

SUBLIME SUTRA OF GOLDEN LIGHT

EXPERIENCES & DEDICATIONS, as of December 31, 2011

This text is very precious; it brings peace & happiness & is very powerful to stop violence. By hearing this text, one's karma is purified. **Lama Zopa Rinpoche**

Lama Zopa Rinpoche asks that people to report their experiences. They are collected here with only light editing for clarity or to preserve privacy.

You do not need a transmission or permission, time or place to engage in this practice of peace. To join this practice: Take refuge in the compassionate guru-buddha, generate compassion for all our mothers who are all suffering, and recite even one line of the ***King of Glorious Sutras, Sublime Golden Light***

Report experiences and dedications at

www.fpmt.org/golden_light_sutra/default.asp#report

MAY THESE PAGES BE OF BENEFIT TO ANYONE WHO SEES OR HEARS THEM.

MESSAGES SPECIFICALLY RELATED TO

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May anyone who even hears mention
of the ***Sutra of Golden Light***
purify all obscurations, accumulate merit,
cease all wrong conceptions, be released
from the ocean of suffering,
and quickly achieve Enlightenment.

**May all suffering be pacified; may all obstacles to our Teachers'
inconceivably compassionate wishes be fulfilled, immediately,
without delay.**

with love and prayers,
Beth Simon

1. Y: While reciting the *Sutra of Golden Light* one day I wept non-stop during an entire chapter and feel very blessed! Now I continue to recite the Sutra every day! Thanks and I am thankful that I have the Sutra with me in this most [personally] challenging time.

2. CY: I received a copy of the *Sutra of Golden Light* in the mail. As soon as I brought it the package inside, I had a strong urge to light incense and offer it.

3. R: I first recited this sutra with other members of [the] FPMT [group] on ...which is a partial eclipse day. After that recitation, I just had an urge to recite this sutra. Therefore I have started to recite at least 1 chapter every night as part of my daily practice. ... for the benefit for oneself and for others.

4. I: I am ever grateful for Rinpoche's request. It is so clear I am able to feel the blessings of Buddha and the other bodhisattvas directly. As soon as I downloaded it and took it to be printed and bound the rain started coming and didn't stop all winter. It has been so good for the farmers in our area. Everywhere looks is so beautiful and lush again. ... It is crucial we keep doing the recitations as the negative karma we have attracted is hitting us in so many ways. Being aware of the instant affect it has gives me the profound awareness we must take full responsibility to work for the benefit of countless others with such a powerful tool as this!! On a personal level, I am also aware of how it has transformed my mind, body, health and life in every way. I notice it as soon as I stop....so now to take me even deeper I am writing it in gold as I did with the Sunghata Sutra. That was such a powerful wish granting experience for our center here. I have even begun using the energy by involving myself in more community projects and take this blessing there too, into local council meetings and beyond. I encourage everyone to embrace this most powerful practice for all of us. How truly fortunate we are to have the protection of such a perfect spiritual friend as Kyabje Zopa Rinpoche. Many thanks.

5. A: I'm reading the *Sutra* in German and very happy to be able to do something pleasing to Rinpoche. He is so kind in asking us to do this as it is so difficult to meditate.

6. R: I have just read the benefits of *Golden Light Sutra* recitation, and one .. is [that] the Guru will answer one's question whenever it arises. I recited the *Golden Light Sutra* on ... and on ... [and now] I have an answer for certain problems that have been bringing me down recently. It seems that my problems are related to the way I practice and I have gotten advice on this. Although the solution is a very simple one - that is to be mindful and focus. But it is really what I lack most in my daily practice.

7. D: I had ordered *The Golden Light Sutra* ... and yesterday, all of a sudden as I was on my way home, I suddenly felt surrounded by gold energy and light. It poured into my every cell and very being. I was filled with so much pure joy

and happiness and felt protected. When I got home, what did I find waiting for me? *The Golden Light Sutra*. It had been delivered that same day, and I did not know. ... I also wanted to thank you for sending me the book. May all beings everywhere be free of suffering!

8. D: I have recited this twice. The first time - I tell you it was a struggle to get started, wow, my mind was seriously misbehaving. Half way through I felt this energy, like a wave from far away, flash through my little gumpa and then vanish off in the other direction. The second time - I recited it with a visiting friend ... I am glad to say this person ... has become ... active ... in the Dharma center in their city.

9. G: When I read just the name of the *Sutra of the Golden Light* in the *Mandala* magazine I was instantly drawn to it and wanted to download it. When I started reading it, I experienced joyful feelings. It is not a dreary task to recite it. I see it as a light filled jewel, but one which is big enough to enter and turns into a temple which fills my heart with happiness and light. I have started an altar with fresh flowers on it and make my altar every day more beautiful. My faith in the Buddha's teachings has strengthened. I feel I have waited for this sutra all these years. ... The *Sutra of the Golden Light* is like a diamond filled with rays of light in which I can bathe my tired soul. I feel like I can come to this practice and there is all these enlightened beings who bathe me in their love and light ... Buddhism has come to life for me with this sutra. I now understand what the teachers mean. It is a direct experience. The Buddha himself and many others ... mystically enter my heart and my life transforms. Reciting the *Golden Light Sutra* is like hearing the Buddha speak his words from inside my own heart. Everything good happening to me in my life now is the blessings of the Buddhas and this sutra is my teacher. Now I can also see that words are so shallow and dry. I would have to sing the song of praise of the *Golden Light Sutra*.

10. P: I really get a powerful effect from reciting this. I feel it is very beneficial. I am ... sending it to others so they will recite it too.

11. G: The first time I read a few pages of this sutra I felt immense joy and bliss. I could very clearly feel the strong positive influence it has on the mind. Everything seemed brighter. The heart is all of a sudden released of any narrow-minded selfish thoughts. What is difficult in analytic meditation, is accomplished here with great ease: a heart-felt wish for the well-being of others. It did away with any concerns about my own self. It makes you effortlessly accomplish the four immeasurables. Recently we recited it together in a group. ... It was good to purify some negative karma ... [by] reciting the *Golden Light Sutra* sitting side by side with one another. Each of us also got a free copy of the German translation (courtesy of the translator ...) I like ... sharing our experiences with the *Golden Light Sutra* as a further encouragement on the path.

12. M: Recited in full the first day I received it.
13. S: I was volunteering ... with soldiers ... [O]ne ... [felt] that he had ... many lifetimes killing ... I gave him the Sutra to read. He read it in two days and felt [a desire to] become Buddhist.
14. [from two different people reporting from California, USA]: Two people reciting the sublime *Sutra of Golden Light* (as well as *21 Praises to Tara* and the *Sanghata Sutra*) in proximity to the recent fires burning near San Diego, California, reported the air being clear of smoke in their area.
15. G: With much appreciation for this Sutra, I had the opportunity to read a few pages at the Maitreya Heart Shrine Relic Tour in Edmonton Alberta. ... I felt a great light and centering while I sat in the meditation hall. What beautiful words with so much energy and love captured and given in this text. ... The Confession Chapter that I began to read touched much of what I feel I need to express within myself. Fear of the darkness that is within has prevented me from finding a release for these seeds and the fruit they may manifest. I have felt so peaceful and energized for the rest of the day so far. ... My humble gratitude is but a drop of the ocean this text provides. I truly wish to express my deepest thank you for placing it here at this time. Tashi Delek!
16. O-C: [At our] small Tokyo center, Do Ngak Sung Juk, ... we've begun reciting this powerful sutra at least once a month. Because we are so spread out (from Hokkaido to Kyoto) we arrange our starting time and chapter assignments via our Googlegroup and do our reading in our homes. Six people [read while two] ... who don't read English say the title and rejoice while we are reading. ...) When we finish reciting and dedicating, we let each other know via our Googlegroup. Based on peoples' comments, everyone ... enjoys the reading and the contribution we are making for sentient beings. It's also a great way for all of us to connect, even if it is through the air waves. Thank you, Rinpoche, for introducing us to this wonderful sutra. May any merit we create go towards Your long, healthy life and for obstacles to be removed in having You visit Japan. [Note: Lama Zopa Rinpoche visited Do Ngak Sung Juk in 2008. BLS]
17. D: I could not wait to copy the *Golden Light Sutra*. I have so drawn to it most immensely and with such joy. I have been reading it over and over every page with such joy. I always make offerings to the Buddhas, Lama Zopa and my lama, Geshe Tsulga, and all the buddhas in the ten directions and all the world for peace and happiness and for all the buddhist centers to flourish. ... it gives me such joy to do this for the benefit of my lamas and world peace and so many other wonderful things, the joy of life itself. Thank you for making it available to me. *Om Mani Padme Hum* ... this has brought me incredible insight and joy more than I have ever known.

18. Several people report that by reciting the *Sutra of Golden Light* regularly ... they feel an increased or deepening interest, understanding, and commitment.

19. D: [R]eporting ... a recitation of the *Sutra of Golden Light*. ... [m]y words were sparse because I felt rather selfish in purpose. I felt like I personally needed a little merit. :-[I've been sick for a while and it was getting bad. Actually, I thought I was dying... but as you can see, I was wrong (heheh). I have a thousand and six things I'd like to say... and many questions but I'll hold them back and just say 'thank you'. Or you may direct that 'thank you' to the person first desiring the placement of the *Sutra Of Golden Light* online. It was an altering experience. ... Best wishes for your happiness.

20. L: On a recent trip to Sri Lanka, I ... another monk ... [and] two Burmese monks [recited] ... In light of recent turmoil in Burma as well as the history of terrorism in Sri Lanka, we thought it was a good thing to do. After the reading, I gave one copy to one of the Burmese monks. ... This recitation was done at the famous Temple of the Tooth in Kandy, Sri Lanka. Due to the merits of this recitation, as well as all the three times merits accumulated by myself and others, all Buddhas, Bodhisattvas and other sentient beings, may there be no war, terrorist attacks, quarreling fighting, oppression, natural disasters, famine, disease, and unhappy minds in this or in any of the world systems of the ten directions from now until the end of samsara. May the precious Bodhi mind be generated in my mind and in the minds of all sentient beings without even a second's delay, and may that altruistic wish that has already been generated increase. May all the lives of the holy spiritual friends, particularly His Holiness the Dalai Lama, Kyabje Lama Zopa Rinpoche, be long and stable. May I (by myself alone) be able to fulfill all of their holy wishes instantly. May all the centers, organizations, monasteries and so forth designed to promote, preserve, and propagate the holy Dharma, particularly all of the centers, and projects of the FPMT, have all of their obstacles removed and receive every single required condition such that they may be immediately successful exactly according to the holy wishes of His Holiness the Dalai Lama and Lama Zopa Rinppche. May any being who even merely hears about any of these projects quickly purify their minds, collect extensive merit, and quickly realize the entire graduated path to enlightenment in their hearts as quickly as possible. May I be able to offer the most extensive benefits to all sentient beings and the teaching of the Buddha from now on in all my future lives by having all the qualities of Lama Tsongkhapa within me. Just as the brave Manjushri and Samatabhadra too, I too dedicate all these merits that I may follow their extensive deeds. With the dedication praised as the greatest by the three times, ones gone to bliss, I too dedicate these merits. In particular, may I be able to spread the holy *Sutra of Golden Light* throughout the ten directions,

thus ensuring the peace and prosperity, as well as all temporal and ultimate happiness for all sentient beings for as long as space endures.

21. C: I am reporting 2 recitations ... I didn't recite yesterday because of unavoidable circumstances. ... A Coup d'état occurred while we were reciting the *Sutra* ... A senator and a general with much influence took over the Manila Peninsula Hotel and demanded the ouster of the President. So we begin to recite[the *Sutra*] with much zeal and just when we thought that the situation will become disastrous, [at the point] when the rebel senator and general called on their people from the camp to complete the coup, ... a miracle occurred. The soldiers in the camp declared they would not support the coup d'état ... The rebel senator and general were left ... with only a handful of supporters and are expected to be put in jail today ... I think the recitation of the sutra has greatly helped our nation. I thank Lama Zopa and all of you ... Thank you very much.

22. M: I have been ill for some time, always very tired, I ... could not endure anything besides work and practice. I am astonished with what happened ... last week. I worked late every day without neglecting my practice, and during the week-end I could stay up... All my relatives and friends could not believe it. My daughter was astonished! This had been impossible for the last 10 years! Thank you Lama Zopa! Thank you all! I hope many, many people will benefit. Please enjoy!

23. T D: At 2.30 pm today on December the 3rd, I completed reading the *Sutra of Golden Light*. I had read it during the last 49 days as my companion of 12 years, my dog, passed away and we were closely bonded. I said I would read the Sutra outloud during his bardo period (and ask for any merit, to go to him, to benefit him in the bardo) and I read the last words at the exact moments of his 49th day bardo period. Taylor, my dog, was almost as big as me, a large black giant woolly poodle who due to my serious illness, stayed at my side, never more than a few feet away from me, looking after me always. He spent so much time with me at prayer and slept outside my altar room, and would lay with his head towards the altar. He also would often, be found in there, looking at things, sniffing at objects and he would circumambulate a round table of holy objects with me. It has been very dry weather here in Tasmania and last night I heard thunder. ... and when I awoke, we have had SO much rain. We are catching it in large buckets and containers for water was short here. A few days ago, a farmer came and ... dug a very large hole so that we could have a dam, when the rain came again, at the back of our house. I went out this day and looked and due to this glorious abundant rain, we have the first of our water, collected in the dam. I know it says in the sutra that rain will come where needed. It was needed here, and on this day I finished reading the sutra out loud - much rain has come and begun to fill the dam we had dug!!
LOVE AND LIGHT

24 S: I have been reciting this Sutra since I heard Lama Zopa Rinpoche request us to do so ... I started slowly and then my determination to recite grew and grew. We are having a drought here ... I saw some fish in a stream that is in danger of drying up. I asked Geshe Gelek-la to please come with me to the stream. We sat by the side of the stream - I read the chapter on the fish from the *Golden Light Sutra* and Geshe-la chanted prayers in Tibetan. The next week we had three days of rain. Thank you Lama Zopa Rinpoche. Thank you Geshe Gelek Chodha. And thank YOU so much for this website.

25 M: I truly feel safe after reading this sutra ... feel my hostility towards other beings diminish ... and this definitely helps me cope and shine a light to them, a visible one. I noticed I'm practically glowing after reading this sutra.

26 S: I have just finished my first recitation. I took me four months ...and has been a huge pleasure. ... It is very helpful and supporting to know that there are others all around the world reciting the *Sutra of Golden Light* as well.

27 L: Chagtong Chentong Centre Tasmania has added a weekly group recitation of *GLS* to our program ... ever ongoing ... no end date...we have been only participating in this way for one month with usually about 6 people attending. We shall be finished our first full recitation together when we close for a summer break next week but will continue individually until our program resumes in mid-January. We hope to keep in touch and report in our number of recitations regularly. It is becoming a VERY special aspect of our program, those participating loving every second and smiling.

28 T : Reciting the *Sutra of Golden Light* is one of my favourite Dharma activities. It brings instant peace and helps me to attune to the social and political world.

29 SG: Very profound. I ... managed a few pages consistently ... over the summer. ...the garden below my window bloomed incredibly as never before and there was always rain. The whole space in our house and garden felt protected and sanctified. We really felt the presence of positive energies and life in bloom. How kind Lama Zopa Rinpoche is.

30. D: I have finished my second recitation ... while ... reciting, I got really sick, had to have two teeth pulled and continued to be sick after I got home from Thanksgiving with my friend ...I finally finished it two days ago, it was really strange ... But all ended well and that may be because of the sutra itself ... Maybe you can ask Lama Zopa Rinpoche ... what he thinks. Also ... I have a very ancient cat who seems to be better ... I read the *Sutra* aloud and both of my cats hear it and I am always saying mantras in animals' ears and my own as well, anyway I think it has really helped them a lot. My one youngest cat calmed down and became very loving towards me. It works, that is all I know.

31. B: I regularly recite the 4th chapter, the Chapter on Confession, of the *Sutra of Golden Light*, with a Vajrasattva practice. The other night in my dream I was visited by Lama Zopa who whispered into my ear that I must do 21 prostrations with the practice.

32. E: I've read that Lama Zopa is ... interested in any benefits/changes we may have noticed ... I've definitely noticed negative karma ripening, every time I read a chapter or section. ... However, I'm quite confident that there's been an increase of my level of compassion towards living beings as a result of the recitation. ... since reciting the *Sutra*, it's as if my compassion arises more frequently and more intensely. Also, my level of guru devotion has increased, I have tears of joy spilling from my eyes, just as I write this to you. My precious gurus are so much more precious and that, I can also attribute, at least in part, to the recitation of this marvelous *Sutra*. ... In addition to the above benefits, reading the *Sutra* gives me a feeling of peace. It's so beautiful to read, that I'm often moved to tears of joy; that I'm even able to read it! That I have a copy in my hand, that I may place to my forehead -- needless to say, I will be reading this sutra for as long as possible, it is now part of my regular practice. ... Additionally, I have a sister who had taken refuge ... She'd been ill ... and when she died, I was sitting next to her, holding her hand and reading the sutra as she took her last breath. The very next chapter [=Chapter 18, “Chapter on the Tigress”] - beautiful and so appropriate.

33 S: Thirty-five of us met at the ... on New Year's Day with Geshe G and recited the sutra. ... [We passed] out the pages of one copy and read all the different pages simultaneously ... Amazing. Tears streamed down my face as this incredible sound surrounded us.

34 J: Every time it has been a nice experience to recite ... It makes me happy and gives me strength and hope for better times. Once I dreamed I received a blessing from a teacher.

35 M: I must have read this sutra 10 - 15 times now. Along with using a mani prayer wheel with over 1,000,000 mantras of *Om Mani Padme Hum* in it, I have experienced a strong increase in concentration, and it seems that reading the sutra is pushing out my negativities very quickly, so they can be purified. I've noticed an increase in appetite usually after reading this sutra, perhaps its because of the awesome power that it generates in ones body. There is a sense of knowing that everything will be ok most of the time during periods of reading it. Doubts arise sometimes but seem to be pacified by the power of the sutra, and sloth from overeating was definitely overwhelmed by reading this sutra. ... I encourage everyone to read this sutra as much as possible!

36. BJ: I completed reciting ... *Sutra of Golden Light* today. I have read over multiple days on ... my little meditation porch. I was in tears with the chapter on the Tiger and still continue to be blown away by the act of selflessness

being the basis for future enlightenment. Earlier I ... and wanted to thank each of you involved in making this reading possible - the translators, Lama Zopa for encouraging us, teaching us, and providing such a continuous example of devotion of both heart and mind, and each of you involved with this project of making reporting possible, questions, etc. I am very thankful, and have increased my energy and commitment to practice in daily life. Perhaps I will be able to see the hungry mother tiger as an opportunity. Thank you.

37. GG: Mission accomplished! I did my chapters 1, 2, and 3 plus 4 which is so powerful and healing... wow! this is so powerful and I feel so full of joy and energy

38. L: Thank you for this wonderful opportunity [for reciting world-wide].

39. HS: Peaceful greetings - thank you for ... setting up this remarkable experience. I am grateful and honored to be a participant. ... Filled with gratitude and calm.

40. M: It is 7pm and I just completed ... I am filled with light, and inspiration.

41. LL: Dedicated to the fulfillment of all the holy wishes of Kyabje Lama Zopa Rinpoche and His Holiness the Dalai Lama. Also to all beings realizing Bodhichitta & emptiness. Also to world peace and to the U.S. gaining a leader with greater wisdom and compassion.

