of their obstacles removed and receive every single required condition such that they may be immediately successful exactly according to the holy wishes of His Holiness the Dalai Lama and Lama Zopa Rinpoche. May any being who even merely hears about any of these projects quickly purify their minds, collect extensive merit, and quickly realize the entire graduated path to enlightenment in their hearts as quickly as possible. May I be able to offer the most extensive benefits to all sentient beings and the teaching of the Buddha from now on in all my future lives by having all the qualities of Lama Tsongkhapa within me. Just as the brave Manjushri and Samatabhadra too, I too dedicate all these merits that I may follow their extensive deeds. With the dedication praised as the greatest by the three Times, ones gone to bliss, I too dedicate these merits. In particular, may I be able to spread the holy Sutra of Golden Light throughout the ten directions, thus ensuring the peace and prosperity, as well as all temporal and ultimate happiness for all sentient beings for as long as space endures.

C: I am reporting 2 recitations... I didn't recite yesterday because of unavoidable circumstances. ... A Coup d'etat occurred while reciting the Sutra ... A senator and a general with much influence took over the Manila Peninsula Hotel and demanded the ouster of the President. So we begin to recite[the Sutra] with much zeal and just when we thought that the situation will become disastrous, [at the point] when the rebel senator and general called on their people from the camp to complete the coup ... a miracle occurred. The soldiers in the camp declared they would not support the coup d'etat ... The rebel senator and general were left with only a handful of supporters and are expected to be put in jail today ... I think the recitation of the sutra has greatly helped our nation. I thank Lama Zopa and all of you ... Thank you very much.

M: I have been ill for some time, always very tired, I ... could not endure anything besides work and practice. I am astonished with what happened ... last week. I worked late every day without neglecting my practice, and during the week-end I could stay up... All my relatives and friends could not believe it. My daughter was astonished! This had been impossible for the last 10 years! Thank you Lama Zopa! Thank you all! I hope many, many people will benefit. Please enjoy!

T D: At 2.30 pm today on December the 3rd, I completed reading the Sutra of Golden Light. I had read it during the last 49 days as my companion of 12 years, my dog, passed away and we were closely bonded. I said I would read the Sutra out loud during his bardo period (and ask for

any merit, to go to him, to benefit him in the bardo) and read the last words at the exact moments of his 49th day bardo period. Taylor, my dog, was almost as big as me, a large black giant woolly poodle who due to my serious illness, stayed at my side, never more than a few feet away from me, looking after me always. He spent so much time with me at prayer and slept outside my altar room, and would lay with his head towards the altar. He also would often, be found in there, looking at things, sniffing at objects and he would circumambulate a round table of holy objects with me. It has been very dry weather here in Tasmania and last night I heard thunder. ... and when I awoke, we have had SO much rain. We are catching it in large buckets and containers for water was short here. A few days ago, a farmer came and ... dug a very large hole so that we could have a dam, when the rain came again, at the back of our house. I went out this day and looked and due to this glorious abundant rain, we have the first of our water, collected in the dam. I know it says in the sutra that rain will come where needed. It was needed here, and on this day I finished reading the sutra out loud – much rain has come and begun to fill the dam we had dug!! LOVE AND LIGHT.

S: I have been reciting this Sutra since I heard Lama Zopa Rinpoche request us to do so ... I started slowly and then my determination to recite grew and grew. We are having a drought here ... I saw some fish in a stream that is in danger of drying up. I asked Geshe Gelek-la to please come with me to the stream. We sat by the side of the stream - I read the chapter on the fish from the Golden Light Sutra and Geshe-la chanted prayers in Tibetan. The next week we had three days of rain. Thank you Lama Zopa Rinpoche. Thank you Geshe Gelek Chodha. And thank YOU so much for this website.

M: I truly feel safe after reading this sutra ... feel my hostility towards other beings diminish ... and this definitely helps me cope and shine a light to them, a visible one. I noticed I'm practically glowing after reading this sutra.

S: I have just finished my first recitation. It took me four months ...and has been a huge pleasure. ... It is very helpful and supporting to know that there are others all around the world reciting the Sutra of Golden Light as well.

