

# SUPPORT His Holiness the Dalai Lama and Tibet

By Lama Zopa Rinpoche

The purpose of doing demonstrations is to fulfill the Guru His Holiness the Dalai Lama's holy wishes for genuine autonomy for the Tibetan people; this Guru Yoga practice is the path to enlightenment for the benefit of sentient beings.

It is also important to repay the kindness of the Tibetan people, who have preserved the complete Buddha Dharma, not only Vajrayana but the whole path; they have preserved all the teachings for a long time. Due to this we non-Tibetans<sup>1</sup> are able to receive the complete teachings, enjoy and make our lives meaningful.

Now that their need is most urgent we need to be aware of how we can help – it is very important. This is what you would do if you are a sensible person, a thoughtful, intelligent person.

I have sent a message to His Holiness the Dalai Lama explaining what we will do and also requesting what prayers we should do for the achievement of success.

## Recite the Golden Light Sutra for World Peace

Anybody who wants peace in the world should read The Golden Light Sutra (*Ser.ö dam.päi do wang.gyi gyälpo*).<sup>2</sup> This is a very important practice to stop violence and wars in the world. The Golden Light Sutra is one of the most beneficial ways to bring peace. This is something that everyone can do, no matter how busy you are, even if you can read one page a day, or a few lines and in this way continually read The Golden Light Sutra.

The holy Golden Light Sutra is the king of the sutras. It is extremely powerful and fulfills all one's wishes, as well as bringing peace and happiness for all sentient beings, up to enlightenment. It is also extremely powerful for world peace, for your own protection and for the protection of the country and the world. Also, it has great healing power for people in the country.

For anyone who desires peace for themselves and for others this is the spiritual, or Dharma, way to bring peace that doesn't require you to harm others, doesn't require you to criticize others or even to demonstrate against others, yet can accomplish peace. Anyone can read this text, Buddhists and even non-Buddhists who desire world peace. This also

protects individuals and the country from what are labeled natural disasters of the wind element, fire element, earth element and water element, such as earthquakes, floods, cyclones, fires, tornadoes, etc. They are not natural because they come from causes and conditions that make dangers happen. They come from past inner negative thoughts and actions of people, and from external conditions.

The benefits of reading this sutra are immeasurable: it is said in the texts that even compared to offering precious jewels as numberless as the amount of atoms of the Pacific Ocean to numberless buddhas, reciting just a few lines of The Golden Light Sutra creates more merit than making these immeasurable offerings to the Buddha.

Reciting this Sutra directs one's life towards enlightenment. There is so much merit created by reciting this Sutra, everything is taken care of, one's life becomes so easy, whatever one wishes for one receives. This is because there is unbelievable purification and one collects extensive merits. This is how one liberates numberless sentient beings from the oceans of samsaric suffering and brings them to enlightenment. So here, I would like to make this request with my two palms together, to please recite the Golden Light Sutra for world peace as much as you can. ☸

*With much love and prayer,  
Lama Zopa*



PHOTO: Ven. Roger Kunsang

<sup>1</sup> Lama Zopa Rinpoche was born in Thami, Nepal and is the reincarnation of the Lawudo Lama.

<sup>2</sup> [www.fpmt.org/teachers/zopa/advice/goldenlight.asp](http://www.fpmt.org/teachers/zopa/advice/goldenlight.asp)