42. FC: Completed recitation ... on the Big Island of Hawaii on Losar ... Year of the Earth Rat. ...Read aloud within earshot of wife ... son ... sheep, many birds, insects, and arachnids.

43. MS: Another recitation to report.. it can be such an intense energy. [One Day Later:] 1 more recitation to report... This seems like it's beginning to be a daily thing eh? A good Aspiration: No matter what, may I read the entire *King Of Glorious Sutras, The Exalted Sublime Golden Light* every day and may the whole universe allow me to do this.

44. KYZ: Freedom for Palestine, may the siege of Gaza and all suffering stop immediately. May there be a ... solution to the conflict between Israelis and Palestinians and may this solution bring happiness and prosperity to everyone. Due to the merits, may this precious *Sutra of Golden Light* be recited in Gaza.

45. DP: I did one so far- 99 to go!

46. LLH: Thank you for inviting me to take part in this wonderful day of sutra prayer! I had never read that sutra before and found it stunningly beautiful!

47. DK: Without your website I would not have been able to download the sutra and complete the recitation. Thank you for your kindness in sharing the Dharma with all sentient beings.

48. GP: I wish to advise of my complete reading of the Glorious *Sutra of Golden Light* ... on my own except for my dog and the moths, bugs, spiders and rats in my garage listening for 4 Hours. I hope they all benefitted from the reading as I did reading aloud virtually non-stop. I'm going to bed happily content. Best wishes to HHDL and Lama Zopa Rinpoche.

49. DO: We happily completed our reading today, Sunday, March 2. Five of us ... began ... at 10:00 a.m. It was fun taking part ... May the merit help clear obstacles to LZR's upcoming trip and may He help spread the Dharma in Japan!

50. AS: One recitation. It was a very strong feeling and a powerful experience.

51. LE: I downloaded the mp3s [=of Lama Zopa Rinpoche's teachings related to the *Sutra of Golden Light*] and put them on my player. The player for some reason put them in the wrong order so I listened to 1, 2, 3 and then I got tired but the great thing was that the teaching seemed to match what I was thinking/feeling as I drifted in and out of consciousness. Also my shoulders and upper body felt warm and expanded. My friend invited me to a park today. He said I should come read the *Golden Light Sutra* under a tree. Maybe play a little frisbee to. Thank you, peace and lots of love!!!

52. JW: I completed another recitation of the *Sutra of Golden Light* today ... I was glad to be part of the around-the-world group. I ... was able to recite the entire Sutra in one day. ... May there be peace, May all beings be happy, and without pain and suffering, May the Buddhas provide special care for those with mental illnesses, and those who care for them - family, friends, and mental health workers. Much Compassion.

53. KE: I dedicated to my friend ... who was captured by impermanence [in February].

54. TR: Four of us completed ... We could not gather in the same place so divided the pages between us and read throughout the day. The ... situation being so fragile here in Israel, we all felt really good about reciting and plan to do more. Much love

55. SS: About 37 of us did a mass recitation at the ... Center today ... One baby...has heard us do the recitations three or four times. She just ... coos through the whole thing. When I first put together the *Golden Light Sutra* team, her parents requested a recitation on her behalf. ...Ten of us gathered. She sat in her little baby seat next to Geshe-la and just beamed as he read right to her. I WISH I had had a camera.

56. Tenshin Ryushin-Ji Buddhist Temple and all of its membership, affiliation of Mushindo, and all Organizations in association World Wide participated ... This was accomplished at the request of our Senior Monk, Tenshin Arakawa to all memberships. Those participating were from United States, Hawaii, Puerto Rico, Russia, Ukraine, United Kingdom (including) Wales .. Scotland ... Australia. Approximately 565 members participated. Wishing every success and many blessings. In Metta

57. JVV: I felt very uplifted by spending most of my day reciting these powerful words.

58. CTD: Forty-seven recitations of the *Golden Light Sutra* done in Mongolia in February. Thirty-seven recitations were done by students of FPMT center, Shedrub Ling, Ulaanbaatar, and 10 recitations by LPP Mongolia students at the high security prison Taxir Soyot.

59. NS: I recited 7 chapters of the *Sutra of Golden Light*. It was wonderful to know that so many others did the same. In the afternoon I saw a rainbow and dreamt of a rainbow at night. Here in Germany, many Dharma friends have gotten to know about the precious Sutra.

60. LC: One completed recitation ... done ... It was very powerful and blissful.

61. MS: One more recitation of *Golden Light*. I was guided to do it in ... in a mall by a pet store. Who knows how the pets were being treated? Some girl ... drops me a bag with Reeses and a drink and a Bible in it before I'm even done reciting out loud. I just keep going. LOL

62. LB RR: We felt it as a very good experience. I read next to our dog which is very ill and near to dying. When I was reading about how the sutra helps the sick and suffering, the dog, who had not gotten up to walk for two days, got up and walked a bit, looking at me as if she was understanding and feeling better. I was so thankful. I hope we do more of this world wide reading.

63. MS: I try to read this Sutra ... few times a week. ... when reading it lately ... my eyes become beautified. I feel true understanding of life and feel compassion when reading this and life has so much more depth afterwards. I feel very very light and concentrated. The world seems fresher and fresher, and holds more wonder.

64. TT: live recitations of the *Golden Light Sutra* to contribute from ... an outreach group ... It was the group's first experience reading the sutra and they found it very powerful.

65. SF: During a ... Lam Rim retreat [around Losar], I started reciting the *Sutra of Golden Light* ... The retreat felt very nurturing and healing. A little bird flew to me and perched on my open hand pecking at some sunflower seeds I provided for him. I experienced a very peaceful and happy mind during the retreat time and made many prayers for the long lives of our holy Virtuous Friends and for kind mother sentient beings.

66. AL: My friend ... finds his life has found new meaning through being involved with the *Golden Light Sutra* by reading it and would like to write it in gold.

67. NL: A profound sense of purpose and encouragement came [from reciting] the *Sutra of Golden Light*. It is like certain aspects, heretofore dormant, became active and realizable ... it leaves one with a resounding "That make sense" but also with increased gratitude and appreciation for the teachings that reveal more each and every day. Thank you.

68. MW: I am writing to report that I have completed one complete recitation of the *King of Glorious Sutras the Sublime Golden Light*. It continues to be an inspiration for me and seems to become more stronger each time I read. Thank You!!! =o)

69 SM: I am humbly reporting in with another recitation of this beautiful sutra. When I reached the part about 'areas needing rain, would receive that rain where the sutra is read', we had the *only break in our drought to date*. ... However today as I finished the sutra, I asked that any benefit from reading the sutra this time, could please go out to all in Lhasa, to those who had been killed, hurt, who were being tortured, who were locked in, for those who could not contact family members. I prayed the benefit would reach them without a seconds delay, in the hope too of a peaceful resolution for a FREE Tibet. It has been a humble honour to recite the sutra once more and I will begin again, tomorrow. May all sentient beings be happy and free of suffering. I praise and ask that Lama Zopa Rinpoche and His Holiness will live long, please may this be so. And I bow down in devotion. Thank you Lama for speaking to us, to encourage us in the constant reciting of this beautiful sutra. Love and light

70 NU: I am so happy and feel bless upon hearing Lama Zopa Rinpoche asking each individual or everyone of us any where in the world to recite the Sutra of Golden Light to bring peace in Tibet and to the whole world. I ... will do my best to recite the Sutra of Golden Light in benefiting oneself and the sentient beings to radiate world peace. It really is amazing how I came across the *Sutra of Golden Light* (at the FPMT website) two days ago and I said I will come back to it but somehow I browse around alot on reading Buddhism teaching ... All of a sudden I receive the email today and asking anyone who would be interest in helping recite the Sutra. I feel overwhelm that I was being reminded and

invited. I feel like I have a duty to fulfill and I'll do my best. Thank you. Very appreciate it and joyous to receive the email.

71 SM: I completed one recitation of the *Sutra of Golden Light*. I will listen to your [=Lama Zopa Rinpoche's] commentary as well so as to attain better understanding of the full meaning which my feeble mind cannot comprehend. Even so, without a deep understanding, still I was moved to tears of compassion for all sentient beings and the great desire to behold the Tathagata.

72 DB: 1st recitation completed ... Even with multiple sclerosis, I feel great! My wife and I were bemoaning the Second World War the other night. ... I went to bed listening to Lama Zopa Rinpoche's transmission ... and was exuberant that during the war it [=the *Sutra of Golden Light*] had been translated and presumably recited in German. Great news. Yesterday, I stood and walked into another room without walker, cane or wheel chair for the first time in over a month! Such opportunities give one a sense of gratitude, self-respect and, yes, health. The chapter on the Tigress opened my heart to my ... mother. I've known this Jataka Tale for years but never read the source. I feel a deep, genuine warmth for my mother that had been lost for years. Thank you, all.
Love

73 DBG: Today I completed my first complete recitation of the *Sutra of Golden Light*. I am so grateful to Kyabje Zopa Rinpoche for helping his fortunate students and many around the world to connect with this profound sutra. I dedicate the merit completely to the success of the activities of all of my Gurus, especially His Holiness the Dalai Lama, Kyabje Zopa Rinpoche, His Holiness the Karmapa and The Dzogchen Ponlop Rinpoche. I dedicate specifically for the success of His Holiness the Dalai Lama's efforts to bring a peaceful solution to the current events in Tibet, and to the end of all violence, war, and famine. Sarva mangalam! ... Although I had heard of the sutra within FPMT circles, I was inspired to start reciting it by a very vivid dream I had in which Rinpoche was doing some sort of puja. He then looked at me squarely in the face and with great love said very clearly: "Golden Light Sutra." The next morning, I downloaded and started reciting it. I so appreciate what you are doing to help people connect to the *Golden Light Sutra*.

74 PL Center: Our group [including] one dog did four recitations. One member said she felt full of light.

75 DFF: In accordance with Lama Zopa Rinpoche's advice regarding ... Tibet, Yangsi Rinpoche and students offered a full recitation of the *Sutra of Golden Light* ... at all times during recitation the experience was expansive and inspiring. May any merit benefit all beings. Due to these merits may leaders embodying inner and outer peace inspire peace to arise immediately in the minds of all beings in all the realms and in all three times.

76 MB: One recitation completed. May His Holiness's wishes for Tibet be fulfilled immediately.

77 MY: I have completed a recitation of the *Golden Light Sutra* for World Peace.

78 JK: When I began to read the *Sutra* I found myself crying as I recited the text, my heart softened, I feel like I am reading words sent by an old friend. I look forward to meeting that friend now as I prepare to go upstairs and continue the text. Thank you

79 MAB: May the merits of this recitation benefit the people of Tibet and China.

80 LL: Just now finished a recitation of the *Sutra of Golden Light*, strongly dedicating the merit for all of His Holiness the Dalai Lama's wishes regarding Tibet to be fulfilled immediately and for every person in Tibet to live in freedom and to practice Dharma, and also for the people of China to be free from delusions and negative karma and to practice Dharma. Also dedicated to peace everywhere, to the reversal of environmental problems on the earth, and to the fulfillment of all the wishes in general of His Holiness the Dalai Lama and Kyabje Lama Zopa Rinpoche.

81 S, K, J, S, S: We completed 1 recitation this morning, dedicated to the peace in Tibet, with members of Root Institute here in Bodhgaya at the main temple.

82 CK: 10 complete recitations and written about 20 pages in golden ink. Thank you!

83 VH: This week I recited verses from *Golden Light Sutra* each morning. I completed the recitation this morning and dedicated for the peaceful resolution of the crisis in Tibet.

84 AB: Dedicated the merit ... to the religious freedom of the Tibetan people, the immediate success of His Holiness the Dalai Lamas wishes regarding the Tibetan people, to the end of other conflicts including Darfur, Burma, and Israel and Palestine, and to world peace.

85 YR: I finished reading the *Sanghata Sutra Dharma Paryaya* and I constantly read five pages minimum (of) *Golden Light Sutra*, each day. Besides, I meditate on Vajrasattva, and I offer those merits for the peace of the Tibet, Colombia and the whole world.

86 SPC: A number of nuns and lay people met this morning did a group recitation of the *Golden Light Sutra*. We would like to thank Rinpoche for the opportunity to engage in such a wonderful practice and we offer ... 14 recitations for peace in the world and for the immediately fulfillment of Rinpoche's holy wishes. Thank you and much happiness.

87 RQ: Completed 1 recitation in Hobart Australia 4th April 2008, dedicated to the peaceful resolution of the Tibet situation and for the fulfillment of HHDL wishes.

88 DCI: At Dorje Chang Institute (on Saturday April 12th) seventeen people came together to recite the Golden Light Sutra for peace in Tibet and peace in the world.

89 KB & RI: 5 more recitations of the sutra at the Bodhi Tree... now we are moving recitations to the gompa at Root Institute where we will continue reciting for an hour every day and dedicating to Tibet. Will keep you posted on completed recitations. Great to read peoples' experiences - we have had some very stormy weather here - who knows?!

90 JVV & DFF: We have this posted as a regular monthly event now on the front page of our website.

91 ST: I recited the *Golden Light Sutra* on March 31st and dedicated it to a free Tibet in accord with His Holiness's wishes. I also dedicated it for His Holiness's and Lama Zopa Rinpoche's long lives, and for general peace in the world, and a healthy planet.

92 ODF: Recited ...*The King of Glorious Sutras called the Exalted Sublime Golden Light* 1 time. Reading this sutra was just total joy. I didn't realize it was going to be so much fun. I feel completely blessed that I read the whole sutra and that I ... want to read it again.

93 OT: I am reading 1 chapter per day [and] dedicating the merits for the peace in the world , for eliminating the all war and violence and for the happiness of all beings. I live in Mongolia ... [and] attend classes at the FPMT centre in Mongolia. We read the *Golden Light Sutra* as our teacher, Ven. Chantal requested. [I am taking] this opportunity ...to express my sincere respect and thanks to all founders, teachers and supporters that we have the FPMT centre. Thank you.

94 DK: By the truth of the words in this *Sutra* may its Golden Positive Energy dispell all negative energy in the world, maintain peace and understanding and Spread the Buddha-Dharma into the minds of suffering sentient beings without refuge. May Tibet regain Independence from China. ... May all the Gurus of the

four schools of Tibetan Buddhism have long lives. May there be uninterrupted peace and joy in areas of strife.

95 KKH: I've completed my recitation of the *Glorious Sutra Sublime Golden Light* ... Looking forward to start the 2nd reading. I'm so touched by the Compassion of Mahasattva giving up his life to save the cubs that I was choked with tears. Thank you so much for sharing this Dharma gem with me. I read it in the presence of my pregnant wife. I'm on the verge of being jobless and my 2nd child is on the way. I put my faith on Rinpoche's advice on the effects of reciting this Sutra.

96 SQ: Dedicated to the immediate ... fulfillment of the wishes of Lama Zopa and HH the Dalai Lama. With love

97 DK: The Dalai Lama is 15 miles away ... In this recitation I felt very clear and open ... a lot of negative funk was being cleared out of the way much like clearing a forest for a path. I felt clearly pointed towards Dharma and reading it and wanting to hear it to practice it. ... Please encourage others to do it .. as well for the Peace of Tibet and the World.

98 CRZI: Chenrezig Institute would like to offer 22 complete recitations. May the merit accumulated become a cause for world peace and for the long life of Lama Zopa Rinpoche. Thanks a million

99 DB: While reading the *Sutra of Golden Light*, my relationship with my mother has lightened up and multiple sclerosis has remitted. Now to ease a problem with my father and be done with m.s. completely, forever. Thank you.

100 AC: I read the sutra 5 times ... reading brings tears to my eyes. Why? Probably because of the thought of the extremely pure compassion of the Buddha and the spiritual friend. It's still hard to imagine that the Buddha placed spiritual objects around the universe for us to make merit with, and that reading a sutra can have such a profound effect. These beings truly are pure compassion. I bow down to their holy lotus feet. ... The general feelings after completing the sutra reading were of spiritual heat-energy around me, but on one occasion in Luxembourg City ... I felt as if a great purification had occurred too. I felt very light and expansive and white. I now want to mention the name of the sutra to everyone I meet to make a connection, and hopefully benefit them and I find myself thinking of ways to bring up the Sutra's name in conversation. .. I sent a link to the sutra to ... the motorcycle bulletin board I belong to.

101 NG G: Thanks for all those who worked hard to make The *Sublime Golden Light Sutra* accessible for us, especially here in the west. I have happily completed my first recitation of the *Sutra of Golden Light*. And I would like to dedicate this merit for the flourishing of Buddhas and Lama Tsong Khapas

teaching, that all beings be guided by dharma teachers and that all sentient beings attain full enlightenment as quickly as possible. With much love

102 CZ: Thank YOU so much [from Albuquerque, US] for assembling such wonderful content related to this sutra. I took a look at the “experiences” section and will make time to read more thoroughly soon. Your guru devotion is inspiring!

103 VV: I work the night shift ... It affords me the opportunity to recite at least a chapter a night (on good nights and if the chapter isn't too long). I am feeling so bad for Burma and China. Amazing isn't it that both of those countries have recently been bashing on the Buddhist monks. ... But still, pray for them we must and the *Golden Light Sutra* is such a wonderful way to help people.

104 JS: I read the *Sutra of Golden Light* ... I was thrilled to read it ...[and] emotionally moved, weeping tears reading the [Story of the] Tigress. [On finishing the], I was satisfied. English is not my ...[first] language, so there were many words I did not understand in the first reading. I will read the *Sutra of Golden Light* again ... It is very interesting.

105 DNSJ: Two recitations ... this week ... May our merit go towards relieving the hardships of victims of natural disasters in China, Burma and elsewhere, toward helping ... in Tibet and removing any obstacles DNSJ has .. [regarding] Rinpoche's visit in September.

106 CL: Thank you for the opportunity to recite the *Sutra*. I recited ... starting on May 4 ... A great experience, a wonderful journey. I dedicate any merits to world peace.

107 SU: The *Sutra Of The Golden Light* is beautiful and full of inspiration. I read it all the first time, 2 days ago, took me about 5 hours and worth every second. I now read a chapter a day and dedicate it mainly to HH Dalai Lama for long life, to Tibet, for a solution to their ongoing crisis, to all country leaders so that they will search and work together for world peace and naturally to all beings including myself so we may be released from the grasps of samsara. ... I.. read a chapter every morning before I meditate and ... it works well. However, the chapter which inspires me most is the Chapter On Confession, I think it is so beautifully worded, everytime I read it I feel so inspired, it feels like a blanket of love and happiness falls over me and encourages me to live a better life. Thank you *Mandala Magazine* through whom I discovered the Sutra.

108 SM: I am disabled ... incurable diseases ... just had my 53rd operation. I love reciting the Sutra and do some every time I practice ... I am so happy and lucky and blessed. I have Lama Zopa as my root guru and teacher and he is guiding me along the path. The Sutra is so powerful, I have seen miraculous

occurrences due to the reading of it. And I have been blessed by His Holiness. I live my life continually reminding myself and rejoicing that I have a life of 'no need' - I do not need anything else in my life - it is already all here. I just need to awaken and become the Buddha I am meant to become. ... I will continue ... my reading.

109 LL: After reciting aloud a portion of the *Sutra of Golden Light*, I arose from my cushion to stretch my legs, went out into the backyard, looked up in the sky, and there was a double rainbow! This was extraordinary for two reasons. 1) This was my first recitation of the Sutra. and 2) It had not been raining and I had never before (or since) seen any rainbows in the San Francisco Bay area. It was a marvelous event. It brought tears to my eyes, all my hairs stood on end ... Thank you Lama Zopa!!!