L: Chagtong Chentong Centre Tasmania has added a weekly group recitation of GLS to our program ... ever ongoing ... no end date...we have been only participating in this way for one month with usually about 6 people attending. We shall be finished our first full recitation together when we close for a summer break next week but will continue individually until our program resumes in mid-January. We hope to keep in touch and report in our number of recitations regularly. It is becoming a VERY special aspect of our program, those participating loving every second and smiling.

T : Reciting the Sutra of Golden Light is one of my favourite Dharma activities. It brings instant peace and helps me to attune to the social and political world.

SG: Very profound. I ... managed a few pages consistently ... over the summer. ...the garden below my window bloomed incredibly as never before and there was always rain. The whole space in our house and garden felt protected and sanctified. We really felt the presence of positive energies and life in bloom. How kind Lama Zopa Rinpoche is.

D: I have finished my second recitation ... while ... reciting, I got really sick, had to have two teeth pulled and continued to be sick after I got home from Thanksgiving with my friend ... I finally finished it two days ago, it was really strange ... But all ended well and that may be because of the sutra itself ... Maybe you can ask Lama Zopa Rinpoche ... what he thinks. Also ... I have a very ancient cat who seems to be better ... I read the Sutra aloud and both of my cats hear it and I am always saying mantras in animals' ears and my own as well, anyway I think it has really helped them a lot. My one youngest cat calmed down and became very loving towards me. It works, that is all I know.

B: I regularly recite the 4th chapter, the Chapter on Confession, of the Sutra of Golden Light, with a Vajrasattva practice. The other night in my dream I was visited by Lama Zopa who whispered into my ear that I must do 21 prostrations with the practice.

E: I've read that Lama Zopa is ... interested in any benefits/changes we may have noticed ... I've definitely noticed negative karma ripening, every time I read a chapter or section. ... However, I'm quite confident that there's been an increase of my level of compassion towards living beings as a result of the recitation. ... since reciting the Sutra, it's as if my compassion arises more frequently and more intensely. Also, my level of guru devotion has increased, I have tears of joy spilling from my eyes, just as I write this to you. My precious gurus are so much more precious and that, I can also attribute, at least in part, to the recitation of this marvelous Sutra. ... In addition to the above benefits, reading the Sutra gives me a feeling of peace. It's so beautiful to read, that I'm often moved to tears of joy; that I'm even able to read it! That I have a copy in my hand, that I may place to my forehead -- needless to say, I will be reading this sutra for as long as possible, it is now part of my regular practice. ... Additionally, I have a sister who had taken refuge ... She'd been ill ... and when she died, I was sitting next to her, holding her hand and reading the sutra as she took her last breath. The very next chapter [=Chapter 18, “Chapter on the Tigress”] – beautiful and so appropriate.

S: Thirty-five of us met at the ... on New Year's Day with Geshe G and recited the sutra. ... [We passed] out the pages of one copy and read all the different pages simultaneously ... Amazing. Tears streamed down my face as this incredible sound surrounded us.

J: Every time it has been a nice experience to recite ... It makes me happy and gives me strength and hope for better Times. Once I dreamed I received a blessing from a teacher.

M: I must have read this sutra 10-15 times now. Along with using a mani prayer wheel with over 1,000,000 mantras of Om Mani Padme Hum in it, I have experienced a strong increase in concentration, and it seems that reading the sutra is pushing out my negativities very quickly, so they can be purified. I've noticed an increase in appetite usually after reading this sutra, perhaps its because of the awesome power that it generates in ones body. There is a sense of knowing that everything will be ok most of the time during periods of reading it. Doubts arise sometimes but seem to be pacified by the power of the sutra, and sloth from overeating was definitely overwhelmed by reading this sutra. ... I encourage everyone to read this sutra as much as possible!

BJ: I completed reciting ... Sutra of Golden Light today. I have read over multiple days on ... my little meditation porch. I was in tears with the chapter on the Tiger and still continue to be blown away by the act of selflessness being the basis for future enlightenment. Earlier I ... and wanted to thank each of you involved in making this reading possible – the translators, Lama Zopa for encouraging us, teaching us, and providing such a continuous example of devotion of both heart and mind, and each of you involved with this project of making reporting possible, questions, etc. I am very thankful, and have increased my energy and commitment to practice in daily life. Perhaps I will be able to see the hungry mother tiger as an opportunity. Thank you.

