

**His Holiness the 42nd Sakya Trizin's Talk for the Commemoration of
Ven. Khenchen Sherab Gyaltzen Amipa to the European Sangha / 14th April 2020**

His Holiness spoke the following words of appreciation of Khenchen Sherab and about the current world situation:

So, first of all I would like to say to all of you, as Khenpo Tashi Sangpo mentioned, today is the 6th anniversary of Khenchen Sherab Gyaltzen Amipa Rinpoche, who I personally knew from my childhood. Rinpoche was a great master, a great teacher, a great practitioner, and, among the followers, a great example; so Rinpoche has many disciples in many different countries. At this time, the best way to repay his kindness is to fulfil the wishes of Rinpoche and also to accumulate merit, so it is important to do the Guru yoga puja. I'm happy that today all [of] you are doing the Guru yoga puja online. Doing this is a very meritorious deed and of course all [of] you have received many many teachings before, so you already know what kind of motivation that you need to develop, to do such pujas. Doing this kind of puja will generate merit and also it will strengthen the relationship between the Guru and the disciple. So, on this special occasion, I would like to say all of you should have [the] right motivation and do the puja for all the beings, and then [make] the proper dedication.

Especially at this time there is a big problem in this whole world, as we all know. There's this covid-19, this worldwide pandemic, so it is important to overcome this with courage, confidence and with the belief in our Guru and also in our Buddha, Dharma and Sangha. Also it is important to have strong faith in the Guru, strong devotion [to] the Guru, and also at this point of time it is very important to do practice, to do prayers, specially like the prayer that was written by Drupchen (*Mahahsiddha*) Thangtong Gyalpo, which is known as the *Sakya Neydolma (The Sakya Disease Liberation Prayer)*. During [Thangtong Gyalpo's] time in Sakya (Tibet), there was a severe [infectious] disease and at that time Gyalpo composed this prayer. Due to this, the sickness [was] completely removed or pacified from this Sakya area. This prayer is very powerful... so do this prayer. And also, actually, all the Deities have [the] same wisdom, compassion and power, but different Deities have different activities or they have their own special activities. There's the Wisdom Deity, Long Life Deity, Wealth Deity etc.

Parnashavari, the Goddess Parnashavari or the Deity Parnashavari is a special Deity for us [who] removes all kinds of disease or sickness, so at this point of time it is very important to recite the mantra of Parnashavari. When we recite the mantra we should pray to Parnashavari and as always the intention is key, so we should have the right intention or the right motivation of renunciation, loving-kindness, compassion and bodhicitta. With this in mind, we wish to overcome this covid-19 virus from the whole world, and we also wish to remove other diseases, so if we have [the] right motivation to recite, then it will be very effective, and indeed very beneficial.

His Holiness the 41st Gongma Trichen Rinpoche has done these Parnashavari rituals ... in [the] Sakya Centre and also, quite recently, in his own residence. So we are confident that this virus can be overcome. So with encouragement, with confidence, with strong belief, we should do prayers and also we should try to have the right intention and try to help others as much as we can in the 2 ways: through our spiritual practice and also through giving. In India also we are taking food etc. to the poor, so it is important to help others as much as possible or as much as we can.

So, at the end, I would like to say [may] the blessings of our Guru, Buddha, Dharma and Sangha be with you now and always. Thank you.