110 SM: I felt compelled to do something with regards to the *Golden Light Sutra* ... We had a very large throne style chair ... [brought] into the altar room. [I]... display the *Golden Light Sutra* on it. It seemed appropriate that a sutra of such importance ... should have a throne. ... I felt a lot of love for Rinpoche as I was reciting. It felt so wonderful to do something that we know brings great delight to him, he has often said, if you wish to do something for me, recite the *Golden Light Sutra*, so what a privilege to recite it and know that we are doing something not only to benefit all the sentient beings in the world, but to do something with great great love in my heart for the most precious Lama Zopa Rinpoche, my teacher, my root Guru was also so moving for me. I dedicated the reading as we have been requested.. and I was so happy that despite health issues ... I was able to complete the reading. ... We also saved a little sparrow ... he plopped down in front of me during much of the reading of the sutra and listened with his eyes half closed. It was a wonderful thing to know this small sparrow was hearing the sutra and would also greatly benefit from it. with love and light.

111 DG: Today on Saka Dawa, I completed my SECOND recitation of the *Sutra of Golden Light*. I am so grateful to Kyabje Zopa Rinpoche for helping his fortunate students and many around the world to connect with this profound sutra. I dedicate the merit completely to the success of the activities of all of my Gurus, especially His Holiness the Dalai Lama, Kyabje Zopa Rinpoche, Choden Rinpoche, His Holiness the Karmapa, Dzogchen Ponlop Rinpoche, and Khenpo Tsultrim Gyamtso Rinpoche. I dedicate specifically for the success of His Holiness the Dalai Lama's efforts to bring a peaceful solution to the current events in Tibet, and to the end of all violence, war, and famine. Sarva mangalam!

112 DB: Completed the Holy, Most Sublime *Sutra of Golden Light* this morning of Buddha Purnima. What a blessing of centered bliss from our Teachers from Shakyamuni Buddha to His Holiness the Dalai Lama, Kirti Tsenshab Rinpoche, Lama Zopa Rinpoche, Lati Rinpoche, Geshe Gyeltsen, Venerable Rene Feusi,

and all our kind, kind Masters. Thank you for making this resource available. May all, everywhere benefit from perfect physical, mental and spiritual health. May all war and quarelling end. May the universe immediately become a Buddhaverse.

113 JH: Dedicating [on Saka Dawa] for harmonious, compassionate world leaders.

114 SM: I am pleased to report 1 complete recitation ... for the benefit of all sentient beings and especially the Dharma wishes of Lama Zopa Rinpoche and his students.

115 JV: Our small group made one complete recitation this evening. I personally felt it was very moving...reading the words of this magnificent sutra...the story of Jalavahana, as his great compassion is aroused by the suffering of ten thousand fish, brought tears to my eyes.

116. OF: The recitation took longer to complete this time. I had to really push it to finish it tonight... it helped to have a deadline. I enjoy reading the *Sutra of Golden Light* again. Blessings to all of you.

117 RQ: Happy Saka Dawa! We wish to report 2 more recitations made by our family ... completed and dedicated on 18th June to HHDL and LZR's wish fulfillment

118 TM: I have read the *Sublime Sutra of Golden Light* 12 times in its entirety, but have read Chapter 4, the Chapter on Confession many times more. Each time, when I come to the verse, "May I become their friend, support and refuge" ... I feel a profound sense of physical warmth, varying in intensity from a warm glow, to an uncomfortable heat, requiring me to turn on a fan ... Although I have come to expect this effect now, it still is profound enough to make a substantial impact upon me. ...This is the only scripture that causes this effect, and I recite many many Sutras on a regular basis. ... Most pleased to be a small part of this effort, as I feel the benefits are self-evident.

119 AP: I have to say " thank you so much ..." because you helped me so much!!!!!! You made me [able to] participate in the big recitation of the *Golden Light Sutra* for Saka Dawa. I was part of the group! Thank you so much!!

120 RQ: A recitation completed ...and dedicated to [fulfilling] HHDL and LZR's ... wishes.

121 SS: I started ... on ... and finished today. Since [beginning]... I became increasingly inspired and touched by the sutra. It has been a wonderful experience. Love to all.

122 AP: 2 months ago, after reciting the *Golden Light Sutra*, I perceived a smell of incense for about half an hour in the room where my mother and I were. I thought it was because of the G.L.S. Thank you so much !!

123 PH: I finished two more complete recitations. I was so happy to learn that there is recitation in Israel and I hope it will bring very soon definitely peace between Israel and Palestine, with a happy life for everyone. May also the environment become again clean in the Gaza Strip. I dedicate my recitation for this area in the world, especially for ... who live in Gaza, and may all political prisoners become free.

124 VW: Reporting my first complete recitation of the sutra! Dedicating merits to all sentient being & world peace. May every being be liberated from samsara. May they find peace.

125 GP: I have just finished a slow reading-recitation over these last weeks of this excellent text, and at each chapter, [made] dedications to the peace and happiness in the world and specific current events. Cheers l

126 ES: I recited the *Golden Light Sutra* in Finland [dedicated] for the benefit of all sentient beings, for the world peace and peace in Tibet, for the long life of our teacher.

127 JP G: Je decouvre ce site aujourd'hui seulement. Depuis 1 an environ jusqua ce jour j'ai fait 111 recitations completes... Dernierement je suis parti avec un petit camping-car pendant 2 mois dans des pays de leurope des Balkans ... recitant chaque jour le sutra entierement, dans les capitales ou les grandes villes de ces pays, me deplacant de 150 a 200 km chaque jour. J'ai donc recite en Italie, Slovenie, Croatie, Bosnie, Montenegro, Albanie, Macedoine, Bugarie, Serbie, Hongrie, Autriche Suisse Et bien sur France.

128 DO: On Tuesday, July 15 we had a group reading of this wonderful sutra. Readers were in Japan, France and Oklahoma. May the merit we created please go towards removing obstacles to Rinpoche's visit in September and may His visit spread the Dharma in Japan. Thank you thank you for coordinating us with this wonderful prayer.

129 RT: May the virtuous Dharma blaze forth.

130 SP: I just read the article on the accumulation and have completed one reading... for world peace, the Long Life of the Dalai Lama, Lama Zopa Rinpoche, my teacher, His Holiness Shenphen Dawa Rinpoche, for healing and peace among my family members, and where I work and to gain enlightenment for the benefit of all sentient beings... Thank you and Lama Zopa Rinpoche for all of the ways offered to purify karma and to work towards gaining enlightenment for the benefit of all.

131 T Ng: Last night ... I recited ... [in the] United States. I recited two times after receiving an email ... [regarding the] IMI. At 7 a.m. ... I had a dream that I saw a leopard leaping into the sky with GOLDEN LIGHT. This morning, I donated money to Lama Yeshe Sangha Fund to show my support to the monks and nuns. For the last year, I had a few dreams that His Holiness Dalai Lama was the Compassion Buddha.

132 AE: I was given a copy of the Sutra at Kopan .. On my return to Vietnam this month, I recited ... over a period of about 3 weeks, completing it ... [While] reading ... I had insights ... [into] problems that were on my mind. It certainly seemed to help in the thought transformation process. The Sutra is full of such exquisite beauty and devotion. It is really a rare & precious jewel, which fills the heart with joy to read. I look forward to sharing it with others.

133 TNg: Last night, I recited the chapter on Confession in Vietnamese six times. At 2 a.m., I had a good dream. I saw the beautiful scene as described in the Sutra. ... What you did based on Kyabje Zopa suggestion for people to recite the *Golden Light Sutra* is very beneficial to a lot of people. The FPMT website, with a lot of projects, bring merits to a lot of people, including myself. ... It takes a lot of retreats, personal effort during daily life in order to experience what the sutra talk about.

134 MG: I dedicate the merits of this recitation for the long life (and health) of my son, Vincent.

135 SP: I completed ... the *Sutra of Golden Light* this morning. I dedicated this reading for Peace in the world, particularly peace in Tibet, peace in my home, peace with my and my husband's family members, and peace in the hospital ... also ... to the long life of my spiritual teachers, Shenphen Dawa Rinpoche, Lama Zopa Rinpoche, and the Dalai Lama. Wanting to contribute to this project challenged me to read more each day than I had thought I could do. Meeting this challenge has also encouraged me to expand my daily spiritual practice. May all be auspicious and may all walk in beauty.

136 FC N: I've joined recitation of *Sutra of Golden Light* for world peace. Thanks from Hong Kong.

137 NG G: 2 recitations of the *Golden Light Sutra* for the International Sangha Prayers for World Peace. May never arise in this world the dangers of diseases, war, famine, and fighting or unhappy minds. But instead may there be great prosperity, and everything needed be easily obtained. May the holy gurus have long, stable and healthy lives.

138 MM: Thank you Rinpoche. May your aspirations and the aspirations of His Holiness the Dalai Lama be fulfilled immediately without a seconds delay!

139 DB: May all fighting, quarrels, illness, troubles and problems of any kind no longer exist. May all know peace internally and externally, in body and mind. May all reach Perfection immediately. Recitation completed [on the] anniversary of the first turning of the Dharma Chakra.

140 I've just finished reciting the *Sutra of Sublime Golden Light*. I dedicated it to the long lives of our teachers and to the people of Tibet. May they have religious freedom and the return of their lamas soon.

141 JS: Always feelings of greater inspiration, strength, courage after reciting. Also the mind is calm, energized and opened a little tiny bit more to others. The Chapter on Confession is especially powerful. Different words or phrases resonate during or after different recitations, [for instance,] recently "For ten million eons I shall strive for the sake of even one sentient being."

142: I have just completed one complete recitation of the *Arya Suvarnaprabhasottamasutrendrarajamahayanasutra*, King of Glorious Sutras called *Exalted Sublime Golden Light*, on International Sangha Day. I dedicate all the merits to ending the suffering of all lower migration, death and poverty of the three realms of the triple thousand worlds, and to ease the suffering of my sister ... and of my old friend ..., both of whom are seriously ill. May peace, prosperity and Dharma reign forever!

143 PH: Finished another recitation of the *Sublime Golden Light Sutra*. Thank you for this opportunity. With dedication for the long life of our spiritual masters and peace everywhere in the world, may all sentient beings realize the ultimate nature of their mind. Love

143 M P-R: I wanted to report 1 recitation of the *Sutra of Golden Light*, which I finished yesterday... Please add Romania on the list where this precious sutra has been recited. May our joined efforts make Lama Zopa's wish come true. Warm regards from Romania.

144 Th D: I have recited the complete *Sutra of Golden Light* today, on my own here on the island of Kefalonia Greece. May the blessing and benefit extend to all sentient beings and bring great success to all of the projects of the FPMT, Lama Zopa, His Holiness the Dalai Lama and the people of Tibet.

145 LT Centre: Seven complete recitations done [by four groups of seven people each] on ... Dedicated to all Rinpoche's dedications, long life of the gurus, end of war, disease and conflict, harmony and flourishing of Langri Tangpa Centre and community, success and quick fruition of all our projects to benefit all beings. ... the whole thing, complete with motivations, visualisation, chai tea and dedications took 1 & ½ hours - so very achievable for an evening class!

146 JPG: It was very very inspiring to do the Confession Chapter with Vajrasattva just after! Love

147 AP: I recited... the *Sanghata Sutra* ... and the *Golden Light Sutra* ... [Dedicated for] Tibet to be free, China to become buddhist and the realisation of HHDL's projects... For the peace of this world and all others. Thank you so much for the site of the *Golden Light Sutra* which you updated!

148 MK: As soon as I completed the final chapter of the recitation it began to rain, a beautiful warm rain ... much needed here. Since beginning, sadhanas are ... clearer, dreams are more intense, beautiful with much learning in them and I can remember them more clearly. The night before completing the recitation I dreamed of His Holiness sitting beside me, talking, laughing and holding my hands. I can still feel the warmth of his hands. Thank you. ... I dedicate all my virtues and merits from reading this *Sublime Sutra of Golden Light* for the fulfillment of all the vows and pledges of His Holiness The Dalai Lama and for his long life, for the great work of Lama Zopa Rinpoche and the FPMT, for long life of Kyabje Choden Rinpoche and for the long life of Geshe Tashi Tsering, and for long life and work of Jetsunma Tenzin Palmo and Venerable Robina Courtin. May all their vows and pledges be fulfilled. May all beings be guided by the teachings of the Buddhas and abide in compassion for all beings, may all dukha be ended

149 DNSJ: Four of us in Japan and France read the this wonderful sutra ...May our merit increase the lives of our precious teachers and may all their wishes be fulfilled.

150 IMI: International Mahayana Institute community's offering to celebrate FPMT International Sangha Day had over 500 participate in the prayers.

151: I completed here in the south of France another recitation of the *Sutra of Golden Light*, today on the day of World Wide Fasting and Practice for world peace and to end oppression in the world in general and particularly in Tibet. With dedication for the immediate fulfillment of this aim, in particularly of all visions of His Holiness the Dalai Lama concerning Tibet. I dedicate it also for the immediate end of the siege of Gaza and purification of all negative karma of the Palestinian people, may there be unity and no more inner quarrels, and peaceful coexistence with Israel. For my friend ... and family.

152 MW: I have completed one recitation of the *King of Glorious Sutras the Exalted Sublime Golden Light*. The story of the tigress touches me deeper each time I read it! Praises to the Tathagata!

153 LTKI: We had many recitations about this wonderful Sutra. We started in Summer 2007, during the Tibetan course, in response to the Burma situation, and we started again for the Tibetan situation and for the quick return of

Ghesce Ciampa Ghiatso (Geshe Jampa Gyatso) at the end of this spring and again in July as well. When Lama Zopa Rinpoche came here in June, he gave the oral transmission. Usually, when new people come to the Center for the first time, they like to read some sutras together, and in particular, the *Golden Light Sutra*. This is an experience here with the people. We also read this *Sutra* during a Tibet demonstration in Rome. This was particularly to stop the disorder there. The result was good!

154 LL: Completed a recitation of the *Sutra of Golden Light* yesterday! Dedicated to the realizations of Bodhicitta & Buddhahood to the fulfillment of all the holy wishes of H.H. the Dalai Lama, Kyabje Lama Zopa Rinpoche, and Gyumed Khensur Rinpoche to the liberation and religious freedom of the Tibetan people and to the election of a wise, compassionate, and peaceful leader for America this fall!

155 O Ts: One complete recitation for benefit to all sentient beings and for peace in the world

156 JM: I reading it aloud here and only my cat hears it. And he does listen. There are other people in ... reading the *Sutra* daily ... Actually I learned about the *Sutra* from a practitioner who is in charge of Volunteers for the upcoming Relic Tour here in ... I believe she discovered the *Sutra* in ... when the Relic Tour went through there.

157 KMc: I was just blessed with a new job recently and today began reading the *Sutra of Golden Light* as my way of saying thank you to Lord Buddha. ...I have been working hard in my classes with Jamyang and am now finished with Geshe Tashi until May of next year. I continue on with my master's class on the *Ornament of Clear Realisation* with the Institute of Lama Tzong Khapa in Pamona Italy. I have so much to be thankful for, [for] my son who is in Iraq ... and that of his friends who are with him. For my dedication of the *Sutra*, this time I shall dedicate it to the above, all those I leave behind and all those whom I shall meet. All those who are loved, and are at war, and all those whom I do not know who are at war. Finally, and with all my heart a thank you for Buddha teaching dharma so many years ago, and making it possible for my small mind to be able to study, and perhaps learn before I leave this life. ... Blessings have fallen on those including my son and others who are to go home [from Iraq] soon from war for a well earned rest. Prayers work, reciting the *Sutra* works, I have definite proof of this. I shall continue to pray for those who are still there waiting to go home and for the fighting to end. I am doing another recitation today for this special occasion! So count one more recitation for me please!! I am spending most of the day today doing this recitation.

158 TCh: Thanks for the updates and maintaining the website so beautifully and up to date. We had an FPMT Training here over the weekend and I was able to

quote some of the amazing experiences from reciting the *Golden Light Sutra* to inspire those who give service for our centre. We continue to do monthly recitations, very slowly working our way through. ... Just when we were wondering if we would have the opportunity ourselves to recite the *Golden Light Sutra* in a war zone, our National Defence Forces contacted our Buddhist council for the appointment of a Buddhist Chaplain, to visit anyone serving in the armed forces, engaged in active duty, who requests a Buddhist chaplain. So we are imagining ourselves there on the ground, in robes and bulletproof vests, hardhats and steelcap boots reciting the *Golden Light Sutra* (LOUDLY! For the benefit of all sentient beings)...you never know, so we keep reciting, for world peace and peace to arise in the minds of all beings as swiftly as possible.

159 LW: I ...am in the midst of completing the 7th [recitation] ... The merits accumulated [are dedicated] for universal peace and harmony, for the supreme buddhahood for all mother sentient beings, for the good health and long life of all glorious, noble, spiritual masters of the Triple Gem. May the Triple Gem continue to turn well and [remain] strong in samsara [to accomplish] the Supreme Buddhahood of all mother sentient beings. [The merits are dedicated] for all benefactors & supporters of all our Dharma projects and activities. May all the killing, hunting, trading, and cruel sports done to any living beings stop at once. With love and virtue.

160 PH: I completed a recitation, [dedicated] for the long and stable life of our gurus, especially His Holiness the Dalai Lama, Lama Zopa Rinpoche, Mogchok Rinpoche, Venerable Geshe Tenge and the immediate fulfilment of their compassionate vision. Peace and happiness in the heart of every sentient being.

161 NS: I finished one complete recitation ... when I was in extreme, intense pain and very unwell. The recitation took me about a week. On the morning of some major tests I finished the recitation and felt immediate relief from about 80% of the pain and the tests done later that day came back clear. It has taken me about a year to recover most of my health but I remain firmly convinced that even one complete recitation of the sutra produced immediate and profound benefits, although I could only tell from the effects I felt in my body. Also, I have been blessed to receive many prayers and pujas from my holy lama, and I believe these too have had immediate and profound effects on my well being. I dedicate the merit for the long lives, good health and continual turning of the Dharma wheel of our lineage lamas and for the enlightenment of all beings.

162 EW: I began In August 2008 reciting a chapter of the *Sutra of Golden Light* each day. One day while on vacation, after reciting a chapter, the odor of incense filled the air- although there was no incense in our hotel room. I did not mention it to my husband. Later that morning he asked me if I smelt

incense? This has also happened in my home during the first week of September.

163 M DF: Phagyab Rinpoche did a complete text recitation for the sangha of Chakrasamvara Center on Hibiscus Island. ... we requested it and he was sponsored with a translator to fly from New York to Miami to a private home which is also the center for our sangha. We met every evening as a sangha. Rinpoche has a pure, genuine heart and is down to earth and very patient. He is connected to his practices and shares his wisdom with a great sense of humor and compassion. Every morning Rinpoche did Green Tara Practice also. I hope that he will continue with this sutra on the behalf of tara sisters everywhere.

164 JM: The Maitreya Relic Tour [was in Rochester, New York.] ...It was wonderful to see the *Sutra of Golden Light* so beautifully displayed and to see the interest others have in it now. I brought my copy and was able to sit and read it there.

165 Ots: One more recitation of *Golden Light Sutra* with prayers for the peace everywhere and to stop any violence in the world and for benefit of all sentient beings.

166 PH: I completed a recitation of the Glorious *Sutra of Golden Light*. I dedicate the merits for the immediate end of the siege of Gaza.

168 GC: One full recitation by members of Guhyasamaja Center near DC, dedicated especially to wise leadership for the U.S. and in the world at large. Also [dedicated] to the fulfillment of the wishes of our gurus.

