

*On His Holiness Chatral Rinpoche's Parinirvana
and the Importance of Life Release Practice*

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Hey Everybody,

When you have tsok on Guru Rinpoche day or Dakini day -- or whenever you are doing tsok -- no matter what deity you are practicing, offer to the guru. Remember the guru. Who is he? Mainly Dudjom Rinpoche and Chatral Rinpoche. Whether you know Chatral Rinpoche or not, it doesn't matter; he is one of the main gurus of the Nyingma tradition. Some of you have connection with him, some don't; but you do have a connection with Dudjom Rinpoche. You have a connection with Penor Rinpoche. Actually, whether you have connection or not, you can still benefit by gathering merit and cleansing obscurations.

So gather merit as you can, and especially it is good to engage in life release practices. Help with these as much as you can because the Dudjom Tulku said please do it. He made that request because Chatral Rinpoche himself did life release his whole life -- that was one of his main practices. So the Dudjom Tulku is asking us to do it as much as we can.

When you guys do something virtuous, at that time remember the guru. Your practice can be dedicated to the long life of the lamas, and it will benefit your own long life and removal of obstacles, your own accumulation of merit and purification of negativity. You don't have to be offering in particular to Chatral Rinpoche. But you can take this circumstance of Chatral Rinpoche's parinirvana to offer to the gurus, yidams, and dakinis. He passed, therefore we have this opportunity.

Who is asking us to do this? His Holiness Dudjom Rinpoche's tulku is asking. For what? Because Chatral Rinpoche passed away. It is good, if we can, to connect. It will benefit ourselves and others.

Tashi Deleg,

-Gyatrul