

## Voice of Clear Light

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### His Holiness Lungtok Tenpai Nyima Rinpoche's Health Improving Please Continue to Do Long Life Mantra



We are happy to share the good news that the health of His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin, continues to improve. Tenzin Wangyal Rinpoche shared the news that His Holiness's health is better now than when he visited His Holiness in October. More Tenzin Rinpoche also shared that His Holiness recently met with a local group of people and distributed food and gifts. Tenzin Rinpoche requests that we continue reciting the long life mantras and prayers for His Holiness.

A total of 531,244 Long Life Mantras for His Holiness were accumulated in the month of October and 372,695 in November by the Ligmincha International sangha, in addition to the accumulations for September. The totals were sent to Menri Monastery, where they are collecting the information from all of the different sanghas and communities around the world.

The heartfelt prayers and practices of everyone for His Holiness's healing are deeply appreciated. Everyone is encouraged to continue to recite the Long Life Mantra and Long Life Prayer for His Holiness and to submit their accumulations at the end of each month to their local

sangha or online through the end of the year.

[Video of Long Life Prayer/Mantra recitation](#)  
[Submit mantra accumulations](#)