169 LL: Reporting one full recitation ... completed on election day. Dedicated to the fulfillment of the wishes of my teachers such as HH the Dalai Lama, Kyabje Lama Zopa Rinpoche and Gyumed Khensur Rinpoche. Dedicated to attaining enlightenment to benefit others. And, dedicated to wise and compassionate leadership here in DC and in the world. Also dedicated to peace and non-violence!

170 KH: I've just completed my first recitation. Thank you for having the *Sutra of Sublime Golden Light* at the Relic Tour!

171 PH: One more recitation completed! For a long and stable life of our precious gurus. For the immediate end of the siege of Gaza. May this glorious sutra be recited everywhere where are war and acts of violence in order to bring peace and happiness.

172 ST: Five more [recitations of the] *Sutra of Golden Light* for world peace and Guru!

173 DO: On Nov. 13, ...[we] read from Taiwan, Washington, DC and ... Japan. On the auspicious day of November 19... May our positive merit help all of us around the globe fulfill each and every one of Rinpoche's wishes.

174 DR: I recited the complete Sutra once, loudly, alone in my apartment. It took me couple days. Now I [am doing] it again ... I still am not able to do it all at once but I hope with time that will happen. Also, I cannot stop thinking about translating the Sutra into the Croatian language ... I am very grateful to be able to read and recite ... Thank you very much

175 O Tse: We completed four recitation of *Golden Light Sutra* ... with prayers for the peace everywhere and for benefits of all sentient beings.

176 DR: I did it once again ... I feel wonderful. Thank you, thank you, thank you for revealing this Glorious Sutra.

177 PH: Recitation completed, dedicated for the immediate end of all conflicts and violences in the world especially between Israel & Palestine. May the merits created by the recitation of the glorious *Sutra* all around the world & the blessings of our precious masters purify immediately all causes and conditions of this tragic situation which lasts more than 60 years now and which seems so inextricable and desperate. May the blessings of this Holy text without delay show a way to the political leaders to act with wisdom and compassion and to end the siege of Gaza, the massacre of defenseless civil population and bring peace, prosperity and happiness for both people. Lama Zopa, precious master, please bestow your blessings to help them to purify all negative karma!

178 AL: We wish you a very auspicious year 2009 in which all your aspirations may be actualised. ... It took ... more than two months to complete one recitation. [Friends and colleagues also] did [recitations]. ... It makes me so happy for them!

179 DR: I ... purchased a copy of the *Golden Light Sutra* in Mongolia in 2004, and have kept it on my altar... [A]fter reading what Lama Zopa told Beth would please him, I read the *Golden Light Sutra* start to finish. Since then I have been less inclined to pursue negativities ... and that had been especially resistant to change. I have also felt (and been more inclined to follow through on) urges to be kind to people and animals.

180 T AM: Recited ... [and I] feel heart openness.

181 O Tse: This is to report that we completed ... recitations of the *Golden Light Sutra*, with prayers for the peace everywhere and for benefits of all sentient beings.

182 MB: I have completed .. recitations of the *Sutra of Golden Light*. May all sentient beings quickly attain enlightenment and may our holy gurus always guide us

183 AL: We wish you a very auspicious year 2009 in which all your aspirations may be actualised. It took me more than two months to complete one recitation. [Friends, spouses and colleagues also completed recitations.] ... It makes me so happy for them!

184 JB: May all sentient beings be blessed and graced by these recitations.

185 MS: I have been doing two full recitations a week since November.

186 AL: Tonight we had a *Sutra of Golden Light* party, a group reading ...listening carefully and rejoicing, [some]...in different traditions. It was a very beautiful and joyful experience to share this Sutra together. ... much merit dedication ...[and] offered long life wishes for Lama Zopa Rinpoche and for Venerable Nyingje. Much gratitude! I have also led *Sutra of Golden Light* parties three other times ... A friend was very inspired and read the Sutra with her Native American teacher and community. Also alone I read the entire Sutra ... dedicating merit for auspicious results in the USA election. ...Gratitude!! Thank you Lama Zopa Rinpoche and Venerable Nyingje and everyone involved with this project!!

187 M T-T W: I would like to report that I have completed the recitation of the *King of Glorious Sutras the exalted Sublime Golden Light* on 31st of January. From this recitation may all living beings be liberated from the ocean of suffering, and may this bring the happiness to all living beings on the earth! Om Mani Padme Hum. With love

188 Ch M F: I have read more than half but I feel that I do not have the capability to understand. I am practising my Buddhism diligently no matter how busy I am. ... I have lack of support. ... and feel very sad at work. I am trying very hard to work hard ...but feel so lonely and I hope chanting *Sutra of Golden Light* will help me. I have been practising in the proper path..always keeping in mind ...Buddha, Dharma and Sangha.

189 MS: I went to a State Wildlife Refuge..a speck within the vastness of the Great Plains. In the center..is a small lake surrounded by a refuge of trees inhabited by hundreds of small birds. Along the banks in amongst the reeds are rusting galvanized shelters..I walked the perimeter till the bag of bird seed was emptied, set up a chair, placed a picture of the Glorious One on burgundy silk, lit incense and fired-up a fragrance burner. With a backdrop of singing birds' voices on the winds & the blue ones dancing, I recited the *Golden Light Sutra* till the sun set the ice covered lake ablaze. The dedication was to all the beings of all the realms of all of space without exception.

190 AB: Many, many people are suffering in this current financial crisis. Many are losing their homes. I am working very hard and will work harder and harder to help them. But would it be too much to ask Lama Zopa Rinpoche to pray for them and to include the healing of their situation in the recitation?

191 JB: May all beings be blessed and graced and freed from suffering. Blessings.

192 KH: Thank you for this opportunity.

193 AF: Thank you for the opportunity to recite the sutra again after a long spell and to be able to be connected to others who are doing the same for world peace.

194 JF: I have completed the recitation of the *Sutra of Golden Light* today & dedicate the merit to the ordinary and ultimate peace and happiness of beings, to peace & freedom for the people of Tibet, for an ease of suffering for my friend ... who is stricken with a serious and mysterious disease, & that all living beings perfect their gathering of merit and wisdom and attain the two holy bodies from those accumulations.

195 PS: Late last year I went camping and took a copy of the confession chapter from the *Golden Light Sutra* with me. One morning as I sat beneath a tree reciting the sutra I noticed that intermittently a rain of golden coloured powder would fall from the branch directly above the place where the open sutra was placed.

196 JP: On Losar... [six of us together] in our small center in Switzerland, recited the Sutra up to the Chapter on the Four Great Kings. ... We will continue to 10 March !

197 DO: May any merit ... accumulated ... go towards helping the Tibetans in Tibet in keeping patient and [having positive] thinking.

198 YP: I've recited the *Sutra of Golden Light* once during these 15 Days of Miracles. I am truly impressed, touched and inspired by the teachings of the Tathagata and the Sutra! Rejoice!

199 BR: I'm reciting the *Sublime Sutra of Golden Light*. ... Thank you very much for this wonderful sutra. Please translate others!

200 S AB: I think this is such a wonderful way to commemorate these Days of Miracles.

201 RW: I studied with Lama Zopa Rinpoche ... last year and was very impressed with his realization... I ... would pursue any practice he recommends. Thanks for this opportunity.

202 KH: I'm amazed at the quiet peace and strength I feel before, during and after reciting this sutra. I thank you for presenting me with this. I truly feel a sense of connectedness, knowing others across the globe are making these offerings and reciting these powerful words. Much thanks and peace.

203 CM: I have just finished reciting the *Sutra of Golden Light* for the first time ... I did it over two days ... After reciting the first 49 pages yesterday I felt blissfully happy for some time afterwards. After finishing the remainder of the Sutra today I felt sad and I sensed the growing wish in me to become Buddha as soon as possible in order to liberate sentient beings from their suffering. May the merit of this practice help to cease the suffering of all sentient beings.

204 JW: May all beings achieve enlightenment, free from all sufferings. May all beings be free from attachments, may all beings encounter the dharma. May all my parents, ancestors, karmic debtors receive the merit, may all Buddha activities be successful, may ..., my family, relatives, teachers, friends, enemies, servants, government, doctors and nurses receive the merit.

205 T Ng: I've completed 35 recitations during the last 15 days. Experiences include seeing the rainbow light of five colors ... during Yamantaka ... Fire Puja ... in ... Arizona.

206 DF: I have completed the recitation of the *Sutra of the Golden Light* this A.M. I read each morning since Feb. 25th. It was wonderful ! Thanks! My cat sat with me each day in front of my altar and I read the *Sutra* aloud as he purred. D. :)))

207 JW: Thank you very much for holding this [recitation]. I became more committed and motivated to complete the sutra although it slowly took 3 months to complete. But with a place to report it creates a more intense commitment. ... best regards in Dharma.

208 V: I accomplished one round of the *Golden Light Sutra*...reading a little each day!

209 SS: This is to report that I have by today dd 10-03-09 completed recitation of the *Sutra of Golden Light*. I am a non-Buddhist, I am a Christian by belief, and I received the translation of the *Sutra of Golden Light* forwarded by the Amitabha Hospice in Auckland (thank you very much to them for forwarding). I completed the recitation for a desire of world peace. I am in peace with it and hope that with this I can contribute to the world peace. Peace be with you, too. Have a good day. Kind regards

210 DG: I got one complete recitation. ... What a great project...I did this aloud for the benefit of the cats who live with me. Most ... sat listening for most of it. It took me the better part of the 15 days...finished the first go-through last night.

211 LPT: [We] did our recitation together over three nights finishing [on].. the 10th. May the blessings of this beautiful sutra benefit all beings. Thank you for giving us the opportunity to read it once again, yours in the Dharma.

212 BR A: Complete recitations, 2. Feel sense of peace, strength and a strong desire to give of self to benefit sentient beings. Dedicated 1st reading to our precious world and all its inhabitants that they may live wisely. Dedicated second reading to neighbour - advanced cancer, and to all sentient beings and release from suffering for them and our planet. Thank you for the privilege of reciting this Sutra.

213 FC: With dedications to the long life of guru Namrang Minjo Dorje Rinpoche, His Holiness the Dalai Lama, & fulfillment of the collective aspirations of the Tibetan people

214 SU: I started and finished reciting the *Sutra of Golden Light* today. It took ... just over four hours. Four beautiful hours. I would like to thank you for informing me and giving me the opportunity to recite this amazing and meaningful prayer. I ... dedicate this recitation to HH The Dalai Lama for long life, for World peace especially in warring countries, Iraq & Afghanistan, Israel & Palestine, Zimbabwe & its people, to Tibet and its valid cause especially now, its 50th anniversary of the Chinese invasion, to people who live in poverty, those in hospitals, those who are losing or lost loved ones, may they find the strength to move on and not be afraid. I would also like to dedicate to Lama Zopa and all at FPMT for spreading the Dharma in such a beautiful way. Namaste.

213 TJ: *Sutra of Golden Light* recited in Tibetan, 26th Feb - 2nd March (one recitation over those days), and in Sanskrit, 3rd March to 10th March (again, 1 recitation).

214 Th D: One recitation of *Sutra of Golden Light* completed ... on the island of ... and dedicated to all the noble works of Precious Lama Zopa Rinpoche and all the good works of everyone with the FPMT - long life to His Holiness, Lama Zopa and all our most Precious Teachers.

215 CZ: I've really enjoyed the experience

216 DS: I can report 2 recitations of the *Golden Light Sutra*. May all prayers of H.H. the Dalai Lama will come true without any obstacles. May Tibet be free.

217 ML: My wife & I completed 2 readings of the *King of Glorious Sutras called the Exalted Sublime Golden Light* plus 14 more verses. No special experiences but my son called me first time in a long while and a magazine subscription ... got straightened out, and it seems as though people are being far more pleasant to me even strangers.

218 KB: I began the recitations on the 25th of February, and continued through this evening. I attempted to recite groups of seven five times daily: on rising, midmorning, midday, midafternoon, and before bed. As of tonight, at the end of the cycle, I have recited the *GLS* a total of 378 times. Thank you for giving someone like me, who has no connection to any physical sangha, a place where I can feel I belong and through which I can participate in something of this magnitude.

219 SP: I completed reading the *Sutra of Golden Light* ... as part of ... [the] 15 Days of Miracles. ... As always the reading is an inspiring and grounding experience for me.

220 JM: I was thinking about how wonderful it is to have the opportunity to recite this Sutra knowing it is being said all over the World. Amazing. Then I recalled that every day I think the same thought as I say Mantra. Takes your breath away. Makes you happy.

221 JT: My friend ... and I recited the *King of Glorious Sutras, Sublime Golden Sutra* twice during the Losar time period together and once on our own separately ... Thank you for informing us of this precious opportunity so that we could participate.

222 AM: I completed a recitation of the *Sutra of Golden Light* ... for the benefit of all sentient beings.

223 N dC M: I made twelve recitations of the *Sutra of Golden Light* with dedications for the long life of Lama Zope Rinpoche and all gurus, and also to benefit all sentient beings in the world. [May everyone] accumulate many many merits!

224 JG: My friend and I recited the *Sutra of Golden Light* ... in French ... Something peculiar: on one night I woke up about 4am, and couldn't get back to sleep so I got up to continue reading the sutra that I had started the night before. Then after a few hours I went back to bed and dreamt, in sort of a half sleep, of seeing a lioness eating a man. I was a bit astonished of this, wierd to dream such a thing...The next day I read part of the sutra where a prince gives his body to a hungry lioness ! Wow ! The imprint ! I have been sleeping much less since. Take care and good reading to you all.

225 NC: I finished reading the whole *Golden Light Sutra* ... during the Holy Days [of Miracles]. And one of my friend also finished whole sutra... Thanks for such wonderful chance of invite everybody to do it together. May I dedicate all the merit to all sentient beings to get enlightenment.

226 JG: I recited this sutra on the Full Moon .. of ...the Day of Miracles. I did this recitation while abiding in the 8 Mahayana Precepts & having completed a Tara ritual in the morning. I dedicated with the aspiration for: - the long life for the supreme emanation of Chenresig - His Holiness - the long life of the great western dharma king - Lama Zopa Rinpoche - the long life and good health of all dharma teachers - the eternal existence of the dharma - the fulfillment of the wishes of all sangha and the growth and strengthening of the western sangha - the fruition of the dharma aspirations of all practitioners - the continued good work of Barack Obama, Stephen Harper & all world leaders to bring about tolerance, peace and compassionate caring for each other - the freedom of the Tibetans both in mind and body to be able to fully pursue their religious studies and cultural traditions - the flourishing of the dharma in the west through the establishment of monastic settings in North America and other places where our teachers have blessed us with their presence - the removal of all obstacles to the dharma aspirations of every individual through all 6 realms of existence in the 10 directions and 3 times - the enlightenment of all beings May the FPMT flourish for eons!

227 ŚL: On the Day of Miracles we had a *Sutra of Golden Light* recitation.

228 RS: I've finished one reading ... distributed some printed copies ... to friends as well as Lama Zopa's message thru e-mail and created a facebook event with the motivation to inspire people to keep on reading it. ... It's a difficult sutra to read with ...[so much] information and images and detailed scenes. I've downloaded the transmission and listen to it some times. Please let me know if I can be of any help to you. I pray for the healthy and long lives of the lamas spreading the Dharma and helping beings. Love and light ... When I read Chapter 4 I started crying and felt an urge to be of help to beings as well as extremely happy and blissful, MANGALAM! Thank you for this gift.

299 AC: I live in Bodh Gaya. After I made the preliminary ngon dro, I started writing the Sanghata Sutra in English & Tibetan, & every day, I recite the *Golden Light Sutra*.

300 M: I completed recitation of the *Sutra of Golden Light* on 5 March. I found the confession verses very emotional, tearful. Since this reading things are changing very fast in our life, in many ways, work, health, many possible changes of direction for me and my family. Thanks

301 DSNJ: May our merit clear obstacles to DNSJ in fulfilling Rinpoche's vision for the center.

302 JT: I'm reciting the chinese alternate version of translation which is composed of 10 parts, I read one part every morning or two to three parts if time allows. I dedicate the merits of reciting the sutra, for world peace and harmony and to the liberation from sufferings of all sentient beings.

303 TJ: I completed my first recitation yesterday. I have listened to the audio transmissions twice but most often hear selected portions while driving or carrying my mp3 player. I begin and end my almost daily recitation ... beginning with chapter 1 and ending with chapter 21. I ...have recently placed the audio portion of Chapter 1 with commentary from your web site on YouTube ... Just hearing that small portion of the *Golden Light Sutra* transmission is powerful and profound. I love the idea that it will help the world and all sentient beings.

304 AF: The *Suvarnabhāsa Sutra* has given me so much benefit and happiness and enlightened me on why so many negative and painful events are occurring in our world, and how to destroy negativity. I am so grateful for the honour and privilege to be able to recite this most excellent sutra.

305 LL: May all beings live in peace and prosperity. May the Buddha Dharma flourish. May all beings realize bodhichitta and mahamudra. May all the wishes of H.H. the Dalai Lama, Kyabje Lama Zopa Rinpoche, Gyumed Khensur Rinpoche Lobsang Jampa, and all our holy gurus be fulfilled!

306 RS: Just finished to read the *Sutra of the Golden Light* for a second time in Portuguese and decided to read it now ... in other languages to leave its imprints in my mind - who knows what may happen in another life. I'm so grateful ... the *Sutra of Golden Light* arrived in a moment when things were falling apart. Job problems, family problems, financial problems and yet its reading left me in such a calm state and inspired. Strength, calm abiding, rejoice all that happened at the same time insights, reflections on questions, motivation. May many be able to read it and feel good.

307 FA: I want to report two recitations of the *Golden Light Sutra*. I live in Mexico City and I dedicated the first recitation of this wonderful Sutra towards the end of the violence in this country caused by the Drug Wars. As soon as I finished the first recitation, the swine flu outbreak became a serious threat and I felt I had to start my second recitation immediately, which I finished today. It is curious: Today was a beautiful day in this city. It was hard to believe that we have the swine flu epidemic. Although most people wear face masks and avoid contact, today I found, again and again, people that seemed to be at peace, even happy. I will continue reciting this Sutra until this nightmare is over. I'm sure it helps. I hope there are more people in this city doing the same. Regards

308 PH: Recitations completed, dedicated for world peace, especially the immediate end of the siege of Gaza Strip.

309 RS: “May I be a guard for those who are protectorless, a guide for those who journey on the road. For those who wish to go across the water, may I be a boat, a raft, a bridge.” May all beings attain enlightenment in this very life, in these very bodies!

310 TF: Due to doing meditating incorrectly, I have lots of wind problems and hallucinations of snakes. It has been a very traumatic period and I was advised by the resident Geshe to recite the *Golden Light Sutra* 1000 times...I would [like] your help to dedicate ...[in order] to clear these obstacles. Additionally I would like to dedicate 1) for all of Lama Zopa Rinpoche’s holy wishes to be fulfilled like wish-fulfilling jewels in the quickest possible time 2) for the world to be always filled with perfectly qualified Mahayana Gurus, with long stable lives, with disciples that only do what please their holy minds and for them to stay and guide us till samsara ends 3) for the Dharma to always be well preserved and flourish unceasingly from now until samsara ends 4) for the Sangha to always have all the perfect conditions and no obstacles to complete the path swiftly, and 5) [for these merits to be dedicated] in whatever Rinpoche dedicates. Thank you.

