



## THRANGU RINPOCHE

July 28, 2010

The second three-year retreat being held at the Halscheid retreat center is coming to a close, and preparations are underway for a third retreat to be held there under the guidance of Lama Kunga. This new retreat is an excellent opportunity for men and women to devote themselves fully to meditation practice for a period of time.

Now you have been born in a precious human body and encountered the True Dharma. You should use this opportunity to make your life meaningful. If you cannot take three years away, practice within your own life, but if circumstances permit, you should enter a retreat.

You have the favorable conditions and should use them to gain experience. If you can do so, it will be of great benefit for you, for others, and for the whole world, because such a practice promotes peace and generates happiness.

Opportunities such as this are rare, and I encourage you to seize this one if you can.

Best wishes,

Khenchen Thrangu Rinpoche