

A Moment to Generate Glorious Longevity and Well-Being

Returning to Zahor, Padmasambhava took the royal princess Mandarava as his consort, and they then went to the Maratika cave, where for three months they practised the sadhana of longevity. The Buddha of Limitless Life, Amitayus appeared, empowered them with longevity, and blessed them as inseparable from him. They both accomplished the second vidyadhara level, 'vidyadhara with mastery over life'. (Quoted from A Great Treasure of Blessings)

Sometimes as an international sangha, a moment of sublime interdependence and unity unexpectedly manifests. Next year, on February 8th & 9th, Chagdud Gonpa practitioners in North and South America, in Switzerland, and Nepal will perform simultaneous longevity ceremonies. The inspiration for these is Tromge Jigme Rinpoche, who, since Chagdud Rinpoche's Parinirvana, has upheld Chagdud Gonpa everywhere through Dzogchen retreats, Vajrayana empowerments, drubchen ceremonies, and precious oral transmission, and personal guidance of practitioners. Now, to overcome predicted obstacles to his health and continuance of activities, he will lead a group of pilgrims in ten days of longevity practice at the holy cave of Maratika.

Maratika is where Rinpoche and Mandarava consummated their power over longevity. Upon hearing of this auspicious event, the lamas of other major centers in Brazil and the United States organized so that their sanghas could join the Nepal group through simultaneous meditation, linking practice in their shrine rooms with the practice in the cave. It soon became obvious that this network could include all the Chagdud centers and practitioners.

At Khadro Ling we will focus on the longevity section of the Essence of Siddhi during the daytime sessions and then practice the Amitayus sadhana in the Dudjom lineage in the evening. Very concise but extremely powerful, through this practice we can balance the inner elements of our mind and bodies, and alleviate the suffering from outer elemental imbalances like climate change and natural catastrophes. We all wish well-being, good health, and longevity for our spiritual teachers, for our families and friends, and for all beings in all realms. Sometimes, though, the enormous scale of imbalances, the prevalence of illnesses, renders us depressed and helpless,

paralyzed. Amitayus practice dispels such obscuration and enables us to manifest benefit in countless ways in various circumstances.

The Amitayus sadhana can be practice with self visualization if one has an Amitabha, Chenrazig, or Guru Rinpoche empowerment, or by visualizing Amitayus in the space in front. Please join this group practice, and make splendid aspirations for its specific benefit.

Chagdud Khadro

October 2019