311 SM: Dearest Precious One, On this most auspicious day, Saka Dawa, I ... report another recitation of the Exalted Sublime Golden Light, the king of glorious sutras. I read this sutra during a very challenging time. My husband ... fell very seriously ill and had a very rare tumour. As he was on the operating table, I read the sutra .. in a chapel at the hospital and during his time in hospital. The surgeons ... removed the large tumour from his body ... and ... were able to save his life. I give thanks for this wonderful time. He spent 23 days in hospital and ... I was given strength and was firmly motivated to use all of this time as part of the Dharma path and found so much opportunity to pray for all the others in the hospital and for their families too - I did not shed a tear during this time, I did not allow any negative thoughts or fears enter into my mind and the Dharma supported me throughout. Thank you Lord Buddha! I truly rejoice that I could use this testing time as a chance to practice. I also wish to dedicate this reading to the long life of my precious teacher, guide, guru, Lama Zopa Rinpoche. Many rainbows showed again in the days I read the sutra out loud. Love and light.

312 RS: Thank you so much, may many benefit from your inspiring activity!!!! I'm on the fourth reading, second in English with other questions coming and so happy. It seems that the more you read the happier you become, wow, hurray this sutra.... May the teachers live long and healthy lives helping many like me.

313 TF: I have just completed another 12 recitations to remove my very bad wind problem and hallucinations, and to clear all obstacles to my dharma and

meditation [practice]. I ... would like to dedicate 1) for all of Lama Zopa Rinpoche's holy wishes to be fulfilled like wish-fulfilling jewels in the quickest possible time; 2) for the world to be always filled with perfectly qualified Mahayana Gurus, with long stable lives, with disciples that only do what please their holy minds and for them to stay and guide us till samsara ends; 3) for the dharma to always be well preserved and flourish unceasingly from now until samsara ends; 4) for the sangha members to always have all the perfect conditions and no obstacles to complete the path swiftly; 5) dedicate in whatever Rinpoche dedicates. Thank you :)

314 JH: I have been including this sutra recitation as part of my individual morning practice at home. May there be world peace. May all sentient beings attain enlightenment quickly. May all the gurus wishes be fulfilled. Best wishes.

315 PH: A recitation completed, dedicated to the immediate end of the siege of Gaza. May the Palestinian people live in dignity and prosperity. For my friend ...: may all his negative karma be purified and may he experience freedom and happiness right now. For the long life of our precious masters.

316 MS: For the long life of Lama Geshe Tsultrim Chopal

317 MS: Recited ... for Geshe Tsulga & Kurukulla Center.

318 LC: My dad is now in hospice care. He's 91, has Alzheimers and has stopped eating and drinking. I would be hugely grateful for any calming peaceful transition energy sent his way (and for the family).

319 LE: A Dedication that the earth be blessed and for people to be prosperous and have sufficient means!

320 RS: Just finished this night the fifth reading, first time in french! Wow, its like a shield. I feel shielded. More questions but I'm waiting ... May many benefit!

321 MB: Since I downloaded *The King of Glorious Sutras, the Sublime Golden Light*, I read it once out loud and each day I make incense offerings to it and prostrate before it in reverence. I wrote some notes about certain chapters and memorized the names of Buddhas and bodhisattvas mentioned in the chapter on the earth Goddess Drdha. But I had no extraordinary experience until last night. Before I went to bed I recited the multiplying mantras to multiply the merits of the day and instead of usual dedication I read the whole chapter 4 of the *King of Glorious Sutras, the Sublime Golden Light*. And I got the sign in my dreams. I had a dream that I collected such vast merits that I attained enlightenment. Maybe it was the effect of worshipping this sutra and maybe it was because all I think of day and night is enlightenment, Buddha, Dharma, merits, mantras, wisdom, liberation, emptiness etc.

322 JT: I finished another book of the *Golden Light Sutra*, this is my 2nd time out of the 10 times that I pledged. I specifically dedicate the merits of chanting the *Golden Light Sutra* to the victims of the Typhoon Marokat in Taiwan.

323 KD: I have been writing out the *Sutra of Golden Light*. When I enter the room where it is kept I feel a strong desire to make three prostrations. ... When the *Sutra of Golden Light* comes to mind my body feels very light and the prostrations almost effortless as if I could go on forever. ... When I read the *Sutra* tears come as I realise Lama Zopa Rinpoche's inconceivable kindness and wisdom in asking us to recite it.

323 DS: Four recitations of the *Golden Light Sutra*. May it free all beings from Samsara.

324 JN: Joan Nicell asks that the entire sutra be read for create causes to meet the incarnation of Geshe Jampa Gyatso, ... and let Joan know, joan@iltk.it. To learn about Geshe Jampa Gyatso, please go to the Lama Tsongkhapa Institute website www.iltk.it/en/L4_S2_1_2_resident.htm

325 D Ch: I know that this sutra is a miracle when it is recited with faith. It provides me strength while my son is in Iraq fighting a war. It provides him safety as these past years he has returned home each time safe from harm. I know it heals as I recite the sutra for him, and all the families affected by war everyone who suffers is blessed and wonderful things happen. Most of all there is great peace. I read the sutra for the blessings of others, often I am surprised that it is I who am blessed.

326 DP: On Friday evening I saw the movie "Unmistaken Child" and was stuck by the generosity of the parent to give their child for the sake of all sentient beings, then to read about the prince giving his body to the tigress... it makes one think about this chosen path. Peace and blessing to all

327 MD: Felt very calm upon completion.

328 DO: I finished a whole sutra with [the internet group led by] Ani [Tenzin]Lhamo [in] (Washington, D.C.) ... May any merit I gain please go toward removing obstacles to DNSJ fulfilling Rinpoche's wishes and for the long life of our precious Lama Zopa Rinpoche.

329 JB: Under .. Tenzin Lhamo I've completed the reading ... Blessings to all beings!

330 TF: Kopan Monastery has just done 1000 *Golden Light* recitations for me and I would like to dedicate the merits to clear obstacles to dharma practice, studies and meditation. Additionally I would like to dedicate 1) for all of Lama Zopa Rinpoche's holy wishes to be fulfilled like wish-fulfilling jewels in the

quickest possible time; 2) for the world to be always filled with perfectly qualified Mahayana Gurus, with long stable lives, with disciples that only do what pleases their holy minds and for them to stay and guide us until samsara ends; 3) for the dharma to always be well preserved and flourish unceasingly from now until samsara ends; 4) for the sangha members to always have all the perfect conditions and no obstacles to completing the path swiftly; 5) in whatever Rinpoche dedicates. thank you and rejoice :)

331 LE: Funny thing. I am doing 5 recitations to “create causes to meet the incarnation of Gesha Jampa Gyatso.” After I finished the first recitation, I was at a public library ... and went into the Friends of the library used book store ...[where] I found *Teachings from Tibet, Guidance from Great Lamas* with a price tag of \$1.00. So I bought it and of course Geshe Lhundub Sopa and others are in there. Cool!

332 SV: Recitations at Dharamsala & Tsopema, India. Very strong energy created!

333 MS: Dedicated to the long life and good health of Geshe Tsulga in Boston.

334 KS: I read one page of the *Sutra of Golden Light* to my daughter almost every night.

335 M: I want to report that I have just finished the second recitation of *The King of Glorious Sutras, The Exalted Sublime Golden Light*. May all Gurus be healthy physically, may they have long lives and may all their wishes be swiftly fulfilled. May all wars and conflicts immediately cease, compassion and loving kindness be generated in the hearts of us born as humans towards each others and towards other sentient beings and may we perform only virtuous deeds, speak only virtuous words and have only virtuous thoughts. May there be wealth where there is poverty, may there be rain where there is drought, may there be peace where there is turmoil, may there be happiness where there is misfortune, may there be good health where there is illness. May the Buddhas and bodhisattvas turn the wheel of Dharma until samsara ends. May all the places in this country (Serbia) and in countries both near and far be protected by gods and devas and may there be favourable conditions for developing the precious Bodhi mind. May all virtuous wishes and aspirations of both myself and others be swiftly fulfilled, and may I and all others have long lives, may our health be good and may we all quickly realize the fruition of Buddhahood.

336 JT: I finished my 3rd recitation of the *Golden Light Sutra* last month ... 7 more to go to complete my pledge. I dedicate the merit of chanting the sutra to all the victims of the tragedy in the Philippines caused by one of nature's worst beatings, Typhoon Ondoy. Amitofo.

337 CR: I feel like a big army is behind me. I had made a promise, that this life until i die i must read this blessed sutra for the benefit of all sentient beings. I have read a chapter every day since I started two a half months ago. This sutra is a miracle.

338 DP: I have read... dedicating the reading to all sentient being & my friend with cancer ... peace.

339 MD: This is always of great help and a source of calm.

340 BB: Just to report the third recitation of *The King of Glorious Sutras, The Exalted Sublime Golden Light* ... May all Gurus be healthy physically, may they have long lives and may all their wishes be swiftly fulfilled. May there be peace and happiness in all ten directions. May the Buddhas and bodhisattvas turn the wheel of Dharma until samsara ends. May all virtuous wishes and aspirations of both myself and others be swiftly fulfilled. May we all live in harmony.

341 M: Due to all the merits I have gathered through this deed [of reciting] may all Gurus be healthy physically, may they have long lives and may all their wishes be swiftly fulfilled. May all wars and conflicts immediately cease. May there be peace and happiness in all ten directions. May the Buddhas and bodhisattvas turn the wheel of Dharma until samsara ends. May all virtuous wishes and aspirations of both myself and others be swiftly fulfilled. May the compassion and loving kindness be generated in the hearts of us born as humans towards each others and towards other sentient beings and may we perform only virtuous deeds, speak only virtuous words and have only virtuous thoughts. May I and all others have long lives, may our health be good and may we all quickly realize the fruition of Buddhahood.

342 AK: I have finished the process of reading the text of sutra. I think that reading and understanding this text, prayer to Buddha and all bodhisattvas is the excellent way to cleaning the mind from all negative existence. When all living being clean their minds from the negative, in that moment all of them will become happiest.

343 L: [I r]equest dedication for my dad who recently died. Also I request dedication for all those who suffer from the disease of Alzheimers. The ripening of karma resulting in Alzheimers causes a frightening loss of all that is conventionally understood and the person who has not gained the wisdom of meditation is painfully 'tossed by waves of karma and delusion' and suffers unbearably at the time of death.

344: ATlh + group: [Dedications] For all those suffering fro the earthquakes, floods, and storms troubling our earth at this times; for [K] recovering from one surgery and facing a second; for [M], newly diagnosed with early onset Alzheimer's; for [LJ & JG] both diagnosed with brain tumors; [for K],

struggling with pain and addiction to pain-killers, & all those struggling to overcome addictions; for [M] recovering from a stroke, and for all others who are ill, especially those in harsh pain, alone & without money for doctors.

345 DNSJ: Many our merit free all sentient beings from samsara and clear obstacles to DNSJ achieving Rinpoche's wishes.

346 CTCT: [34 recitations completed toward our pledged 108] totally dedicated to Lama Zopa Rinpoche's long and stable life and the flourishing of CTCT Centre and for the benefit of every suffering kind mother sentient being.

347 Shedrup Ling: On Lhabab Duchen ... we completed 3 recitations of the Holy *Sutra of Golden Light*. This was only a small number this time because the swine flu is rapidly spreading in Mongolia, especially in Ulaanbaatar, and the Government has ceased all public gatherings, closed schools and other group activities. So our Mongolian staff recited ... and then our English teacher and myself recited ... With love and best wishes

348 SA: Today, 11 Nov 09 [=Lha Bab Duchen] in Rome ... I completed a recitation of the *Golden Light Sutra* ... I wish that there was an MP3 by Lama Zopa of the *Golden Light Sutra* like the one for the Sanghata Sutra which is just lung without commentary. That is because I like to listen over and over again to hear the sound of the sutra resonating such as throughout the night. I also listen to it while awake. Alas, I have much need for this sutra as I am beset by frequent torture, death threats etc. as I am working to stop the use of depleted uranium in the world. It harms the lives of sentient beings for at least 4.5 billion years. That is short compared to the future suffering in Hell of those using it and killing in the wars! Please pray that my goal of bring all the worlds intelligence and military agencies to salvation by getting them to act ethically. I already proved ... that ethical non-violent operations are all that are necessary for national security and work better in every way. But there are many people addicted to violence. Please pray that my recitation of this sutra, now and in the future, quickly relieves them of the suffering of their addiction to unethical actions and grants them secure refuge in whatever tradition is best for them.

349 CD: I read all of the sutra (from a computer monitor) in a few hours. ... Thank you for a motivation.

350 DSNJ: Rejoice! We read .. the weekend of November 14-15. .. readers from Germany, US, & Japan. May our merit stop the animal slaughter, or if not bless them, in Nepal on November 24. May our merit liberate all sentient beings from their suffering!

351 KEL: We have done ...recitations ... in total peace & blissful clearlight :) thank you

352 TH: This is my very first time to recite *Golden Light Sutra* in order to contribute [to the] merits in the hope that tomorrow in Nepal they will not kill 500,000 animals. I recited once in several days. It is a long sutra, but I did not [stop] for the animals! May the blessings of Buddhas be with you, always.

353 JF: Our Center's recitations of *Sutra of Golden Light* total ... from Nov. 14 to 23.

354 PH: For the immediate fulfillment of all wishes of our precious masters. For my parents ..., my brother ... and my dear sons!

355 MS: [C]ompleted November 23, 2009 and dedicated to stop the sacrificial killing in ...[Nepal] tomorrow.

356 MG: For my son V.C.G.

357 SC: Recited *Sutra of Golden Light* ... dedicated for the animals being sacrificed at the Gadhimai Mela in Nepal this month, November 2009.

358 CA: [R]ecitations following Lama Zopa Rinpoche's recent request.

359 MM: I finished ... last night. Recited it thinking of all sentient beings, especially the 46 million turkeys being slaughtered for Thanksgiving, the meat industry workers, whose heart is yet incapable of compassion, & the thousands of animals being sacrificed in [Nepal] for their November ritual. May the degenerate age come soon to an end.

360 SB: I do love the sutra and plan to read/recite it again soon.

362 LE: Being able to recite sutra in your sleep would indeed be an awesome skill! Been trying to balance my practice, commitments and work... takes diligence and effort.

363 LPP: [D]edicated to the 500,000 anticipated to be slaughtered in the ritual killing in Nepal. Dedications as advised by Lama Zopa Rinpoche.

364 RC: I want to report ... recitation of the *Golden Light Sutra* dedicated that the Ghaddimai festival sacrifice not happen. Thank you.

365 RS: I've finished the 6th reading of the *Golden Light Sutra*. It was incredible difficult; it was as if I was in a slow motion operating mode. At the same time I've discovered so many more details and stories and states of the Tathagatha. Really amazing. I thank you and Lama Zopa for the blessing bestowed thru this Sublime Sutra. May many benefit!!!!

366 RIWC: The staff of [Root Institute for Wisdom Culture recited *the Golden Light Sutra* under the bodhi tree ... to help avert the animal slaughter tragedy happening in Nepal on the 24th of November

367 JN: The *Sutra of the Golden Light* has helped me get tenants ... who have seen and heard the Dalai Lama speak ... I also found some sticks of incense and I burned them and they helped my meditation. ... My ... Brother has written me an ... email. So at least he is writing me. I just finished my 2nd reading. Loving Kindness...

368 DDP: I have just finished reciting ... of the *Sutra of Golden Light*. Joyous about being part of this group ... many blessing to all sentient beings.

369 CF: [I] recited through Tenzin Lhamo's [Google] group that recites some [the] first Sunday [of every month].

370 SA: Thank you for your wonderful encouragement and loving kindness.

371 DD: A friend of mine sent me the sutra book and have completed ... it. Very beautiful and profound sutra. Upon reading this sutra, it generates great compassion in one's heart . Thank you for making this sutra available to humanity. ... I have sent this sutra to few other people as well.

372 JN: I feel blessed to be able to read *The Sutra of the Golden Light*. I had a dream last night of my brother ...

373 LE: Happy Lama Tsongkhapa Day!!!

374 SA: Today ... I finished my ...recitation of the *Sublime Golden Light Sutra*. ... I would like to ... inspire ... whatever effort necessary to get 100,000 recitations by intelligence and military people worldwide. ...

375 JN: I just ended my 3rd recitation of the *Sutra of the Golden Light*. It has been amazing ... May peace become a reality in the World [in the] coming year. With Loving Kindness

376 DSNJ: Rejoice! We were reading in Japan, Taiwan, Germany and the USA. Please may our efforts go toward a better, more peaceful, more environmentally sound 2010 and obstacles removed in fulfilling Rinpoche's wishes for DNSJ. Happy New Year!

377 SA: I particularly like the 4 line stanza "This sutra is inconceivable, Its ocean of virtue is without end. It frees each being, From countless oceans of suffering! I am imaging it freeing all the people working to kill off 23rd of the worlds population from suffering ... loving kindness

378 CU: 108 recitations completed. Dedicating the merit to Liberation Prison Project, FPMT's International Mahayana Institute, and ... prison mentor CW ... now reciting for [the benefit of] Srivasti Abbey.

379 DD: A new Dharma friend joined me for the reading ... including the suggested dedication prayer by HHDL and the Confessions and Aspirations written by HH Dudjom Rinpoche, Jigdral Yeshe Dorje. Thank you and many blessing for presenting the opportunity to us.

380 JN: Everytime I read it, it becomes more meanful and clear. ... I learn more each time I read it. It is becoming clearer and clearer to me. It puts me a wondeful space

381 DNSJ: May any merit created go towards making the world a peaceful place where people live in harmony. .. currently writing ... from Hiroshima, Japan .. where the first atomic bomb was dropped.

382 DP: with a dedication to peace and blessing for Haiti.

383 RI: Recited each morning of the 15 Days of Miracles at the Mahabodhi Stupa, Bodhgaya. Due to the three times merits of myself, all buddhas, bodhisattvas, all sentient beings, and the merit of reciting the *Sutra of Golden Light*, may the enlightenment thought arise in my own mind and all others without delay, and where it has arisen, may it grow stronger and stronger. Due to these merits, may there be no violence of any kind, no illness or wounds, no natural disasters, famine, drought, starvation, fighting or unhappy minds, anywhere in the ten directions from now on. May the lives of the Teachers and spiritual friends, particularly His Holiness the Dalai Lama, Geshe Lhundub Sopa Rinpoche, Lama Zopa Rinpoche, [any others you wish to name] be long and stable. May we fulfill their holy wishes instantly. May all institutes, monasteries and so forth which propagate the holy Dharma have all obstacles removed and receive all conducive conditions to be immediately successful. May anyone who hears about these projects quickly purify their minds, collect extensive merit, and realize the entire graduated path to enlightenment as quickly as possible. The heroic Manjushri comprehends reality as does Samantabhadra. Training after the manner of all of them, we dedicate these and all merits. All Victorious Ones who come in the three times praise any dedication of merits. Therefore we dedicate all these merits that we may perform all the great deeds. In particular, may we be able to spread the sublime holy *Sutra of Golden Light*, ensuring peace, prosperity, and temporal and ultimate happiness for all sentient beings for as long as space endures.

