

My very dear Brothers and Sisters,

Human life is much more precious than mountains of gold and diamonds, more than the world filled with wish granting jewels, because without this precious human life we cannot be liberated. With all this wealth alone we cannot achieve higher rebirth, (especially the) extremely difficult to achieve human rebirth, so impossible to achieve cessation of the ocean of suffering of cyclic existence, including the cause; karma and delusion.

Not only that, but the great liberation of enlightenment cannot be achieved for sentient beings, that which benefits the numberless sentient beings. Of course that means one cannot liberate the numberless sentient beings who are most dear, most precious, most kind from the oceans of samsaric suffering and it's cause. Not only that, but one cannot bring them into the great liberation of enlightenment, which is cessation of all the mistakes of the mind and completion of all the qualities.

Since so many people are all of sudden getting cancer, swine flu and other life threatening diseases and dying, which is happening all the time, those who have faith, who are able to practice Buddha Dharma and who purify the past negative karma, will not experience (diseases) such as this swine flu.

So here I am offering some suggestion of a short practice, what you can easily try to read everyday. This very precious method from Buddha, from the Buddha's teaching in the Kangyur (is called) "[The Dharani Called Possessing the Limbs of All the Buddhas](#)" and is extremely worthwhile to try to do. Recite three times if possible, if not then one time. Buddhas has explained the benefits of this practice are that you will not get a bad disease, harm from the four elements of earth, water, fire and wind, poisoned, or a life threatening disease, and that it will help you not to get reborn in the lower realms of hell, hungry ghost or animal and you will be able to benefit the lives of all sentient beings.

The motivation is not only for your own health and life success, think of all the sentient beings, to benefit their life and to bring them peace and happiness, not only temporary, but ultimate as well.

Thank you very much.

With much love and prayers,

Lama Zopa

PS: "I thought maybe be good to put this prayer on the web site

(http://www.fpmt.org/teachers/zopa/advice/pdf/Dharani%20Possessing%20Limbs_eng.pdf).

"The Dharani Called Possessing the Limbs of All the Buddha's" which protect from cancer, swine flu as well as new diseases and also stops untimely death, possibly stops old age."

