

4 June 2009, AM, Long Life Puja offered to Kyabje Zopa Rinpoche at the end of the retreat

Offering tea and rice

To you the pure field, Buddha has inconceivable qualities, Dharma has inconceivable qualities, Sangha has inconceivable qualities, the ripening result of making offerings to you has inconceivable qualities, therefore I make this offering to you.

Long life puja acceptance

I'm sorry, but just to mention one or two words. A long life puja was done after the CPMT meeting, one happened. Recently here IVY requested to offer to the guru for having done Mani retreat a long life puja. So I did Mickey Mouse divination, Mickey Mouse from Namche Bazaar, so it came, somehow, it came out, somehow surprisingly it came out good to do, I don't know why. Rather than not doing it. It is a dependent arising, the prayers together, so that has some power, some effect, some power. So it might be like that. however, it came out better than not doing it. Not the best but good. So what I want to mention, as I often mention, is that this is not just my long life puja, but is everyone's long life puja, all the students, everyone. That is logical because it is mentioned that the benefits of the seven limb practice, prostrating, offering, rejoicing, requesting to turn the wheel of Dharma, requesting to have a long life, there if request for long life the disciple's life becomes longer, it prolongs life, pacifies obstacles, causes the disciple to have long life, not only in this life but in future lives, it creates the karma for that to have long life in so many future lives. So the ultimate goal, the result of requesting a long life puja and offering long life puja, this is extensive way to do but normally when do seven limb practice visualize a golden throne held up by snow lions with double vajra, creates cause to attain undying vajra holy body. The immortal vajra holy body, it causes the disciple to achieve that. that is the normal explanation of the benefit of making request for stable life when do the seven limb practice, it has all these benefits. Since it is a causative phenomenon, *du che*, causative phenomenon, it depends on causes and conditions, the lama's and disciple's long life, so depending on causes and conditions the effect happens, due to that power. It is not that I can benefit sentient beings, it is not that. Nothing much. Even tiny bit there is, tiny bit I can help, I try, even tiny bit can help, not much I can do to benefit sentient beings, but even tiny bit that can help I try to do for sentient beings. so that's it, so thank you very much.

(As Rinpoche put on the head phones:) This is the airplane! Recently one airplane fell down, a French airplane, so this airplane is the substitute.

Request to Kyabje Thubten Zopa Rinpoche on the Occasion of the End of the 100Million Manis Retreat, Institut Vajrayogini, 4 June 2009

Dear mum,

Well, here I am in the south of France staying at a lovely chateau. The weather's great and the food's great, and there are lots of friends here and I'm averaging four hours sleep a night and I've done 47,000 prostrations and...

How would we lay people tell our friends about this last month? How would we explain the sleep deprivation, the fifteen hour's sitting a day, the pain, the discomfort, the purification, the precepts, the whole works? How would we explain our south of France holiday that had no alcohol, clubs, swimming pools, no sex? How would we explain all this?

In a word... Rinpoche.

Who else could put us through all this?
Who else could help us understand and endure it?

Who else could give us the chance to do 100 million manis for His Holiness?
Who else could give us a month face to face with our self-cherishing?
Who else could help us open our hearts to others?
Who else could introduce us to our minds and give us the tools to deal with it?
Who else could inspire and energize us so we can actually enjoy it?
Who else could create this pure land we are living in?

In four words... Kyabje Thubten Zopa Rinpoche.

You are patience, but maybe when teaching us you still have to use the mantra you gave us to increase patience. Many of us who have sat before you for decades *still* haven't got it but You never give up on us. You never give up on anyone. Rinpoche, never ever give up on us no matter how long it takes.

With the way You live, You are our ultimate role model, showing us by example how it is possible to live in complete purity.

You combine wisdom and compassion in a way that is the perfect antidote for all of us "illuminated" students. Knowing our minds, You have the skill to crack even the thickest of the thick-skulled ones amongst us. You take us from tears of unbearable compassion to tears of laughter, laughing at Yourself, playing with words, even sometimes manifesting forgetfulness to make the old ones amongst us feel better.

The breadth of the methods You use on us is amazing. Amazing! No matter how deluded we might be, You have a means to bring us benefit. You teach us to trust You, and You teach us to take responsibility for our own lives.

You present us the broadest picture and the finest detail, from how to play the cymbals to the meaning of one word in a prayer. You play with our minds, creating conditions where we are confronted with our delusions and with our true (yet not truly existing) potential.

While we sleep our blissful four hours a day, You work, endless projects manifesting and growing like the offerings You ask us to make. It's impossible to conceive the breadth of Your vision, the scope of Your projects. Manifesting in human form for us, surely in reality You must have a thousand arms and a thousand eyes just to be able to do a thousandth of the work You do for sentient beings.

Unexcelled master at explaining wisdom, even turning the dedications into a teaching on emptiness! From the most profound, to the most practical, effective methods we can use in our everyday life, for all the sentient beings who aren't even there. At all. In the way we perceive them.

Above all, You are compassion. Unimaginable and vast compassion for all beings, from the wounded pigeon to the plane crash victims, to all of us wandering the six realms, full of delusions and suffering. Your incredible kindness to all us students!

When our self-cherishing reacts to the hours and the practice, You are our compassionate torturer.
When our minds are drunk with lethargy, You are our wake-up call.
When our self is crying "me me", You are our bath of compassion.
When the child within cries enough, You lead us from delusion to awaken our potential.
When our hearts are open, You are our mother and father, all-loving.

