



Dear Neljorwas, Neljormas and friends,

OM MATRI MUYE SALE DHU & TASHI DHELEG PHUNSOOM TSHOG!

I wish each and every one of you Losar Tashi Dheleg!
This Losar commencing today, Monday 24th February 2020 will be a Male Metal Rat Year according to Tibetan astrology.



Those of you, who are RAT year sign, start whatever you are planning to do now!!

This month is called “**CHHO-TRUL DAWA**” meaning miraculous month, as Buddha Tonpa Shenrab, the founder of Yungdrung Bon, who was born during the 15th day of this month over 18,036 years ago in Zhang Zhung Shambala, had performed so many miracles during this month!

This month is also called “**BOOM-GYUR DAWA**”, meaning the 100,000 times multiplying month. As such, any **Nyamlen** including virtues acts which one does could turn into 100,000 times accumulation of positive karma and the same applies to doing non-virtues acts, which will turn into 100,000 times negative karmic accumulations, based on Tantric’s tawa!

Also, this Friday the 28th February, which will be the 5th day of the Losar according to Lunar calendar, will be the 664th birth anniversary of **Nyam-me Sherab Gyaltsen**, the second Buddha and the founder of Menri Monastery in Tibet, one of the three major Bonpo Monasteries. He was the first Menri Trizin (Seat Holder of Menri) whose line of success runs until today’s 34th Menri Trizin Lungtok Dawa Dargye Rinpoche.

The 5th day and the 15th day of the month are very significant days to Bonpos worldwide!!!

NOTE: On Sunday 1st March, we will be celebrating Losar along with Jinpa Namzhi. Everyone is welcome to join in and if convenient, please bring any offerings including flowers, fruits, butter and vegetarian dishes to share!!

With Jangchub Sem- Enlightened Mind

Khyimsar Lama Rinpoche, founder & spiritual director of TYBSC

