

Guruyoga on May 21, 2018 - All together in the same state

Date : May 18, 2018



Rinpoche has spent the last decades repeating tirelessly that the essential practice to do is to be in Guruyoga.

Months ago, in Dzamling Gar some people asked Rinpoche what practice we can do for Him, and He said to not worry about Him and do Guruyoga and your personal practice in the best way.

We have to remember that, and to be Present – it is very important for us as practitioners. **If we really want to look after Rinpoche, we have to listen to Him.**

When we do Guruyoga, we are Present and we keep our Samaya pure. We know very well that our Samaya is also related to Rinpoche's health. When we break our Samaya we can create disturbances for Him. We really need to develop our ability to be in a state of Guruyoga, so then all the practices that we apply can certainly work.

On May 21st, we invite you to practice together Guruyoga in the way you know and from the place you are, individually or in group. You could do: Guruyoga of the white A, Essential Guruyoga sounding A and singing the Song of Vajra, Vajra Dance of the Song of Vajra or the more suitable practice according to your circumstances.

Let's unify in the same state especially during one or more of these time slots (GMT+0) :

05:00 to 06:00 am

10:00 to 11:00 am

6:00 to 7:00 pm

8:00 to 9:00 pm

May we quickly progress together in our practice for the benefit of all of the universe's sentient beings.

Long Life to our Precious Master!!!

With Love,

Practicing Together Team