You are always in our hearts, but...

What a joy! What a joy! To have You here with us for a full month! To be part of Your mandala and experience the family feeling of the FPMT. Like the mandala offering splitting into atoms, we'll carry this inspiration back with us all over the world.

With our dull minds we can't see a millionth of Your great qualities, a billionth, a zillionth, and yet, in our own deluded way, we can see some of what You do for us.

While we thrash about in samsara, eating, sleeping, working, making mistakes, You remain there immutable, the heart of our hearts.

Wow! You started the retreat by saying we should do for liberation what people do for football. People cheer when their country wins the European Cup. (Cheers! Cheers!) But here, at the end of this amazing - AMAZING! - retreat, we have just won a million European Cups full of merit (Cheers! Cheers!), a billion European Cups full of merit (Cheers! Cheers!), a zillion European Cups full of merit (Cheers! Cheers!), skies full of European Cups full of merit! (Cheers! Cheers!)

And that's another thing. You've taught us how to rejoice.

So, Rinpoche, please, please, please have a long, long life. Please, please, please remain to guide us forever through all our future lives. Please be the unerring guide to all mother sentient beings and lead us all to enlightenment, (which is empty from its own side) without even a second's delay, but Yourself alone!

Precious Rinpoche, please, please, please live long!

Composed by Kay Cooper, Montserrat Llobet, and Gordon McDougall, at Institut Vajrayogini, June 2009.

At the end of the puja

Merci beaucoup. I enjoyed very much so thank you very much for doing the long life puja. Gordon did a very good comedy but I am still an ordinary being. Maybe it will take many eons for me to become what he said. Normally the guru praying for disciple and disciple praying for guru has a lot of success, also parents praying for children and children praying for parents, one is blood connection the other is Dharma connection, so powerful. Also people living in the same house, sharing material possessions, praying for each other has power. So thank you very much for everything. I think this is the first, tomorrow is the last day, this is the first time in the West, I don't know whether anyone else did, at Chenrezig Institute in Queensland many years ago tried to do 100 million mantras, did every year but I am not sure if they got the number 100 million. But every year they try from first time I went, from the center the nuns and then people come from outside, I don't know if the number got done like here, three months but little e number of people. Since from that time every year the nuns try but not so many people come. I think it is a great help for the people who come to do but by number not much successful as here, yesterday I heard 70 million just here, so that's great, inexpressible. So I think this is very, the first time to do 100 million in Europe, I don't know if other traditions did, but besides Australia this is the first time. It is most wonderful retreat, not just compassion from mouth but I think more and more feel compassion in the heart, I think! Is it correct?

Students: Yes!!!

So most wonderful retreat. I mean a little bit bearing hardships and trying a bit hard so great purification. Those heave negative karmas collected from beginningless rebirths get purified, so most amazing, unimaginable, just by one session, just by 35 buddha practice at the beginning get unbelievable benefit. So actually it seems that supposed to continue until the number finishes... so 70 million so need 30 million more, means another half month or three weeks. One week or two weeks, something like that. it seems like that but it gives a very good idea for the future how to plan so more productive, more suitable, or more productive. I just want to make a little comment today, we will talk again. I think it is extremely wonderful thing to do this retreat and start to get some experience. Basically how we have been doing the most important is the technique, so try to collect, anything to collect most extensive merits and purification, we look for that to have realizations of

path to enlightenment as quick as possible. This is what we have been doing so I think you can do without much break and rush trying to finish the number in a short time, without much break trying to jump over the number, but then I think without much meditation, of course, just able to chant mantras is itself amazing, skies of merit one collects and unbelievable purification, but the more we are able to meditate to transform something in the heart that is the most important. That is just short, I just want to say we are very fortunate, now everybody knows how to do, has some idea for the future, whether do individual or in group. I think this is the best place. Before the center was going to do Yamantaka retreat but that means not so many people could come so Roger thought why not a Mani retreat. So it was Roger's idea!

(Applause.)

So that was Roger Rabbit's idea. It gave chance for new and old people to do, to have the chance. I think here is the best place to do Mani retreat. Then the service from Vajrayogini Center, I mentioned in the meeting the best service. I didn't go down much to look in the kitchen but I think everybody the whole organization, the director Jean Francois mainly focused on people's happiness to give them opportunity to practice, to make them happy and give them the opportunity to practice. the aim was people's happiness. Of course with organization need to think of money and expenses, but if the aim is only money and not people, then problems will arise. But here the aim is the happiness of people, all the attention on that, so that doesn't allow to rise problems if concentrate on that. the service from side of Vajrayogini Center is excellent. That is my comment but you know much better. Excellent service. Bodhisattva service!

(Applause.)

This way of running here, organizing, totally aimed at happiness of people and to help is a very good example, working harmoniously, very united, is a good example for other centers to learn, when they do courses in other places this is very inspiring example. I just wanted to bring that up today but of course I will thank everyone at the end. Please enjoy the nectar of long life. Thank you so much.

The offering money, there is fixing the roof or something, then also a large prayer wheel to make here. By having prayer wheel it blesses the whole area and even insects, creatures don't get born in lower realms, so unbelievable benefit, so the money you offered is a donation for the prayer wheel.