

## Announcement: Kyabje Zasep Tulku Rinpoche's Visit to Tsongkhapa Meditation Center in Quebec

Saga Dawa month, June 2022



Saga Dawa is the fourth month in Tibetan calendar and it is considered the most holy and significant month that commemorates Buddha Shakyamuni's birth, enlightenment and parinirvana. Tibetan Buddhists from all around the world celebrate this auspicious month with prayers, retreats, and perform all kinds of virtuous action. It is the "Month of Merits".

This year, Tsongkhapa Meditation Center celebrates this auspicious month (starts on the 31st of May and ends on the 29th of June) with the holy presence of our great lineage Guru, Kyabje Zasep Tulku Rinpoche.

At the invitation and humble request by myself, Kyabje Zasep Tulku Rinpoche has kindly agreed to visit and carry out various activities in order to benefit sentient beings and to dedicate great amount of merits for the propagating of Buddhadharma, especially the propagating of the pure teachings of Lama Tsongkhapa.

Since some of the events will take place on Zoom, practitioners from all around the world are welcome to participate, as long as you are able to comply with the commitments and/or meet the prerequisites.



With folded hands,  
Zawa Tulku Rinpoche, Spiritual Director of Tsongkhapa Meditation Center



## **Initiation of Je Tse Dzin Ma, Lama Tsongkhapa in the form of long life**

14th June 2022, 6.30pm(Eastern Time) Via Zoom

### Introduction of the Long Life Lama Tsongkhapa:

Taking long-life initiations and reciting the mantras of long-life deities are very effective and powerful way to increase one's merit and prolong one's life. As effective as the practices of The Three Long-life Deities (Tibetan: tse lha nam sum), Long Life Lama Tsongkhapa (Tibetan: Je Tse Dzin Ma)'s practice also bless us to increase our vital energy as well as bestow us the wisdom of Lama Je Tsongkhapa, who is none other than Buddha Manjushri.

In this long life form, the right hand of Lama Tsongkhapa is resting on his right knee and he holds a vase with his left hand. The vase symbolizes Lama Tsongkhapa dispensing the nectar of immortality to cure inner and outer sickness and restore health in our bodies so that we could have long and stable life to practice the Dharma.

### **Prerequisites & commitments:**

- You will need to have Refuge Vows and Bodhisattva Vows before the initiation. Kyabje Zasep Rinpoche will confer these vows on the initiation day to those who have not taken these vows before.
- Upon and after taking vows and initiation from Zasep Rinpoche, you should regard Zasep Rinpoche as one of your Gurus.
- Before the empowerment, you should download a clear picture of Je Tse Dzin Ma, Lama Tsongkhapa in the form of long life (which will be sent to you right after you complete the registration process) and drink saffron water on the empowerment day itself, right before the ceremony begins.
- Recite Migtsema prayers daily.

- For inquiries and registration, please email to: [meditationtsongkhapa@gmail.com](mailto:meditationtsongkhapa@gmail.com)  
[Registration starts on 1st of May and closes on 13th June]
- Suggested donation: \$30-\$60 CDN for each person



**Tenshug offering (Long life prayers) to Kyabje Zasep Tulku Rinpoche**  
22nd June 2022, 10am(Eastern Time) Via Zoom

*Tenshug* is a long-life ceremonial offering to the spiritual guide or Lama who has chosen a human rebirth, requesting him to live long for the benefit of all sentient beings.

According to the Lamrim, our Lama is the root of the path to Buddhahood. By requesting the Lama to remain on earth, not only the disciples could collect great amount of merits because the Lama is the one who teaches the Buddhadharma that heal all pains and dispel all darkneses, the disciples themselves are also creating causes to be near to the Lama in all lives and to always receive teachings and guidance from the Lama.

As such, it is extremely important that all disciples of Kyabje Zasep Rinpoche from all around the world to participate in this ceremony to offer *Tenshug* puja to Rinpoche, and fervently request Rinpoche to live long, manifest stable health in order to turn the Dharma wheel for the sake of all sentient beings.

- Suggested donation: \$10-\$20 CDN for the offering items needed in the ceremony
- Please contact Zasep Rinpoche's center at <https://gadenforthewest.org/contact/> to make personal offering to Zasep Rinpoche
- Prerequisites: None
- For inquiries and donation, please email to: [meditationtsongkhapa@gmail.com](mailto:meditationtsongkhapa@gmail.com)



### **Tsongkhapa Meditation Center's prayer schedule in conjunction to Saga Dawa Month of year 2022:**

14th June 2022 - The very day of Buddha's Birth, Enlightenment and Parinirvana

10am(Eastern Time): Lama Chopa Tsok (will be livestreamed on Youtube only)

6.30pm(Eastern Time): Initiation of Je Tse Dzin Ma by Kyabje Zasep Rinpoche,  
via Zoom

22nd June 2022

10am(Eastern Time): Tenshug offering to Kyabje Zasep Tulku Rinpoche,  
requested by Ven. Zawa Tulku Rinpoche, via Zoom

6.30pm(Eastern Time): Five Dakini fire puja (private event)

23rd June 2022

9am(Eastern Time): Dharma Protectors Kangso, Thanksgiving prayers to the  
protector deities of Tibetan Buddhism (private event)

24th June 2022

9am(Eastern Time): White Mahakala's Yangdrup Wealth puja (private event)

- **For inquiries and registration, please email to: [meditationtsongkhapa@gmail.com](mailto:meditationtsongkhapa@gmail.com)**
- We welcome your kind donation of any amount towards our temple to cover all the expenses throughout Kyabje Zasep Rinpoche's visit, including the expenses for the offering items needed in various ceremonies.



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