384 PH: One more recitation completed! May the Dharma spread out all over the world, in the mental continuum of every sentient being, and so everyone realize, without delay, buddhahood! For the long and healthy life of all our precious masters and the immediate fulfillment of all their inconceivably holy

wishes and projects. May every sentient being be immediately free from all kind of suffering and its causes and only experience temporal and ultimate happiness! For E. and M. H., G. H. and his sons J. and J. For my loved sons Dj. T. and Dj. T. and their father M. T. For my dear friend Ah. H. and his family. May all the negative karma that makes them prisoners in the Gaza-Strip be immediately purified and may they live in joy and happiness. For M. O.. For the immediate end of the siege of Gaza and a just and stable peace between Israel and Palestine. For the immediate end of Chinese hold on Tibet. May everyone have love and compassion in their hearts! May all war, violence, terrorism, destructive weather, diseases, and famine be totally eliminated! With love

385 DH: Homage to Guru Rinpoche, and all Sangha. Reading alone. In New York, U.S. Much love to all.

386 MP: Best wishes to all!

387 MT: As soon as I finished copying the *Sanghata Sutra* I started with the *Golden Light*. Due to merits and virtues collected through these activities: may all gurus be healthy; may they have long lives and may their wishes be swiftly fulfilled (with special thanks to Lama Zopa Rinpoche whose kind advice [has been] useful to me regarding my daily practice); may there be everlasting peace and happiness in this world; may the lower realms soon be emptied of beings forever; may all beings always attain perfect human rebirth; may they encounter Buddha Dharma wherever they are born and generate aspiration to follow the path of Buddha Dharma; may they all engage in virtuous activities and may they all as soon as possible transcend cyclic existence and attain perfect and complete enlightenment. May the Maitreya Project be quickly brought to completion without a delay for even a second and may it be of great benefit to all sentient beings. The extent of my dedications exceeds this space so I will continue with the dedication in the silence of my room.

388 AH: I recited the sutra one full time. It is really a powerful sutra. Thank you for inspiring me! love

389 DH: Greetings Sangha Brother and Sisters. I was able to complete the reading of the 21 chapters of the glorious sutra. I will continue. I have learned from the readings. Thanks to Guru Rinpoche! with much love.

390 AC: Hello Dharma Brothers and Sisters. ... I would greatly appreciate if you could share with me any latest information from Lama [Zopa] Rinpoche as I am not able to view anything that has the word "lama" in it because of the relationship between China and Dala Lama. ... Is there any feedback from people who recite this sutra? It would be great to read them and further reinforce my motivation and faith. Many thanks

391 SA: Today I completed another recitation of the sublime *Golden Light Sutra*. It is such a great blessing in the world to be able to have a Dharmakaya Stupa which one can carry in a daypack wherever one goes!

392 JL: Dedicated to world peace, the long lives of the gurus, and to the ultimate happiness of all sentient beings.

393 LT: I have completed *Sublime Sutra of Golden Light*. Thank you for this precious opportunity!

394 JN: I just finished ... *Golden Light Sutra*. It is becoming cherished and has a special table in the morning sun with sunset view of the ocean. I thank my Dharma Sister ... for telling me about this wonderful sutra.

395 LL: Thank you for inviting us to join in on the Sutra.

396 JT: I recited sublime *Golden Light Sutra* ... during the Losar time period. ... thanks for the opportunity to do this.

397 NMC: The Naropa Meditation Center is happy to join you with 12 recitations of the entire *Golden Light Sutra*. Love & prayers

398 GDC: We dedicate for the world peace.

399 DC: Completed recitation as requested ... Dedicated to .. my mother, in the hospital, in critical condition with advanced copd. Could you please add her to the dedication list? Thank you so much; for V, in the hospital and faces various procedures; for E who is nearing the end of her 99 years of life and is in distress; for Doreen struggling for each breath due to end-stage emphysema; for our Tibetan brothers and sisters, whose uprising 51 years ago, on March 10, remains unanswered. Also dedicated to all the poor, orphaned [or] are at war and suffer great fear. May they find happiness and peace.

400 JN: The words and meaning are like jewels to me. I started underlining the important sentences, so someday I will remember them when I am confronted with a situation to use them. I feel a part of the glorious gatherings of tathagatas, bodhisattvas, kings, gods and goddesses. I am beginning to see the world in a different way.

410 BS: After reciting for several days at the Mahabodhi Stupa in Bodhgaya, it seemed as though thousands of millions are gathering to hear and recite.

411 DNSJ: May our merit increase the lives of our precious teachers and fulfill Rinpoche's wishes for Japan.

412 AC: I wish to report my recitation for the benefit of Lama Zopa Rinpoche. Again thousand thanx for all, [and] wishing too by this root of virtue that Buddha blesses all sentient beings and sets them free of all suffering.

413 CK: Recitation of the **Sutra of Golden Light** for health and long life of Rinpoche.

414 O TS: With prayers for Lama Zopa Rinpoche's good health and long life and for the prospering of the activities of FPMT centers.

414: Recitations dedicated ... for obstacles to be removed from Lama Zopa's long life and ...[for] all his wishes [to] be fulfilled.

415 AC: I'll read the sutra every day ... for the holy Lama Zopa Rinpoche's health and long life and dharma activity..... I live in Bodhgaya (Dorje Den) here [in] the holy land of Lord Buddha Sakyamuni. [Dedicated] for more power and more blessings [for] our lama.

416 DP: In dedication to Zopa Rinpoche.

417 LL: Dedicated to the long life of Kyabje Lama Zopa Rinpoche Dorje Chang. [May] each and every one of Rinpoche's holy, compassionate wishes is completely fulfilled right away with no delay. Also may the Maitreya Project and all the other centers and projects totally fulfill all of Rinpoche's intentions. Also dedicated for development of peace, non-violence, loving kindness, compassion and wisdom in this and in all worlds!

418 CF: Recitation for Rinpoche and removal of any obstacles and for the Hayagriva retreat participants.

419 JT: Thank you for this wonderful opportunity. I ... dedicate the merits to Lama Zopa Rinpoche's and H.H.Dalai Lama's long, healthy lives, to the fulfillment of all their wishes, and for the removal of obstacles towards the fulfillment of their obstacles. I would also like to dedicate it for all of us to be fortunate enough to receive their teachings and blessings to attain our full potential for the benefit of all sentient beings. Thank you.

420 DA: [Dedicated] to Lama Zopa Rinpoche. May he live a long life and all his holy wishes be fulfilled.

421 MS: Recitation of the **Sutra of Golden Light** for health and long life of Rinpoche. Until Sunday morning I was ... well. On that day when I was reciting the **Sutra of Golden Light**, I made many strong prayers for all the obstacles impeding the long life, holy activities and the fulfillment of Rinpoche's holy wishes to ripen upon me without delay. Then on that very ... evening, I got very sick ... and I was very happy to be sick because due to the power of the **Golden**

Light Sutra my prayers was fulfill. May Lama Zopa Rinpoche have a long and healthy life. May his holy wishes be immediately fulfill. May his holy teachings and activities increase and flourish for the benefit of all beings. May all obstacles impeding the fulfillment of his holy wishes ripen upon me without delay.

422 CW: Today, April 7, 2010, I did one reading aloud of the *King of Glorious Sutras called the Exalted Sublime Golden Light*. The reading took from 12:20 pm until 6:05 pm and being unaccustomed to reading aloud I am now hoarse.

423 MS: I read that Lama Zopa wanted us to recite the Sutra 65 times so I looked it up and was taken aback that it was 104 pages long. But then I read my dear teacher Lama Yeshe's words that we shouldn't think that something is impossible but have a go. So I skimmed through once and have been thinking about it since and today I read to page 23 and printed Chapter 4 on Confession to read at home. I am aiming to recite that chapter 65 times and then move on to the rest. Will keep you posted what happens.

424 AM: I am reporting one completed recitation of *the Golden Light Sutra*, completed April 7, specifically for Lama Zopa's health and long life.

425 VG: with best merits for peace.

426 JK: May Lama Zopa Rinpoche be with us for a very good, excellent, long life. Lama Zopa Rinpoche has such enormous compassion! May Buddha bless him forever!

426 OT: One more complete recitation of *Golden Light Sutra* with prayers for Lama Zopa Rinpoche's long long life, good health & fulfillment of his wishes.

427 JN: I must say the words are now popping out at me. They feel like jewels. I have now underlined some choice lines that are especially close to my heart. Often in my day I find myself crowded with divine beings from the *Sutra*.

428 AL: May all beings be happy and free from suffering!

429 OF: I just finished ... for LZR. I do hope he has good health.

430 PH: Thank you so much for this precious opportunity to dedicate the merit for the long life and fulfillment of all the holy wishes of Kyabje Lama Zopa Rinpoche. I dedicate the merits further for the long life of Ven. Gueshe Tengye, Ven. Mogchok Rinpoche and Neldjorpa Sherab Namdreul. May the Holy Dharma ripen in the mental continuum of every sentient being in the most beneficial way. For all my family, for world peace. For my dear friend M. T. May all the personal and economic obstacles and difficulties he's experiencing be removed right now and may he realize temporary and ultimate happiness. Best wishes for you!

431 RW: I wanted to let you know that I recited (and greatly enjoyed) the *Golden Light Sutra* over the past two weeks and completed today...May this merit benefit Lama Zopa, FPMT, you, all beings and myself.

432 MD: One *Golden light Sutra* dedicated to Rinpoche's good health and long life, the success of all Rinpoche's Dharma activities, and for Rinpoche's Holy wishes to be instantly accomplished. We had a lovely day reciting. Both of us continue at our homes a bit every day.

433 IS: Dedicating for the abundant health, long long life and obstacle-free environment for all Rinpoche's projects, [and for the] success & harmony of all his students' past present and future. May FPMT also have abundant resources to be the Eternal Sun warming countless sentient beings till all are fully awakened. Dedicated for the Health of His Holiness and all our Great Geshe as well as the staff, students and quiet helpers (including their families) With Big Love

434 UK: As recommended I recited the *Golden Light Sutra* for Rinpoche's good health and great success of all his Dharma activities. I am happy to thus repay at least a little bit of his kindness, especially helping my sick daughter L 5 years ago by recommending several pujas, etc. She is pretty well now. With all my gratitude and love

435 DSNJ: May our merit remove hindrances to LZR's good health and long life. Thank you!

436 DP: Just finished reading the *Golden Light Sutra*. Dedicated to the well being of Ven. Zopa Rinpoche and all the people hurt or killed in the earthquake. Peace and blessing.

437 LP: I have finished the recitation of whole Sutra 24.04.10. I have dedicated it as ... wished, for the precious gurus and the Tibetan people.

438 O Ts: It's our pleasure to report ... recitation with many many prayers for Lama Zopa Rinpoche's long life & for all Rinpoche's wishes to be instantly accomplished.

439 CM: One recitation completed yesterday for the very long life of our previous teacher Lama Zopa as requested, and for the success of all his projects and for the benefit of the FPMT. I [also] recited this sutra on Tuesday 20th January 2009 on a ship as we approached Antarctica. I dedicated it to the new President Obama and the success of his term for all the peoples of the world as it was the day of his inauguration

440 MS: I am continuing to read ... the *Sutra of Golden Light* regularly. I have added two lines of my own though; where it says "may women become more like men," I have added *and may men become more like women: compassionate, caring and loving.*

441 IVY: Recited for Lama Zopa Rinpoche's health in March 2010

442 CM: Another recitation of the *Sutra* at South Georgia, an island that is one of the last bastions for wildlife before the Antarctic continent. I recited 15-18 Jan 2009...My dedication was mainly for all the sentient beings who lived and passed through in all the land, air and seas around the Antarctic continent and all the islands in that part of the world and for the protection of the environment for them all.

443 HW T: I have concluded the recitation of one *King of Glorious Sutras called the Exalted Sublime Golden Light* today 22, May 2010 and dedicate whatever small merits to the benefit of all sentient beings.

444: O Ts: Please be reported 2 more recitations of the *Golden Light Sutra* with prayers for peace & Lama Zopa Repoche's long life & for all Rinpoche's wishes to be instantly accomplished for all sentient beings.

445 PH: A recitation completed. With dedication for world peace. For the long and stable life of all our holy masters especially Ven. Lama Zopa Rinpoche, Ven.Mogchok Rinpoche, Ven. Gueshe Tengye et Sherab Namdreul, and the fulfillment of all their holy wishes. For all my family members and friends. May all beings become aware of their ultimate potential and achieve enlightenment without delay.

446 RH: Dedicated to Lama Zopa Rinpoche and the FPMT. Love & clear light

447 RP: [W]weeks ago a request was made for students to recite the Sublime *Sutra of Golden Light* for Lama Zopa Rinpoche's long life, health and well being. ... yesterday on Saka Dawa, I most joyfully completed the recitation and dedicated as requested.

448 MD: Read the whole text today. What a moving experience.

499 LZ: I just completed 4 recitations of the *Sutra of Golden Light*. om mani padme hung

500 JD: While doing this recitation on the first night [I had] a strange dream... during [the] week, different obstacles ... but the most interesting thing ... is that it simply increases devotion and motivation through daily practice on the cushion and in life as well, and [I was] simply joyfull... At end I really enjoyed reading and discovering the soutra itself... which also brings up ... different questions in my own mind and on my own attitude to life.. Much Love

510 JN: I just finished my 8th recitation of the *King of the Glorious Sutra, the Sublime Golden Light* and I feel so close to this Sutra now. I have my favorite Chapters and parts and lines. It gives me much hope, love, and caring. It broadens my perspective on living life. Loving Kindness

511 SA: I hope that you, Lama Zopa, and the rest of the FPMT staff are happy, well, and without any obstructions whatsoever.

512 MM: Thank you for opportunity!!

513 JB: I have read the *Golden Light Sutra* aloud for the benefit of all sentient beings, Lama Zopa Rinpoche, Venerable Thubten Chodron and Sravasti Abbey, prisoners, and the United States President, Barack Obama. May this bring us closer to liberating all beings from suffering. Thank you for this opportunity.

514 SK: How miraculous - Lama Zopa's activities for beings [& his] .. immeasurable kindness. Thank you, Rinpoche.

515 AD: A group of us accomplished 6 full recitations under the Lunar Eclipse on June 26 in the presence of 1000 earth worms we liberated from certain death as fishing bait ... [I]f Rinpoche's maths are good (of course!), then with the multiplying mantra and accomplishment on the full moon lunar eclipse, we did many many millions !! Thank you Rinpoche. May your life be firm and long, always blessed with the most golden auspiciousness! Also, is this the main website to record accumulations ? ...thank you and love ani dianne and the Nyingma students of Auckland...Two more recitations completed within our group...!Em Ah Ho ! Thank you Rinpoche and Lama Yeshe

516 RC: After reading Lama Zopa Rinpoche's Online Advice, *Transforming Problems* (and) *Tong-len* [www.lamayeshe.com/index.php?sect=article&id=332] for my depression & anxiety attacks, I completed my first *Sutra of Golden Light* in the span of 2 weeks... I dedicate this merit to all sentient being for their liberation and world peace!

517 CU: 108 recitations of the holy *Sutra of Golden Light* as an offering to bring benefit to all the IMI sangha

518 LL: Finished a recitation the day before yesterday, sitting in front of the Jade Buddha, rejoicing in Kyabje Lama Zopa Rinpoche's limitless enlightened activities to benefit limitless sentient beings! Dedicating the merits especially for Rinpoche's long life and for his infinite, compassionate activities to continuously have perfect success until all beings are fully Enlightened!

519 AL: I just completed the recitation of the sutra for the first time. I feel like I have done something meaningful with my life by reciting this sutra. Thank you for making this text available to us.

520 AD: Happy to report ten further recitations ... a group of eight Nyingmas in Auckland, NZ on the solar eclipse, plus some extra readings including one sangha member in Australia. Also, we liberated about a further 500 worms from certain death, and they received our offering of the whole sutra!! ... Warmest wishes to you .. we will keep accumulating as we can ... may all golden auspiciousness arise for the lives and activities of all pure lineage masters and their sanghas!

521 YH: Thank you for having this sutra on your website! Kind regards

522 CC: Hello there! It's so inspiring to know that the total number of recitations of *Sutra of Golden Light* around the world [are] over 10,000 times! I believe that such great positive power with pure motivation is definitely benefiting all sentient beings.

523 CR: Today ... the suffering of the people is huge ... I encourage all of you with the *Golden Light Sutra*. Dedicate the merits for peace and compassion of all sentient beings. Freedom is here and now!

524 ML: I feel the reading has brought both my wife and I much closer to the path. We've both been very happy through the whole 15 days. Many good things have been happening. One in particular was that a fellow "dropped out of the sky" and ... [told] me of a supplement ... and it is having a very helpful effect on my body ... There have been other things, like people seem to be talking to me far more ... It has been very helpful for me. Thanks to Lama Zopa, and you too. Love

525 JD: Much Love. I just carry on with this practice while doing my daily meditation.

526 MR: I committed ... to complete 1 recitation and I did despite my not fully [having] understood the meaning and pronunciation of many words. I went through the complete sutra. It took me many days to do it; some days was a few lines, other days some chapters, but I did honour my commitment . I'm still not sure of the outcome but my life is much much better today. Thank you . I hope that the light of the universe keeps shining in your path. Namaste

527 DD: With dedication to all people suffering from being overwhelmed with suicidal thoughts. [And in] addition, [dedicated to] all suffering sentient beings. With metta

528 TH: Hello & Greetings. I only discovered this today, being in some respects very new to this spiritual path. I had recited up to p 4 - where I stopped - I felt I should, to honour this sutra, as it says, have a bath and put on clean clothes before I read anymore. I have lit some Tara Incense for the gift. While reading I realized what one of my fundamental problems to overcome probably is, and may have identified what has been blocking my energies in many directions. I think this is a big answer to many prayers said to Green Tara over the past week or so, and to a huge rainbow appearing yesterday. Thank you for your website. I have yet to visit your centre or meet you, and hope to do so very soon. Thanks so much for this. Best wishes

529 AD: Happy to report a further eight readings of *Golden Light Sutra* and 3000 insect lives liberated from certain death during the readings.

530 SA: Since I have been doing one recitation of the *Golden Light Sutra* a day ... [t]hey continue to be an incredible blessing in my life.

531 PH: A recitation of the *Sutra of Golden Light* completed. With dedication for the long life of our precious masters and the immediate fulfillment of all their holy wishes, for world peace.

532 ML: Two more complete sutras during the month of August. I dedicate them all for world peace and the complete success of all Lama Zopa's intentions.

533 S: Dedications for JG, , who has a painful and debilitating chronic illness.

534 LE: [May] leaders of the world think about their constituents and make decisions for the people and peace. Thanks very much

535 DP: Dedicated for my dear friend D who is battling uterine cancer.

536 TL: Please remember M, who, while suffering greatly from an accident that hurt her back and subsequent surgery, has just suffered a fire[with] ... serious destruction.

537: With dedication of merits for an end to the violence plaguing Mexico, parts of Africa, and all other places where the powerless are being ruthlessly hurt.

538: May all activities that fulfill the holy wishes of His Holiness the Dalai lama and our other precious teachers, as well as all holy beings abiding among us, flourish and succeed.

539: Dedicated to help the victims of Pakistan's terrible floods and to help the organizations involved in providing aid.

540 MS: 3 recitations for the long life and good health of all our glorious and amazing teachers, HH the Dalai Lama, Lama Zopa Rinpoche, Geshe Tsulga-la ... Thank you& Love

541 MM: Thank you Lama Zopa Rinpoche so very very much for sharing this most beautiful prayer which gives me much hope for the earth and all peoples in a new way. It brings me so many many tears of gratitude and love for all and all beauty. I have been looking for this prayer. It is my first recitation this day hun tijax .maya day of liberation.

