

## HOW TO PRACTICE WORLD PEACE?

### Recite the sublime *SUTRA OF GOLDEN LIGHT*, especially in groups

Lama Zopa Rinpoche tells us that actions performed by a group have much greater karmic results than those performed alone. Consider reciting the *Sutra of Golden Light* by joining or organizing a group recitation. Group recitations can occur at any time. Consider scheduling recitations specifically for days of great merit.

To create a group, people might gather at their center or join a distance recitation through yahoo.groups. Contact other dharma students and designate a time when everyone recites. Then, report the results, experiences and questions here:

[www.fpmt.org/golden\\_light\\_sutra/default.asp#report](http://www.fpmt.org/golden_light_sutra/default.asp#report)

Why recite the exalted king of sutras, *Sublime Golden Light*? This is a powerful practice for world peace, purification of obscurations and accumulation of merit.

Here are some ways to organize a group recitation. Please report what you do.

- For the Fifteen Days of Miracles, 2010, recitation of the sublime sutra was ongoing, both beginning at 6 a.m. at the Mahabodhi Stupa in Bodhgaya, hosted by Root Institute, and by distance world-wide. Participants onsite began with refuge prayers, bodhicitta motivation, and specific motivation for reciting the sutra. Chapter one was recited together, and then participants recited individually. All recited chapter 21 together, followed by dedication and long-life prayers.
- Lama Tsong Khapa Institute reports that often, when new people come to the Centre, they like to recite sutras together, and in particular, the *Golden Light Sutra*. This could be a way of welcoming new people into a centre's activities and shared practices.
- For the Wheel-Turning Day World-Wide Recitation, Langri Tangpa Centre divided participants into four groups of seven people each. Each group read one quarter of the Sutra, thus completing seven recitations. The program coordinator said, "the whole thing, complete with motivations, visualisation, chai tea and dedications took 1 and 1/2 hours - so very achievable for an evening class!"
- Several monastic institutions, centers and study groups now schedule a regular recitation. Some recite a portion together once a month. Some divide up the sutra and that way, are able to recite the whole text in one session.
- Centers or groups with regularly scheduled recitations post the even on their calendars or on their websites, and some send out email reminders.
- Study groups such as Rinchen Zangpo in Mexico, recite the sutra on designated days.

- To join an existing distance group, contact Doc OConnor-Nemoto, yasdoc55@ybb.ne.jp or Ven. Tenzin Lhamo, anitenzinlhamo@gmail.com.
- Several individuals have organized distance or cyber recitations by forming google groups, through which they announce a start time and assign chapters of the sutra. When someone finishes the chapter assignment, they report in. The group leader then reports the number of participants and the completed recitations. This is particularly nice because people separated by great distances can still join together in a community.
- Some centers have ongoing group recitations. In this way, participants complete several recitations over the course of a year. For instance, Chagtong Chentong Centre Tasmania has added a weekly, ongoing group recitation of *Golden Light Sutra* to their program. They report that it has become “a VERY special aspect of our program, those participating loving every second and smiling.” Ven. Tenzin Chokyi has led a monthly recitation since 2006. At the end of a year, the recitations are offered Lama Zopa.
- Amitabha Buddhist Center in Singapore regularly recites the *Sutra of Golden Light* after group events or when a Center member needs help. They divide the sutra into thirds, and a complete recitation takes about half an hour. The Center Director reports that they have recited “at least a hundred times” since September, 2007.
- Members of the Jamyang Buddhist Centre, Leeds, UK, who live a distance from the Centre coordinate so that each recites in their own homes but on the same day.
- For a week-long residential retreat Jamyang Buddhist Centre recently held, they put a loose-leaf copy of the *Sutra* in the retreat gompas so that retreatants could recite a page or so when they had a few minutes to spare. They are “delighted to report that we completed 3 whole recitations plus 72 pages in this way.”
- The Dharma Friendship Foundation has a scheduled monthly recitation. They also note that people could recite in shifts, easily completing a recitation that way.
- The Kadampa Center in Raleigh North Carolina, U.S., has a *Golden Light Sutra* team. People respond to requests to recite either at the Center or in a home. They have also held on-site recitations with everyone reciting assigned pages simultaneously.
- Distance recitations using google group can be done in the same way. All participants are informed of the chapters for that recitation, and report when they have completed reciting. The group leader reports the number of participants.

with love,

Beth Simon