GG: Mission accomplished! I did my chapters 1, 2, and 3 plus 4 which is so powerful and healing... wow! this is so powerful and I feel so full of joy and energy.

L: Thank you for this wonderful opportunity [for reciting world-wide].

HS: Peaceful Greetings - thank you for ... setting up this remarkable experience. I am grateful and honored to be a participant. ... Filled with gratitude and calm.

M: I just completed ... I am filled with light, and inspiration.

LL: Dedicated to the fulfillment of all the holy wishes of Kyabje Lama Zopa Rinpoche and His Holiness the Dalai Lama. Also to all beings realizing Bodhichitta & emptiness. Also to world peace and to the U.S. gaining a leader with greater wisdom and compassion.

FC: Completed recitation ... on the Big Island of Hawaii on Losar ... Year of the Earth Rat. ...Read aloud within earshot of wife ... son ... sheep, many birds, insects, and arachnids.

MS: Another recitation to report.. it can be such an intense energy. [One Day Later:] 1 more recitation to report... This seems like it's beginning to be a daily thing eh? A good Aspiration: No matter what, may I read the entire King Of Glorious Sutras, The Exalted Sublime Golden Light every day and may the whole universe allow me to do this.

KYZ: Freedom for Palestine, may the siege of Gaza and all suffering stop immediately. May there be a ... solution to the conflict between Israelis and Palestinians and may this solution bring happiness and prosperity to everyone. Due to the merits, may this precious Sutra of Golden Light be recited in Gaza.

DP:I did one so far-99 togo!

LLH: Thank you for inviting me to take part in this wonderful day of sutra prayer! I had never read that sutra before and found it stunningly beautiful!

DK: Without your website I would not have been able to download the sutra and complete the recitation. Thank you for your kindness in sharing the Dharma with all sentient beings.

GP: I wish to advise of my complete reading of the Glorious Sutra of Golden Light ... on my own except for my dog and the moths, bugs, spiders and rats in my garage listening for 4 Hours. I

hope they all benefitted from the reading as I did reading aloud virtually non-stop. I'm going to bed happily content. Best wishes to HHDL and Lama Zopa Rinpoche.

DO: We happily completed our reading today, Sunday... Five of us ... began ... at 10:00 a.m. It was fun taking part ... May the merit help clear obstacles to LZR's upcoming trip and may He help spread the Dharma in Japan

AS: One recitation. It was a very strong feeling and a powerful experience.

LE: I downloaded the mp3s [=of Lama Zopa Rinpoche's teachings related to the Sutra of Golden Light] and put them on my player. The player for some reason put them in the wrong order so I listened to 1, 2, 3 and then I got tired but the great thing was that the teaching seemed to match what I was thinking/feeling as I drifted in and out of consciousness. Also my shoulders and upper body felt warm and expanded. My friend invited me to a park today. He said I should come read the Golden Light Sutra under a tree. Maybe play a little frisbee to. Thank you, peace and lots of love!!!

JW: I completed another recitation of the Sutra of Golden Light today ... I was glati to be part of the around-the-world group. I ... was able to recite the entire Sutra in one day. ... May there be peace, May all beings be happy, and without pain and suffering, May the Buddhas provide special care for those with mental illnesses, and those who care for them - family, friends, and mental health workers. Much Compassion.

KE: I dedicated to my friend ... who was captured by impermanence [in February].

TR: Four of us completed ... We could not gather in the same place so divided the pages between us and read throughout the day. The ... situation being so fragile here in Israel, we all felt really good about reciting and plan to do more. Much love

SS: About 37 of us did a mass recitation at the ... Center today ... One baby...has heard us do the recitations three or four Times. She just ... coos through the whole thing. When I first put together the Golden Light Sutra team, her parents requested a recitation on her behalf. ...Ten of us gathered. She sat in her little baby seat next to Geshe-la and just beamed as he read right to her. I WISH I had had a camera.