542 SA: I definitely look younger the more I recite it. How amazing!

543 BB: I want to report that I have just finished my fifth recitation of *The King of Glorious Sutras, the Sublime Golden Light*. By whatever merit I collected thus may Lama Zopa Rinpoche's health be good and his life be long; may all other gurus have good health and long lives; may the Maitreya project be successful and quickly brought to completion and may it be of great benefit to all sentient beings; may all conflicts and disorders in the world immediately cease; may lower realms be utterly emptied of beings and thus may all beings always attain excellent human rebirth, may they always in all their future lifetimes be able to hear the Dharma, may they generate great aspiration to follow the path of Buddha's Teaching and thus may they all as soon as possible attain enlightenment; may there be wealth where there is poverty, may there be good health where there is illness, may there be peace where there is turmoil, may there be happiness where there is misfortune; may all virtuous aspirations and wishes of both myself and others be swiftly fulfilled; may I and all others have long lives, may our health be good and may we quickly realize the fruition of Buddhahood.

545 ML: It works out very good for me, reading a couple chapters or so per day - 2 full sutras per month. I dedicate them to cessation of all wars, and to peace in our time, and for the complete success of all Lama Zopa's intentions.

546 NI: Dedicated to the IML, the sponsors and the long life of our teachers, especially His Holiness the Dalai Lama, Lama Zopa Rinpoche and Nalanda's abbot, Geshe Jamphel.

547 JN: 10 recitation of the *Golden Light Sutra*. It is a Sutra I hold close to my heart.

548 DP: Dedicating the reading to all who suffer.

549 GLS: For the following who have died recently, [our recitations are dedicated for their] rebirth in a pure land or precious human rebirth with conditions to practice Dharma: for DvNg, who died in a car accident just after finishing retreat with Lama Zopa Rinpoche; for SA, who died of cancer, and for

MJU and for her family who are [experiencing great] sorrow. [Also dedicated]... for all living with chronic depression, chronic fear and chronic pain that they may be freed from their suffering and find peace. Also dedicated for D, with uterine cancer, and for S, with breast cancer. [May] ...] all activities that fulfill the holy wishes of His Holiness the Dalai Lama and our other precious teachers, as well as all holy beings abiding among us, flourish and succeed.

550 M: Due to merits and virtues I collected, may Lama Zopa Rinpoche's health be good, his life be long and may all his noble wishes be swiftly fulfilled; may all other gurus have good health and long lives; may all wars and conflicts immediately cease; may Maitreya project be successful and quickly brought to completion and may it be of great benefit to all sentient beings; may the Buddhas turn the wheel of Dharma until samsara ends; may lower realms be utterly emptied of all beings; may all virtuous wishes and aspirations of both myself and others be swiftly fulfilled; [for all of our lives] may we.. always attain fortunate rebirths as humans or devas, may we always encounter Buddhadharma and unceasingly without distraction practice virtuous deeds. ... *May I purify an ocean of activities, May I fulfill an ocean of aspirations, May I make offerings to an ocean of buddhas, May I practice without discouragement for an ocean of eons.*

551 SA: There is no doubt that the happiness from reading it grows with time!

552 ML: Two more [recitations].. all dedicated to the complete success of all Lama Zopas' intentions, cessation of all wars and peace in our time, and the benefit and enlightenment of all sentient beings. It definitely helps me keep the negativity away. I try to read a few pages each day. To me it is a very good practice and fits well with my other practices.

553 MG: [Dedicated for] my liberation from poverty, may abundance and wealth flow easily into my life, and for the harmony and understanding into my marriage. And for my bouddhiste practice, may it serve all sentient beings and my country. Thank you very much! [It is good] to be a part of a group of practicionners- to not be alone...Yours in the Dharma

554 SB: I would like to dedicate this practice ... [for] the flow of abundance for everyone, for the benefit of all beings to have their needs met, to feel safe and to experience happiness in their lives. Thank you.

555 M: For the continued recovery of my uncle TE & my recently departed co-worker LL.

556 JD: Peace and acceptance for S and family

557TL: May the Kalachakra in World Peace, to be held in Washington, DC, in July of 2011, fulfill the wishes of His Holiness the Dalai Lama and benefit as

many as possible. ... I also [dedicate for] ... all those suffering from the effects of the volcano in Indonesia, the new flooding and illness in Haiti, and the victims of drug-war violence in Mexico, and the victims of war anywhere and everywhere.

558 DP: [For] my friend D who is bravely undergoing chemo treatment for uterine cancer, and also for all the Haitian people

559 M: [For] my mother A... so she may find peace and light and also for me ... so I overcome my doubts and let abundance and wealth flow easily into my life.

560 JD: I feel a tremendous gratitude by having the opportunity to make the recitation of this soutra. Nevertheless, I am like St. Thomas [BLS, aka Doubting Thomas], I believe what I see. From the last few months, I guess [I can say] I'm truly doing the experience of the recitation of this soutra. While doing it isn't always easy to find the words on what I'm experiencing. This is why I preferred to keep silent. But now I can truly say that a lot of small, but nevertheless noticeable) events happen in [my] daily life have enhanced joyfulness and my credo to the practice of meditation with a holy act like the recitation of this soutra... understanding different kinds of personality increased into factual little events, auspicious opportunity arises in a variety of circumstances... Increased motivation, empathy and finding the appropriate words or initiative or intuition ... which all enhance my love for beings, [my] compassion and motivation ... These kind of experiences are deep and encouraging the pursuit of the practice... with a very deep feeling of holiness and gratefulness for all the boddisatvas, bouddhas.

561 HM: I have for the past two years recited one page of the *Golden Light Sutra* every day. ... I go to two wonderful Buddhist centres: Centre for Wisdom and Compassion ... and Phendeling.

562 ML: I completed reading The King of Glorious Sutras called *the Exalted Sublime Golden Light* 2 times through during the month of November. I dedicated them to the complete success of all Lama Zopas' intentions, cessation of all wars and peace in our time, and for the benefit and enlightenment of all sentient beings. Thank you very much. I want to take this opportunity to wish you and yours a very joyous holiday season, and a great new year.

563 CI: *Sutra of Golden Light* [recitations in November dedicated to] Lama Tsong Khapa's teachings to flourish limitlessly, to all sentient beings for the benefit of all, and to uphold the wishes of Lama Zopa Rinpoche's advice to help spread peace and happiness to all living beings.

564 G: I would like to dedicate ... so [that] all forms of violence disappear [from] all over the earth, and in particular ... [that] violence related to organized crime and drug trafficking in Mexico become completely eliminated. [with] skies of love and gratitude.

565 M: Prayers and dedications for U.Y.,, a tireless and profoundly inspiring servant of peace and harmony, who passed on this week. May he find the most auspicious and beneficial rebirth

566 TL: May the Kalachakra in World Peace, to be held in Washington, DC, in July of 2011, fulfill the wishes of His Holiness the Dalai Lama and benefit as many as possible.

567 DP: [T]hrough requesting dedication for my friend ... who is suffering with uterine cancer she got a report of remission. Thanks to everyone for the prayers.

568 PH: With dedication for world peace and a long and healthy life for all our precious teachers. May all suffering be pacified.

569 YH: Many thanks for making it available online and encouraging people to read it.

570 JR: Just finished it! I was reading about seven pages a day ... My life has totally changed. I also volunteered 2 days at the relic tour at Orlando . Working with D .. and D.. was awesome. ... Being a member of fpmt has been the most precious and greatest thing I have ever been part of . Many blessing and no obstacles for our service and love for all sentient beings.

571 LZ: I was staying in a small dwelling next to my friend's.. house. One morning I was reading the chapter on Jalavahana bringing the water for the fish who were deprived of water and scorched by the sun. When I went out, I discovered G... filling the Koi pond as it had sprung a leak during the night and was almost dry. Today I found myself on the 2nd chapter where Kaundinya requests "a particle of relic for my possession" and later in the day I found myself sitting in the presence of the Relics. These are just 2 examples of how the *Sutra of Golden Light* often synchronizes with what is going on around me. ... I dedicate for the happiness of all sentient beings!

572 DP: With the request that BH [who was born with a hole in herheart] be included in the dedications. Plus dedications for all the new lives born all over the world.

573 Anon: Please pray for all those suffering from chronic fear, depression, anger and physical pain, from one burdened with them

574 TL: [With] gratitude to all those who inspire us, teach us, guide us, help us with course-corrections and, in general, hold up the light allowing us to find our way out of the darkness.

575 ST: The other day I had the opportunity to caretake the relics for two nights at the Geshe House ... In the afternoon I was reading SGL. Just as I got to the paragraph where the great bodhisattva fell down and the earth shook in six ways like a ship pounded by the waves, there was this loud noise. I thought a horse had jumped on the roof. But it was actually a 4.1 earthquake. We are printing and spreading the **SGL** throughout Mongolia... A special edition with a photo of [Lama Zopa]Rinpoche offering **SGL** to the President of Mongolia will be .. given out during Tsaagansaar.. Mongolian Lhosar. We hope ... the students will recite the **Sutra** 7 days and 7 nights continuously to the fifteenth. We have made spreading the **Sutra** throughout the countryside in Mongolia part of our manifesto. Please dedicate prayers to Chenrezig that we succeed.

576 ML: I dedicated the merit of reading to the complete success of all Lama Zopa's intentions, peace in the world and all wars, and to the benefit and enlightenment of all sentient beings. Thank you so very much. I find these readings very helpful to my practice. Love

577 LE: Dedicating to His Holiness the Karmapa and that all this mess works out.

578 PH: For P. I. For world peace. May all sentient beings realise their ultimate nature. May I become very quickly capable to lead them to enlightenment. May my actions never cause even the slightest harm to any sentient being, in whatever life, instead may they only bring the greatest benefit.

579 TG: It is indeed a group effort!

580 EL: By reading this sutra may all the obstacles to the health and long life of all our gurus be removed, especially HH the Dalai Lama, Lama Zopa Rinpoche, Kuzho Lama Rinpoche (Geshe Tashi Tsering), Choden Rinpoche and Geshe Jamyang, and all our other precious gurus not listed here. May everyone who wants to attend their teachings do so. May Langri Tangpa Centre (LTC) .. flourish and benefit others for generations... May we be able to meet our (LTC) monthly mortgage payments .. without difficulty. May all the students who contribute to the continuation of LTC in whatever way have long, healthy and happy lives. May the new altar and life-size Buddha statue be accomplished in accordance with the dharma without obstacle and inspire everyone who sees it. And may the LTC website and library programs come to fruition in the best possible way. May obstacles be removed & causes and conditions come together for my mum and dad's health, C's academic success, our financial, physical, emotional and

spiritual well-being, life and career aspirations, attending the teachings of HH the Dalai Lama, Choden Rinpoche & Kuzho Lama Rinpoche. May my sister be enabled to attend the teachings of HH the Dalai Lama in Melbourne this year. May obstacles confronting ... be resolved in the best way. May E & C realize all temporal and ultimate goals most quickly: good health, long and meaningful life that benefits others, fulfillment of career aspirations, financial wealth & freedom to attend teachings & retreats without obstacle for as long as we wish, realizing non-learner's union, the great perfection, rainbow body in this lifetime; for the benefit and bliss of all sentient beings. May C's parents' financial and life problems be instantly resolved; may they enjoy good health, prosperity, and dharmic life guided by perfect mahayana gurus. May C's brother be healed of all problems, live an independent and meaningful life, guided by the Dharma. May enlightened leadership once again prevail in the world, pacifying all negative, anti-social forces and ushering in true justice, peace, and enlightened global human society free of bigotry, prejudice, hatred, greed and endowed with wise goodheartedness. And may there be ecological balance, healing of the planet, and averting of climate change disasters for all sentient beings.

581 JG: May our glorious gurus live long! May all their holy aspirations be immediately fulfilled. May centres for the dharma flourish full of harmonious dharma brothers and sisters for eons to come. May western nunneries arise and flourish. May all obstacles to Gaden Samten Ling's new building immediately be removed and may the new centre be completed swiftly without delay. May all beings attain Buddhahood.

582 CN: May all sentient beings achieve the rupakaya and the dharmakaya.

583 JC: Wishing everyone connected with the Foundation a long and happy life.

584 JK: When I read Rinpoche's response [to the question of what one can do to eliminate suffering and benefit mother sentient beings], the rapture went beyond. When I read the words in the *Golden Light Sutra*, time stood still.

585 LK: To the enlightenment of all sentient beings. May I take rebirth in the pure land of the Medicine Buddha in all my future lives until I attain buddhahood.

586 LhW: This most glorious *Sutra* was suggested to me to read each day. Even if all I had that day was the physical energy to recite one stanza this would be the most benefit for myself and others. Through my experiences these past 3 years, this most sublime *Sutra* is becoming to my mind a Healer when I am sick, a Friend when I am lonely, the Song of the Virtuous Friend when my Guru is not near. It has been almost 10 months since I have been in the hospital. My

body has frequented the hospital many times in the past 23 years. Knowing that this is only due to the causes that have been created, which is one of the promises/explanations of this sublime *Sutra*, is one of the many experiences I have had. All merits I have collected are dedicated to freeing others' suffering.

587 LE: Dedicated to world peace and oppressed people around the world.

588 FM: It's a bit like if I found gold! I mean *Golden Light Sutra* found me maybe. It is pure gold for your mind, like if you were having discussion with the Buddha Shakyamuni himself.

589 MV: I have just finished second recitation of the *King of Sutras, the Sutra of Golden Light*. Please rejoice with me and thank you very much.

590 SK: I have completed one full reading at home of the *Golden Light Sutra*. It was beautiful to do this and also to see in the Sutra the very conditions that we and the earth are experiencing right now. The causes also were shown. How amazing really.

591 MJ: Dedicated it to World Peace and an end to violence.

600 RH: I was adopted by a pitbull dog about a month ago; and he was obviously running away from an abusive home. Every night when I read the *Sutra*, I do it to benefit him as well as all beings. Yesterday outside as I was reading, he came and lay down in front of me and slept while I read 3 chapters!

601 ED: For M.A. family and Japan.

602: MA: On behalf of Japan and of Michelangelo.

603 DP: Dedicating it to all those who are suffering.

604 JL: I am pleased to offer one completed sutra reading of *Golden Light* from home. May all violence end, may all be happy, may all the gurus' holy wishes be fulfilled. Big Love.

605 AI: We read tonight to be part of these 15 days of great merit, and we especially dedicated to the people of Japan. We also dedicated to Lama Zopa's long life and good health.

606 PH: For world peace, for all our Japanese brothers and sisters and the immediate end of the atomic disaster! For the long life of our most precious holy gurus! Sarva mangalam!

607 UK: May the Dharma flow and inspire the minds of all beings so that everybody quickly awakes from the dream of self-grasping and suffering. May

all suffering transform quickly into supreme happiness. Dedicated to the long life of all true Dharma teachers, to the Dharma teachings, and to a strong Sangha. May all beings find an everlasting connection to the Dharma and to their Buddha nature and live life out of this!

608 KS: For a long time, I've been reading a few pages to my daughter every night. Right now I am stopped in the middle of another recitation because I am also writing it out.

609 GD Centre: On 19 March, we have the great pleasure of reciting one complete *Sutra of Golden Light* for the benefit of world peace, for Japan, and for FPMT.

610 ML: We experienced no miracles. I had, however, a few very good realizations which seem to have changed the way I perceive or interact with my environment. I'm very pleased and hope to improve upon them. Dedicated for the complete success of all Lama Zopa's intentions, for peace in our time and for the benefit and enlightenment of all sentient beings. Thank you and Lama Zopa so very much. Love.

611 HTs: May all sentient beings have happy!

612 JN: I just completed my 14th recitation of the *Sutra of the Golden Light*. It has become like a good friend who gives me hope and love and protection in my daily life.

613 IM: On behalf of the Sangha and for the benefit of the people in Japan, Libya, Tibet and all sentient beings May their suffering end and may they find happiness.

614 TC: Dedication to all those who are suffering, all those who are in fear, all those who are experiencing pain of illness, all those who experience grief and loss of loved ones. Offered with special dedication for all children and beloved ones in Japan, Tibet and India.

615 OTs: It is our pleasure to report 3 complete recitation of the *King of Glorious Sutra, Sublime Golden Light* with prayers for the benefits of all, for the victims of Japan earthquake & tsunami, for fulfillment of our teachers' wishes and peace in entire world.

616 SL: Please dedicate for the long life of all the gurus, for Khen Rinpoche, for members of my family, friends, sentient beings, and [those affected by] the Japan earthquake. Thank you so much.

617 CM: I would like to add, in response to Lama Zopa Rinpoche's request, that my experience in reading this sublime *Sutra* two times over 4 days was to gain

a greater appreciation of just how profound this precious *Sutra* is, with some chapters continuing to resonate with a level of understanding and other parts it was like reading for the first time and I thought, wow. My dedications were from the Golden Prayer book, including for the special FPMT dedication and ending with Shantideva's dedication, which I always enjoy saying in the knowledge it is one of His Holiness the Dalai Lama's favourite dedications.

618 JG: May our holy precious gurus have long and stable lives. May their dharma aspirations be spontaneously fulfilled. May all their activities to benefit sentient beings meet with increasing success. May all those who have passed away in Japan, Libya, Egypt, Bahrain and all over the world be immediately be reborn in Sukhavati. May they hear the Buddha's teachings directly and achieve perfect complete enlightenment for the benefit of all.

619 MS: Thank you for this wonderful opportunity. I feel a tiny improvement in my mind. One of my early teachers ... always said, "Slowly, slowly." Another always said, "Don't neglect the little things just because you cannot do the big things." This is so easy to do and brings so much benefit.

620 TC: With my grandmother's passing the family will once again meet face to face, with an opportunity to embrace in fellowship. My grandmother was good and kind, her love and compassion is carrying on in spite of her physical presence not being here now. This is a miracle! For me I know the sutra works, but it was really working overtime this time. It is a true blessing of love. No matter how it turns out, to me this is proof positive that reading this sutra heals, protects, guides and allows the miracle of peace to occur. Dedicated to my grandmother and to all those like her.

621 GL: A destructive relationship transformed into a healing, loving, respectful relationship.

622 JG: It [reciting the *Sutra of Golden Light*] was a fantastic experience ... I had been wanting to recite it at the [Mahabodhi] Stupa [in Bodh Gaya] for a few weeks.

623 DP: Although I have been reading the ... *Golden Light Sutra* for a while now, every time I read it I learn something new.

624 LE: 1 recitation completed for peace in the world and to benefit all beings.

625 ML: I dedicate [two completed recitations] to the success of all Lama Zopa's intentions, for cessation of all wars and peace in our time, and for the benefit and full enlightenment of all sentient beings.

626 DP: It was nice that I could download ... and read ... on my Iphone.

627 MM: To Lama Zopa Rinpoche's health, long life and fulfillment of his aspirations!!

628 CY: This is my first time reciting the *Exalted Sublime Golden Light Sutra* from my home in Kuala Lumpur. When I started reciting, the wind became very strong and it whistled throughout the recitation. Towards the completion of the recitation, the howling wind died down. I pray and dedicate this beautiful Sutra to world peace and happiness.

629 EL: May all Kyabje Lama Zopa Rinpoche's holy wishes be fulfilled!

630 SL: Dedicated for the long life & good health of HHDL and Lama Zopa Rinpoche, success for FPMT organisation and all projects and also dedicated also for world peace.

631 ST: [Dedicated] for Rinpoche's health, long life and all His Holy wishes to be fulfilled.

632 JN: I just completed my 15th recitation of *Sutra of the Golden Light*. It becomes clearer to me with each reading. I also feel the protection of all heavenly beings. Metta

633 VL: May all Kyabje Zopa Rinpoche's wishes be fulfilled!

634 MB: I did 3 recitations of the Sutra in Verona Italy for long life of all my teachers, for speedy recovery of Lama Zopa, for M and A, A and his family, J and his family, for B and M A, for all the mentally ill and sick people, for every sentient being, for the poor and the rejected, for the lonely, for A. I dedicate my daily practice for all people so that I am able to do the three years retreat for all nuns and monks.

