

A WISH FROM AMNYI TRULCHUNG RINPOCHE

According to all the Buddhas and Bodhisattvas,
To gain a precious human life is very rare.
So therefore, please don't waste this opportunity.

The main reason to practice Buddhism
is to keep your mind away from negative thoughts:
remain with good heart, warm feelings and kindness.

This is the wish of
Amnyi Trulchung Rinpoche.

Given by Amnyi Trulchung Rinpoche at the Wangapeka
Retreat Centre, NZ. At the 21 Tara's Retreat, 19 March 2021.