

September 1, 2005
The 28th day of Tibetan 2nd 6th Month

Dear Karmic Students of the Western World,

First, I would like to ask you to give dedication to the victims of Hurricane Katrina during this time of great suffering.

I hope you are all well and in good health and I hope you found time to read my last message. I know you all are very busy in your lives. Of course, this is *Samsara*. By the time you get this message, I hope you will have received some benefit from my last message.

In my last message I sent a chart of the nine powerful auspicious days of the month. This month, I would like to explain about these nine days.

The Tibetan calendar is based on the lunar cycle. All sentient beings exist in one of three Realms: *Form Realm*, *Formless Realm*, or *Desire Realm*. The last moon day of each month is a “no moon” or “dark moon” day. On this last day, the Buddha Tonpa Shenrab taught the Beings of the Formless Realm. After his teaching, this last day became auspicious and powerful. If we meditate and do virtuous actions on this day, its power is doubled. If one has non-virtuous actions or wrong views, this last moon day is a good time to purify them.

On the 1st day of the Tibetan lunar month (new moon day), the Buddha Tonpa Shenrab taught the Gods of the Highest Pure Land, the Space Gods. These Gods are also in the Formless Realm. In the new moon time, if someone is miserly or has attachment – these kinds of impurities can be purified at this time. Any kinds of non-virtue can be purified, but these days are especially powerful for these specific kinds of negativities.

The 8th day of each Tibetan month is an auspicious Tibetan day. At that time, Buddha Tonpa Shenrab taught the Clear Light Gods. In this time, if someone has broken vows or broken promises, all can be purified. At that time you do some special practices or mantra repetitions like *Ohm Ma Ti Mu Ye Sa Le Du* or *A Kar A Me*. and all can be purified.

The 13th day of each month is similar. On this day, Buddha Tonpa Shenrab taught the Tsang Ri Gods, the Gods of the Form Realm. At that time, something we killed accidentally, like an animal on the road, can be purified.

On the 14th day of the month, the Buddha Tonpa Shenrab taught the Garden Gods, the God-beings of the Form Realms. On this day we can purify attachments and non-virtuous sexual actions and desire.

On the 15th day, the full moon day, Buddha Tonpa Shenrab taught the Gods of the Desire Realm on Mount Meru. On this day, if someone in this life or a past life killed someone

important like a family member, a teacher or another practitioner, this kind of non-virtuous action can be purified.

On the 16th day of the month, Buddha Tonpa Shenrab taught the Gods of the Gyalchen Rigshe, four Gods of the Desire Realm, and four great kings. On this day, especially, misunderstandings and disagreements between parents, you and your Root Lama, or with a dharma friend in this life or in past lives may be cleansed.

On the 22nd day of the month, Buddha Tonpa Shenrab taught the Demi-Gods, also of the Desire Realm, on the slope of Mount Meru. On this day especially, if you killed something - any kind of being including a human being - or if you told a lie, this can be purified.

On the 29th day of the month Buddha Tonpa Shenrab taught the Nagas of the Desire Realm. On this day, one can purify stealing in this life and clear karmic traces of stealing from past lives.

On these auspicious days, you can make offerings to deities, give to the poor, give to animals like birds or fish, say prayers, do mantras and prostrations, offer mandalas, offer the five senses like candles, butter lamps, incense, offer food to the intermediate beings, and perform naga rituals. In these times, you must offer in a peaceful state, with compassion, and dedicate at the end.

The Tibetans have a special day, *Karma Rishi*, which Buddha Tonpa Shenrab mentioned this day in the Bonpo Cosmology and the Tibetan Calendar. This auspicious day occurs once a year on the Tibetan 7th month 5th day. In the western calendar this year, this special day falls on the September 8th. Himalayan people believe at this time that if people can take a bath, the water becomes like healing nectar. The power of this can last for seven days. This could be a powerful day to do the *Sidpe Gyalmo* healing water ritual. People who have any kind of health problems can find special relief bathing in natural hot springs at this time. Also, if someone with health problems takes medicine, the medicine can have more benefit during this day and the week following.

I hope this letter is not too long for you and you will get a chance to benefit from this knowledge.

See you in the next message,
Menri Ponlob Rinpoche

Western Calendar	Day	Tibetan Calendar	Day
September	3	6 th Month	Last Day of 6 th month
September	4	7 th Month	First Day
September	8	7 th Month	5 (Karma Rishi)
September	11	7 th Month	8

September	16	7 th Month	13
September	17	7 th Month	14
September	18	7 th Month	15
September	19	7 th Month	16
September	26	7 th Month	22
October	2	7 th Month	29