Tenshin Ryushin-Ji Buddhist Temple and all of its membership, affiliation of Mushindo, and all Organizations in association World Wide participated ... This was accomplished at the request of our Senior Monk, Tenshin Arakawa to all memberships. Those participating were from United States, Hawaii, Puerto Rico, Russia, Ukraine, United Kingdom (including) Wales .. Scotland ... Australia. Approximately 565 members participated. Wishing every success and many blessings. In Metta

JVV: I felt very uplifted by spending most of my day reciting these powerful words.

CTD: Forty-seven recitations of the Golden Light Sutra done in Mongolia in February. Thirty-seven recitations were done by students of FPMT center, Shedrub Ling, Ulaanbaatar, and 10 recitations by LPP Mongolia students at the high security prison Taxir Soyot.

NS: I recited ... chapters of the Sutra of Golden Light. It was wonderful to know that so many others did the same. In the afternoon I saw a rainbow and dreamt of a rainbow at night. Here in Germany, many Dharma friends have gotten to know about the precious Sutra.

LC: One completed recitation ... done ... It was very powerful and blissful.

MS: One more recitation of Golden Light. I was guided to do it in ... in a mall by a pet store. Who knows how the pets were being treated? Some girl ... drops me a bag with Reeses and a drink and a Bible in it before I'm even done reciting out loud. I just keep going. LOL

LB RR: We felt it as a very good experience. I read next to our dog which is very ill and near to dying. When I was reading about how the sutra helps the sick and suffering, the dog, who had not gotten up to walk for two days, got up and walked a bit, looking at me as if she was understanding and feeling better. I was so thankful. I hope we do more of this world wide reading.

MS: I try to read this Sutra ... few Times a week. ... when reading it lately ... my eyes become beautified. I feel true understanding of life and feel compassion when reading this and life has so much more depth afterwards. I feel very very light and concentrated. The world seems fresher and fresher, and holds more wonder.

TT: I've recitations of the Golden Light Sutra to contribute from ... an outreach group ... It was the group's first experience reading the sutra and they found it very powerful.

SF: During a ... Lam Rim retreat [around Losar], I started reciting the Sutra of Golden Light ... The retreat felt very nurturing and healing. A little bird flew to me and perched on my open hand pecking at some sunflower seeds I provided for him. I experienced a very peaceful and happy mind during the retreat time and made many prayers for the long lives of our holy Virtuous Friends and for kind mother sentient beings.

AL: My friend ... finds his life has found new meaning through being involved with the Golden Light Sutra by reading it and would like to write it in gold.

NL: A profound sense of purpose and encouragement came [from reciting] the Sutra of Golden Light. It is like certain aspects, heretofore dormant, became active and realizable ... it leaves one with a resounding "That make sense" but also with increased gratitude and appreciation for the teachings that reveal more each and every day. Thank you.

MW: I am writing to report that I have completed one complete recitation of the King of Glorious Sutras the Sublime Golden Light. It continues to be an inspiration for me and seems to become more stronger each Time I read. Thank You!!! =o)

SM: I am humbly reporting in with another recitation of this beautiful sutra. When I reached the part about 'areas needing rain, would receive that rain where the sutra is read', we had the only break in our drought to date. ... However today as I finished the sutra, I asked that any benefit from reading the sutra this time, could please go out to all in Lhasa, to those who had been killed, hurt, who were being tortured, who were locked in, for those who could not contact family members. I prayed the benefit would reach them without a seconds delay, in the hope too of a peaceful resolution for a FREE Tibet. It has been a humble honour to recite the sutra once more and I will begin again, tomorrow. May all sentient beings be happy and free of suffering. I praise and ask that Lama Zopa Rinpoche and His Holiness will live long, please may this be so. And I bow down in devotion. Thank you Lama for speaking to us, to encourage us in the constant reciting of this beautiful sutra. Love and light

NU: I am so happy and feel bless upon hearing Lama Zopa Rinpoche asking each individual or everyone of us any where in the world to recite the Sutra of Golden Light to bring peace in Tibet and to the whole world. I ... will do my best to recite the Sutra of Golden Light in benefiting oneself and the sentient beings to radiate world peace. It really is amazing how I came across the Sutra of Golden Light (at the FPMT website) two days ago and I said I will come back to it but somehow I browse around a lot on reading Buddhism teaching ... All of a sudden I receive the email today and asking anyone who would be interest in helping recite the Sutra. I feel overwhelm that I was being reminded and invited. I feel like I have a duty to fulfill and I'll do by best. Thank you. Very appreciate it and joyous to receive the email.

