



YERU BON CENTER

Minneapolis  
Los Angeles

Happy New Year  
2021



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## Latri Nyima Dakpa Rinpoche's New Year Note: Time to say goodbye and embrace what this year brought to us.

Tashi Delek to all my friends and students worldwide.

It is now time to say goodbye to 2020 and welcome the new year 2021.

I wish and pray for everyone to have a happy new year. May this new year bring prosperity, health, happiness, and world peace.

I know we have all gone through a lot of struggles and challenges this year. At the same time, those who are practitioners had a good opportunity to be productive and to engage themselves in implementing the essence of the teachings into our everyday lives. We focused on being more useful, transformative, and positive as per our capacity of understanding the circumstances instead of getting angry, disappointed, suffering, stressed. For those who are not practitioners also worked on being positive during this difficult time.





If you look at the situation from a positive perspective, some were able to spend this time with family, or friends, you spent time with yourself. Either way, everyone focused on being productive, focusing on positive thinking for world peace and did your level best to help each other. To pray for everyone's goodness and general wellbeing.

We all prayed for healing from the suffering of this COVID-19 virus. In many ways, my friends, Bon practitioners and students worldwide, we have done a particularly good job. Our prayers were productive and meaningful. Our practice and meditation for the sake of all sentient beings, in general was very heartfelt and was dedicated to those who have lost their lives to this terrible virus. We prayed for their peaceful journey and sent lights of love and compassion.

But, also, we sent lights and compassionate healing energy, speedy recovery, and protection for those who were and are suffering because of Covid 19. For people who are suffering from stress, fear and so much more.

Every one of the practitioners that have joined with me, we have all prayed for safety, peace, inner harmony for all sentient beings and self. We focused on seeing reality more closely, acknowledging, accepting, and praying for self and praying for others, which we have done a great job, and need to think about and be proud of yourself.

Prior to this year, we all have positive thoughts and wishes and good for all others, but we also complained about "not having enough time for yourself", "not having enough family time", "not having enough time with friends or good times". But this situation engaged us all into action with prayers, well wishes, meditation for self and for others, and largely worldwide. This is very productive for self and others.

This year, 2020, helped a lot of people to deepen their inner essence of understanding of the teachings they received from different masters and from different traditions. So, in that sense if you look back, all good things. Cherish and dedicate.

Make a self-commitment that you will carry on the same productive thoughts, practices and wishes for goodness for the whole world. Make a new commitment to being a good human being. Good person, good parent, good husband, good wife, good children, good friend, be a good person to everyone and look at everyone as a good person as you wish.

With this I have been in my private retreat and will be during New Years eve and the start of the new year. But, I will remember all of you in my thoughts and my prayers for your happiness, health, prosperity and goodness.

Wish you all a happy New Year 2021

Yours,  
Rinpoche

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