635 UK: I just finished reciting the *Golden Light Sutra* twice and dedicated as suggested plus to the welfare and living or entering in the Dharma path of family K.. and family Z... My daughter recently made her last examinations at school and during those four days I always recited the *Golden Light Sutra* in particular for her support without telling her. She was very happy with an especially stable mind in those days and said, she does not know why ... but in spite of these heavy exams she felt so much at ease more than usually, somehow ... very happy, which is strange [because] in the past she sometimes experienced even black outs. ... Much love and happy Saka Dawa.

636 MB: We invited those on our mailing list of to recite in their own homes during Saka Dawa. At least four others made a commitment to doing this. Very powerful experience. Thank you so much for your explanation of the Sutra on the FPMT website and in the mailings.

637 TV: Recited once on Saka Dawa 2011, in G... Belgium, during full moon eclipse mainly for Rinpoche's long life and good health and for the success of all His activities.

638 KV: Wishing peace for Panchen Lama, and dedication to him during Saka Dawa

639 JM: Reporting one recitation of the Sutra of Golden Light. Thank you for this opportunity Beth. Wonderful to know that many others were reciting it also.

640 MN: Dedicated to the people of Syria.

641 ED: My sistre and I recited 4 *Sutras of Golden Light*. We dedicate to Lama Zopa's health, H.H. the Dalai Lama Long Life and for our father [in] bardo and for our mother.

642 CI: Dedications to the long life and good health of Lama Zopa Rinpoche

643 ST: For Rinpoche.

644 ABC: Especially for the Long Life and good health of His Holiness the Dalai Lama, Kyabje Lama Zopa Rinpoche and Khen Rinpoche Lama Lhundrup

645 LV: I dedicate this recitation to the recovery of my mum and to the possibility of developing pure love towards her and patience.

646 BS: May all internal and external obstacles to fulfillment of our Teachers' holy wishes be immediately and completely pacified. May all suffering and causes of suffering of all sentient beings always be transferred onto me, and may my three doors always be transformed into the body that sustains them.

647 LT: Dedicated to the long life & health of HH the Dalai Lama & Lama Zopa Rinpoche, the end of conflicts & disease, for peace & plenty & happiness & the end of suffering for all my friends, relatives, enemies & everyone I have ever met, & for all their friends, relatives, enemies & everyone they have ever met . . . & so on until this covers everyone in the world, their ancestors & descendants.

648 AM: During and after the completion of *the Sutra of Golden Light* there has been definite help for my family from sources that cannot be explained.

649 ML: I dedicated them to the complete success of all Lama Zopa's intentions, to the cessation of all wars, and to the benefit and full enlightenment of all sentient beings.

650 ST: For Rinpoche's long life and holy wishes to be fulfilled and for everything good to happen!

651 ML: Dedicated each reading to the complete success of all Lama Zopa's intentions, cessation of all wars and peace in our time, and for the benefit and enlightenment of all sentient beings. I have no benefits that I can attribute directly to the *Golden Light Sutra*. Sometimes even reading only twice through aloud each month becomes a struggle, which is good for me and my discipline. I've also been more calm and able to study my Dharma lessons better. I sure it helps a lot.

652 DNg: May the merit go towards Rinpoche's full recovery and long life.

653 DP: Chapter 18 always brings new wisdom.

654 LT: Thank you for reminding me to recite this wonderful sutra! I cannot thank you enough for making it so accessible.

655 GB: For the protection, healing and enlightenment of our special daughter-in-law, Sarah, and for the safe and healthy delivery of her second son in December (or before).

656 EL: May all Kyabje Lama Zopa Rinpoche's holy wishes be instantly fulfilled!

657 ML: I have completed two full readings of the *King of Glorious Sutra Called Exalted Sublime Golden Light* during August. I dedicated them to the complete success of all Lama Zopa's intentions, to the cessation of all wars and peace in our time, and to the benefit and enlightenment of all sentient beings. Thank you for keeping this count. I'm delighted to contribute to this project. It helps me to develop discipline as well. I am doing quite well with my practice. I have no center to which I belong and no group here in Eureka CA where I live. I do a lot of study on the computer. I've been practicing regularly now on my own for 11 years. I've had so many spiritual and behavioral gains I couldn't list them all - nothing magic but just very solid and real gains. I am 71 years old and on oxygen. The doctors told me I was supposed to die in May of 2000, and I've had several heart attacks, although none in the past 4 years. The doctors don't know what is keeping my ...body going. I'm happy with it all and have been putting all this extra time to good use. I was not a very nice person before I met the Dharma. But I'm sure it will be a lot better the next time around, I'll be able to benefit a lot of people, at least I make a lot of aspirations and that makes me feel even better. I'm dedicating also this month for Lama Zopa's quick recovery, as I read where he had a stroke.

658 EL: I think you're right, that practicing the sublime *Sutra of Golden Light* does bring us closer to Lama Zopa Rinpoche. Not sure how I got the idea, but have thought that by doing this practice, in addition to all the

benefits Lama Zopa Rinpoche states, I'm also pleasing the Holy Mind of the Guru, which makes my commitment to the practice even more enthusiastic! May all the holy wishes of Lama Zopa Rinpoche be instantly fulfilled!

659 D Ng Group: May our merit go towards Rinpoche's recovery and Lama Lhundrup's quick rebirth to benefit all of us sentient beings. Can you believe our virtual reading group has been going for 4 years this month?

660 EL: As usual, I'm so happy to be able to let you know another recitation of the *Golden Light Sutra* has been completed! I think in our last messages, we'd mentioned the recitations to be dedicated to Khenrinpoche Lama Lhundrup, as requested by Kyabje Lama Zopa Rinpoche. I did want to mention that when I'd received the email with Lama Zopa's request, the next section of the sutra that I was to read was in Chapter 7, Chapter on the Four Great Kings, at the bottom of page 54, the paragraph beginning:

He will think to himself, 'Today, the Tathagatha, the Arhat, the Fully Enlightened Shakyamuni Buddha will enter my palace. Today, the Tathagatha, the Arhat, the Fully Enlightened Shakyamuni Buddha will enjoy a meal in my palace. Today I will hear the Tathagatha, the Arhat, the Fully Enlightened Shakyamuni Buddha's Dharma, vastly unlike anything in the world. Today by hearing the Dharma, I will advance irreversibly to the peerless, perfect enlightenment. Today I will please many hundreds of thousands of millions of tathagathas. Today I will make expansive and inconceivable great offerings to past, future and present buddhas. Today I will utterly sever the continuum of all suffering for beings in the worlds of hell, animals, and Yama. Today I will plant seeds of virtue to obtain several hundreds of thousands of millions of bodies of a Brahma king. Today I will plant seeds of merit to obtain several hundreds of thousands of millions bodies of Shakra. I will plant seeds of merit to obtain several hundreds of thousands of million rebirths as a Chakravartin king. Today I will be free from cyclic existence for several hundreds of thousands of millions of eons. Today I will hold a stock of merit that is inconceivable, great, vast and incalculable. Today I will accord great protection to the entire circle of the queen's retinues. Today, here in the palace, I will give inconceivable, supreme, excellent, matchless great peace and happiness to beings. Today I will cause the entire land to be protected, guarded, freed from harm and enemies, undefeated by all foreign armies, free of infectious diseases and free of conflict.'

The *Golden Light Sutra* is so beautiful, that there have been many times that I've been moved to tears and was once more, as I read this paragraph aloud, thinking of Lama's request to dedicate to Lama Lhundrup.

May all of Kyabje Lama Zopa Rinpoche's holy wishes be instantly fulfilled!

Most kind regards & love

661 ML: I completed 2 full readings of the *King of Glorious Sutras Called the Exalted Sublime Golden Light* during the month of September. I dedicated them to the complete success of all Lama Zopa's intentions, cessation of all wars, and for the benefit and enlightenment of all sentient beings without exception. My studies and practice are going well. Thank you so very much. I find the discipline of completing these sutras and never skipping more than 2 days at a time, is very helpful. I make sure one is complete by the 15th and the other by the 31st. It doesn't seem like much at all but it is sometimes very difficult. But I get a great lift from doing them, sort of a stabilizing factor. Of course I do a lot of other practice and study as well. Thank you so very much.

662 LE: Dedicating ... out of compassion for Kyron Horman's parents: may he be found. Please, if you do see Geshe Sopa Rinpoche could you please ask him to say a prayer to help.

663 DNg: May our merit lead to Khen Rinpoche's swift and unquestionable rebirth.

664 LE: Dedicating for peace in Tibet and China, that HH the Dalai Lama can return to Lhasa, and for the ... monks and nuns who self-immolated.

665 LD: Loving Kindness and World Peace

666 TD: I wish to dedicate 3 complete recitation of the Sutra ...for the complete recovery of MA BA and for all people with mental and physical problems, for their therapists and their relatives and friends, for S, SS, and E. For the long life of all my teachers, HH Dalai Lama, HH Karmapa, HH Sakya Trinzin, Tenga Rinpoche, Dagri Rinpoche, Kensur Ciampa Techok, Lama Monlam, Lama Zopa, Tulku Ghatso Ghesce, Sonam Ghesce, Tenpel Khube Rinpoche, Namkkai Nirbu ,CA, Thich Nhat Han, Gomo Tulku, BS and DS, SO, O, M, M, G, M, M, G, R, S, S, DP, LD, MB, D, G, R, F, J's family, M, A, F, A, M, O and their parents A, M and his family, R and his parents, B, M, M, R, L and P, L, E, G and family, E, G, G, L and M, S, E, A, A and Vishudha Centre, L for her health and her family, L, K, V, C, the new monastery in Pomaia, and the new gompa in Pomaia. For all those suffering because of hunger, poverty, drug addiction and alcoholism, for those who suffer because of anger, hatred, terrorism, wars, earthquake and natural disasters, because of loneliness, for those who live on the streets, S, P and I, for all the participants at Buddha Dharma Sangha Camps, for C, B, Y, E, her sons and their father and E's mother RU. N, C, E, M, R, F, E, G, R, M, S and O; [for the] world, Mandala, C and his family, G and S, A's family, S, T, A, F, V, P, G, L, A, P, R, S, C, D, A, M and her family, Thosamling's nunnery and institute.

667 ED: For family and patients.

668 LT: For the quick and unmistakable return of Khenrinpoche Lama Lhundrup.

669 JT: It was an honor for me from Youngstown, Ohio to join in the world wide recitation of the *Sublime Golden Light* sutra recitation for Lama Lhundrup's quick and unmistakable reincarnation to return. I also dedicate the merit to the long life of H.H. Dalai Lama and Lama Zopa Rinpoche's long, healthy lives - may all their wishes be as extensively and immediately be fulfilled. Thanks for all you do.

670 JC: [Recitations in Taiwan, China and US] dedicated the merits for Khen Rinpoche Lama Lhundrup's swift and unquestionable rebirth.

671 JS: I dedicated one full recital of this beautiful sutra yesterday for the swift rebirth of Rinpoche and the long life and good health of all our precious spiritual teachers and for a peaceful, harmonious world.

672 DK: I started reciting around the beginning of the Occupy Wall Street movement and would read a chapter a night... Took me about 3 weeks. I've read it before and reported, but wanted to take my time with it.

673 Th S: Dear family, I did complete recitation on 28th...I felt so much regret for... negative actions from past, the wish to do something for the Romanian people and so much happiness knowing that buddhas and bodhisattvas protect and guide me.

674 LT: I met Lama Lhundrup at Kopan ... in 2005 ... I have never forgotten about it. It was like an old teacher giving heart advice...thank you for arranging this global event. I do feel like I am part of this BIG group. May our precious teacher return swiftly.

675 ML: [Two] full readings of *The King of Glorious Sutras called the Exalted Sublime Golden Light*...I dedicated them to the complete success of all Lama Zopa's intentions, peace in the world and the cessation of all wars, and to the benefit and enlightenment of all sentient beings. Thank you so very much. This practice is a great help to me. LOVE and BEST WISHES

676 JO: I recited the *Sutra of Golden Light* twice on behalf of the Sravasti Abbey community. It was very beneficial, as much of these recitations were done on car rides, so it benefited myself and the driver and other passengers. For some time, four of us were driving to another city for teachings and we took turns reading. I think these may have been the first car rides I've been on that didn't involve idle chatter! I much like the effect this sutra has, and I hope to be able to recite it again, along with the *Lotus Sutra* and *Sanghata Sutra*. And may Khen Lhama Lhundup quickly return and guide us to awakening!

677 GD: We dedicate for the quick return of Khenrimpoche Lama Lhundrup Rigsel and the Long Life of Kyabje Lama Zopa Rimpoché.

678 GB: Dedicated to my beautiful best friend, husband & carer ... for his enlightenment, improved health, weight loss, long life and one full of many many blessings.

679 GA: Dedications of our *Golden Light Sutra* practice for the [quick] recovery and long life of our precious Lama Zopa Rinpoche and the end of violence and the causes of violence on earth, Mexico in particular.

680 ST: Recited ... for the 49th day following Khensur Rinpoche [Lama Lhundrup]'s passing.

681 Dp: [For the benefit of my friends ... plus baby. ... Blessings to all.

682 LE: For His Holiness the Karmapa... Also...for peace between China and Tibet so that His Holiness the Dalai Lama may return to Lhasa to bring peace to the people.

683 CI: [For my father] ... and may my family be blessed during this grieving process.

684 AD: [D]edicated ... to the wall street protesters so that they remain safe and their message heard. Also, I would like to dedicate that every sentient being have their needs met in regards to food, housing, warmth and happiness.

685 TL: Prayers and dedications, all those who have offered their lives as a fiery plea for help, all those who are considering such a step, for all those in Tibet, and all those suffering under the forces of hatred-in-power.

686 LE: Dedicated to long life of teachers and for the Eid ul-Adha slaughter.

687 ST: [In the Darkhan area of Mongolia, they say that] since people in Darkhan have been reciting *Golden Light* the place has gone up--the economy is much better, rains come at the right time in the summer and the winters are not so harsh. Mongolian people recognize that is due to the power of the *Sutra*.

688 DP: [T]his time learned so much from Chapter 4.

689 DNg: May our merit go towards the long lives of all perfect gurus including His Holiness and Lama Zopa.

690 LK: To the enlightenment of all sentient beings and to my rebirths in the pure land of Medicine Buddha to practice the buddhadharma until I attain buddhahood.

691 LE: Dedicated to the long lives of our teachers, peace between China and Tibet, that HH the Dalai Lama returns to Lhasa, and to there being help in Finding Kyron Horman.

693 ML: I dedicate [my recitations] ... to the complete success of all Lama Zopa's intentions, to the cessation of all wars and peace in our time, and to the benefit and enlightenment of all sentient beings - everywhere without exception. I find these readings very helpful in many ways. Thank you for collecting them, that also helps. Oh! Happy holidays to you all.

694 TVP: I described my experiences from reading the *Sutra* [in Vietnamese translation, T Ng] ... Based on this cause, here is the effect. Dharma Teaching to liberate other sentient beings was what Buddha wanted. So, I became an ordained novice monk since June 25, 2011. Now as a resident Dharma Teacher of Lotus Sutra and other Amitabha Sutras to 700 Vietnamese Buddhists in ... United States, I read again last night the booklet "Advice for Monks and Nuns" by Kyabje Lama Zopa Rinpoche as follows: [TVP quotes extensively from this booklet] ... Kyabje Lama Zopa Rinpoche also said: "There are different types of charity. There is charity of materials, charity of loving kindness, charity of Dharma, and charity of fearlessness. Benefiting sentient beings is a samaya of Vairocana. When you take Highest Tantra Yoga initiation you take the vows of the Five Buddhas. Also, it is extremely good to save beings from being killed to be eaten as food. Lobsters are boiled alive in hot water. Can you imagine if that was you, how immense the suffering would be?"

I have donated money that I received from offerings to me as monk. Here are the few websites that I donated recently: 1)

<http://www.monlam.org>, 2) <http://www.padmasambhava.org> .

Please share my thoughts here to bring compassionate ideas in the *Sutra of Golden Light* to daily life action to liberate animals. Thanks for doing this work to benefit other sentient beings.

695 EL: [I ... completed my sutra recitation ...] while taking precepts, I'm very pleased to add and do so in order that you may rejoice along with me at the wonderful opportunities we have to practice!. I'm so happy I had the opportunity to recite the sutra while ... in Europe, it made me feel as if I were spreading the goodness around, instead of just keeping it to my own neighborhood. ... May all of Lama Zopa Rinpoche's holy wishes be instantly fulfilled!

696 DO: Hopefully our positive efforts will go towards creating a kinder, more peaceful globe.

697 LC: May Lama Zopa Rinpoche's life be loooooong and healthy and may we accumulate the merit to continue to have teachings from Rinpoche in this and

all future lifetimes. May all the obstacles to Lama Zopa's health and long life and all Rinpoche's projects be instantly removed.

697 PH: For the long and healthy life of Lama Zopa Rinpoche and all our precious masters and spiritual friends. May everything be auspicious in 2012 for all sentient beings and all obstacles to temporary and ultimate happiness be removed right now.

698 LZ: I dedicate to Rinpoche's health. May he continue to guide us with his divine wisdom and may we be suitable vessels to receive these blessings!

699 DoC: Lama Zopa Rinpoche tells us that by reading the sutras, we accumulate *immeasurable* merit that will help us fulfill sentient beings' wishes, as well as give them peace and happiness. Additionally the *Sutra of Golden Light* is extremely powerful for world peace, for our own protection, our country's protection and the world. It also has great healing power for people in the country its read. So as 2011 comes to a close, please reflect on the positives generated by our global group. Maybe it doesn't feel like we're helping spread good considering the world's situation, but if we have faith in Buddha's word, we are...possibly at a level many of us haven't realized yet. I look forward to more readings with you in 2012. With much, much gratitude.

700 EC: First time reciting the *Golden Light Sutra*. Obtained physical copy of sutra from CGC-FPMT of Penang, Malaysia. Started recitation (non-stop) at 26th December 2011 time: 11:00pm, finished at 27th December time: 2:00 am. I dedicate this recitation to the enlightenment of all sentient beings, as well as to the long life of all dharma friends. Rejoice!

701 KL: With the dedication for Lama Zopa Rinpoche to quickly recover and enjoy good health to continue to give us teachings. And may the world be peaceful.

702 MS: I want to report this *Golden Light Sutra* recitation, entire sutra for the benefit of V.A.C.G., for his long life and health, removal of obstacles and success in everything he do, have a many children and very healthy ones, special the removal of black magic done against him. PEACE. OM TARE TU TARE TURE SOHA.

703 DO: May our merit extend the lives of all precious teachers especially His Holiness the Dalai Lama and Lama Zopa Rinpoche and clear away obstacles to Do Ngak Sung Juk spreading the dharma in Japan. Best wishes for 2012!

704 ML: I completed 2 full readings of the King of *Glorious Sutras called the Exalted Sublime Golden Light* during the month of Dec. 2011. I dedicated them to the success of all Lama Zopa's intentions, cessation of all wars and

peace in our time, and to the benefit and enlightenment of all sentient beings without exception.

705 EL: To benefit Lama Zopa.

706 EC: Started recitation nonstop 04 Jan at 22:40 finished by 05 Jan 02:45. Solo recitation. Dedicated to enlightenment of all sentient beings. To be able to be in perfect condition to practice dharma. Dedicated to the long life of HHDL Tenzin Gyatso, Lama Zopa Rinpoche, Choden Rinpoche, Dagri Rinpoche and all dharma friends. Rejoice!