Advice from Rabjam Rinpoche:

Dear Friends,

Many lamas have been advising the recitation of the liturgies which ‘pacify the turmoil of the mamos’. Here is a short text by Shechen Gyaltsab Rinpoche that Kyabje Dilgo Khyentse Rinpoche used to recite. In Shechen, we always recite it within our Dharmaphala offering practices and prayers after the primary offering to the protectors. If you would like to include it in your practices you may.

We are now living in very unpredictable times, please try to remain calm and practice as best you can. Our world is so interconnected that even the wrongdoings of a few can affect the many – in this case, the entire world – and through social media, etc., this interdependence can be clearly seen.

Please don’t watch too much news. The media likes to sensationalize everything and use shocking headlines to grab our attention. This inevitably leads to more anxiety, unease, and worry. I would suggest watching or reading just one or two sensible sources of news and information; that's all. It's far more beneficial to read books and practice the dharma than to read many news stories and get worried. Above all be careful and safe.

As for me, I have deleted Facebook from my smart-phone and would like to suggest the following movies to cheer you all up:

Bucket List
Sweet November
Seven Pounds
Groundhog Day
What Dreams May Come.

Yours,

Shechen Rabjam Rinpoche

PACIFYING THE TURMOIL OF THE MAMOS
A concise liturgy by Shechen Gyaltsab
Mamos and Dakinis of all that appears and exists,
I offer you this torma of inexhaustible bliss and emptiness –
May all the troubles that infuriate the inner and outer Mamos be pacified
And the accomplishment of great spontaneous bliss bestowed!

Sarwa Daka Dakini Sapariwara Maha Balingta KhaHe
Om Vajrasattva Ah

Seeing there was a need for such a liturgy, the mantrika who delights
Padmasambhava, [Shechen Gyaltsab, Gyurme Pema Namgyal] composed this at the
delightful Pema Lhatse in Shang Zabbu Lung, Tsang Province, on the twenty-eighth
day of the iron-bird month.
May virtue prevail.