

HAPPY LOSAR (TIBETAN NEW YEAR)!

Venerable Gyatrul Rinpoche
February 25th, 2020

Many people sent me messages for Happy New Year.

Thank you!

Happy Losar, to everybody!

What does 'losar' mean?

You are alive!

You connect to buddha, dharma, and sangha!

Outer, inner, and secret, all the layers.

Sutra and tantra, both.

That is your losar!

You don't need a fancy party. The real one you need is to practice and liberate yourself.

That's it.

I don't have cookies for you for losar. Sorry!

You have to make it—your own cookie practice. Nobody can give it to you, even Buddha.

Tashi Delek!

- Gyatrul