

# Tsunami Disaster 2004/05



Dear all,

It is very sad for all of us to know that the Tsunami disaster had taken so many lives and also separated so many people from their beloved family members. What we can realize from this incident is that life is so impermanent and no one knows what will happen the next moment. Just within a few minutes of time, so many people have died and all the surroundings turned into a graveyard.

It is time for us to realize impermanence and diligently start to practice the dharma to liberate oneself and all mother sentient beings, because time does not wait till we finish.

Most importantly, it is time for us to dedicate merits to all these victims who have gone through so much sufferings at the time of death and who have their individual Karma which will follow after. So as a

practitioner of the Bodhisattva practice, we must accumulate lots of merits and dedicate them to all these victims and wish that they may be liberated from the chain of sufferings in this Samsara.

For that, I have been doing aspirations and dedications for them these few days, also our Monastery at Pokhara is doing the Red Chenrezig Puja for the liberation of sentient beings, especially the Tsunami Victims of Asia. Our nunnery nuns are doing the Green Tara Puja and reciting 21 homages for the prevention of such disaster from happening in the future. They are also reciting Amitabha's pureland prayers everyday to dedicate them.

I encourage all of our disciples and devotees to do some lamp offerings and do Amitabha prayers as well as Green tara recitations for victims

and survivors to benefit them during this difficult period.

It is also very meaningful to make donations to these people who are not only sad because their beloved ones died but also because they have nothing to survive on. Every small gift will be life saving for them and therefore you should play your role as a good Buddhist and generate the compassion to benefit them in both their temporary and permanent needs by thought and actions.

May everyone be free from suffering and the causes of suffering.