SM: I completed one recitation of the Sutra of Golden Light. I will listen to [Lama Zopa Rinpoche's] commentary as well so as to gain better understanding of the full meaning which my feeble mind cannot comprehend. Even so, without a deep understanding, still I was moved to tears of compassion for all sentient beings and the great desire to behold the Tathagata.

DB: 1st recitation completed ... Even with multiple sclerosis, I feel great! My wife and I were bemoaning the Second World War the other night. ... I went to bed listening to Lama Zopa Rinpoche's transmission ... and was exuberant that during the war it [=the Sutra of Golden Light] had been translated and presumably recited in German. Great news. Yesterday, I stood and walked into another room without walker, cane or wheel chair for the first Time in over a month! Such opportunities give one a sense of gratitude, self-respect and, yes, health. The chapter on the Tigress opened my heart to my ... mother. I've known this Jataka Tale for years but never read the source. I feel a deep, genuine warmth for my mother that had been lost for years. Thank you, all. Love

DBG: Today I completed my first complete recitation of the Sutra of Golden Light. I am so grateful to Kyabje Zopa Rinpoche for helping his fortunate students and many around the world to connect with this profound sutra. I dedicate the merit completely to the success of the activities of all of my Gurus, especially His Holiness the Dalai Lama, Kyabje Zopa Rinpoche, His Holiness the Karmapa and The Dzogchen Ponlop Rinpoche. I dedicate specifically for the success of His Holiness the Dalai Lamas efforts to bring a peaceful solution to the current events in Tibet, and to the end of all violence, war, and famine. Sarva mangalam! ... Although I had heard of the sutra within FPMT circles, I was inspired to start reciting it by a very vivid dream I had in which Rinpoche was doing some sort of puja. He then looked at me squarely in the face

and with great love said very clearly: "Golden Light Sutra." The next morning, I downloaded and started reciting it. I so appreciate what you are doing to help people connect to the Golden Light Sutra.

PL Center: Our group [including] one dog did four recitations. One member said she felt full of light.

DFF: In accordance with Lama Zopa Rinpoche's advice regarding ... Tibet, Yangsi Rinpoche and students offered a full recitation of the Sutra of Golden Light ... at all times during recitation the experience was expansive and inspiring. May any merit benefit all beings. Due to these merits may leaders embodying inner and outer peace inspire peace to arise immediately in the minds of all beings in all the realms and in all three Times.

MB: One recitation completed. May His Holiness's wishes for Tibet be fulfilled immediately.

MY: I have completed a recitation of the Golden Light Sutra for World Peace.

JK: When I began to read the Sutra I found myself crying as I recited the text, my heart softened, I feel like I am reading words sent by an old friend. I look forward to meeting that friend now as I prepare to go upstairs and continue the text. Thank you

MAB: May the merits of this recitation benefit the people of Tibet and China.

LL: Just now finished a recitation of the Sutra of Golden Light, strongly dedicating the merit for all of His Holiness the Dalai Lama's wishes regarding Tibet to be fulfilled immediately and for every person in Tibet to live in freedom and to practice Dharma, and also for the people of China to be free from delusions and negative karma and to practice Dharma. Also dedicated to peace everywhere, to the reversal of environmental problems on the earth, and to the fulfillment of all the wishes in general of His Holiness the Dalai Lama and Kyabje Lama Zopa Rinpoche.

S, K, J, S, S: We completed 1 recitation this morning, dedicated to the peace in Tibet, with members of Root Institute here in Bodhgaya at the main temple.

CK: 10 complete recitations and written about 20 pages in golden ink. Thank you!

