



## Update: Long-Life Mantras for Tenzin Wangyal Rinpoche

### A Worldwide Gift for Rinpoche's Birthday

A few months ago *Voice of Clear Light* invited sangha members around the world to recite Rinpoche's long-life mantra in honor of his upcoming 50th birthday. We hope you all have been reciting! A recent count of recitations done so far for Tenzin Rinpoche is close to 390,000! Let's make it to 1 million mantras in time for his birthday celebration in Nepal in March.

[More information &gt;](#)

[Learn more about the birthday celebration &gt;](#)

In addition, did you know that the Lishu Institute Website now contains information in five languages — German, English, Spanish, Polish and Russian? Look for the flags on the top left of the homepage, [www.lishu.org](http://www.lishu.org). And be sure to check out the special [photo gallery](#) on the Website that shows the visit of H.H. the Dalai Lama to Menri Monastery, as well as other meetings between spiritual leaders of the Bon tradition and other major Tibetan spiritual traditions of Tibet.