



## **His Holiness Lungtok Tenpai Nyima Rinpoche's Health Improved**

### **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, is improving. Please continue to do the Long Life Prayer and Long Life Mantra for His Holiness.

Menri Monastery and Bon practitioners around the world have been conducting rituals and prayers for His Holiness since late August, upon the advice of His Eminence Yongdzin Tenzin Namdak Rinpoche, the most senior teacher in the Bon tradition. His Holiness reports that his health is back to normal and that he is resting well at Menri.

Geshe Tenzin Wangyal Rinpoche traveled to India on Sept. 28 to visit and spend some time with His Holiness. "When I first heard about His Holiness' health condition, which now seems more stabilized, I felt a wish to visit and spend some time with him," Rinpoche said. "I plan to offer the practice of tse thar (life Liberation), and to do long life rituals and prayers for His Holiness. I know that our Ligmincha sangha members worldwide are continuing to accumulate the Long Life Prayer and Mantra for His Holiness."

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.

[Learn more about accumulations](#)

[Read update from Bon Shen Ling and Chongtul Rinpoche](#)