VH: This week I recited verses from Golden Light Sutra each morning. I completed the recitation this morning and dedicated for the peaceful resolution of the crisis in Tibet.

AB: Dedicated the merit ... to the religious freedom of the Tibetan people, the immediate success of His Holiness the Dalai Lamas wishes regarding the Tibetan people, to the end of other conflicts including Darfur, Burma, and Israel and Palestine, and to world peace.

YR: I finished reading the Sanghata Sutra Dharma Paryaya and I constantly read five pages minimum (of) Golden Light Sutra, each day. Besides, I meditate on Vajrasattva, and I offer those merits for the peace of the Tibet, Colombia and the whole world.

SPC: A number of nuns and lay people met this morning did a group recitation of the Golden Light Sutra. We would like to thank Rinpoche for the opportunity to engage in such a wonderful practice and we offer ... 14 recitations for peace in the world and for the immediately fulfillment of Rinpoche's holy wishes. Thank you and much happiness.

RQ: Completed 1 recitation in Hobart Australia 4th April dedicated to the peaceful resolution of the Tibet situation and for the fulfillment of HHDL wishes.

DCI: At Dorje Chang Institute seventeen people came together to recite the Golden Light Sutra for peace in Tibet and peace in the world.

KB & RI: 5 more recitations of the sutra at the Bodhi Tree... now we are moving recitations to the gompa at Root Institute where we will continue reciting for an hour every day and dedicating to Tibet. Will keep you posted on completed recitations. Great to read peoples' experiences - we have had some very stormy weather here - who knows?!

JVV & DFF: We have this posted as a regular monthly event now on the front page of our website.

ST: I recited the Golden Light Sutra on March 31st and dedicated it to a free Tibet in accord with His Holiness's wishes. I also dedicated it for His Holiness's and Lama Zopa Rinpoche's long lives, and for general peace in the world, and a healthy planet.

ODF: Recited ...The King of Glorious Sutras called the Exalted Sublime Golden Light 1 Time. Reading this sutra was just total joy. I didn't realize it was going to be so much fun. I feel completely blessed that I read the whole sutra and that I ... want to read it again.

OT: I am reading 1 chapter per day [and] dedicating the merits for the peace in the world , for eliminating the all war and violence and for the happiness of all beings. I live in Mongolia ... [and] attend classes at the FPMT centre in Mongolia. We read the Golden Light Sutra as our teacher, Ven. Chantal requested. [I am taking] this opportunity ...to express my sincere respect and thanks to all founders, teachers and supporters that we have the FPMT centre. Thank you.

DK: By the truth of the words in this Sutra may its Golden Positive Energy dispel all negative energy in the world, maintain peace and understanding and Spread the Buddha-Dharma into the minds of suffering sentient beings without refuge. May Tibet regain Independence from China. ... May all the Gurus of the four schools of Tibetan Buddhism have long lives. May there be uninterrupted peace and joy in areas of strife.

KKH: I've completed my recitation of the Glorious Sutra Sublime Golden Light ... Looking forward to start the 2nd reading. I'm so touched by the Compassion of Mahasattva giving up his life to save the cubs that I was choked with tears. Thank you so much for sharing this Dharma gem with me. I read it in the presence of my pregnant wife. I'm on the verge of being jobless and my 2nd child is on the way. I put my faith on Rinpoche's advice on the effects of reciting this Sutra.

SQ: Dedicated to the immediate ... fulfillment of the wishes of Lama Zopa and HH the Dalai Lama. With love

DK: The Dalai Lama is 15 miles away ... In this recitation I felt very clear and open ... a lot of negative funk was being cleared out of the way much like clearing a forest for a path. I felt clearly pointed towards Dharma and reading it and wanting to hear it to practice it. ... Please encourage others to do it .. as well for the Peace of Tibet and the World.

CRZI: Chenrezig Institute would like to offer 22 complete recitations. May the merit accumulated become a cause for world peace and for the long life of Lama Zopa Rinpoche. Thanks a million.

DB: While reading the Sutra of Golden Light, my relationship with my mother has lightened up and multiple sclerosis has remitted. Now to ease a problem with my father and be done with m.s. completely, forever. Thank you.