

# Long Life Prayers for H.E. Yongdzin Tenzin Namdak Rinpoche



On January 26, 2020, Tenzin Wangyal Rinpoche and Ligmincha International will host several events to celebrate Yongdzin Rinpoche's life and work.

This is a great time to both re-establish our monthly sangha day and participate in Rinpoche's online event.

## Schedule for January 26, 2020

<b>9:30–10 am</b>	Tea/Coffee in Kunzang Khang
<b>10–11:00 am</b>	Mandala Offering and Long-Life Practice with Tenzin Wangyal Rinpoche
	Where: Rinpoche will be Live on Zoom and Facebook (details tba) We will gather in the Gompa to practice together as a sangha
	Description: Tenzin Wangyal Rinpoche will lead us in offering a mandala, reciting Yongdzin Rinpoche's Long Life Prayer, and reciting the Long Life Mantra.
<b>11–1 pm</b>	Potluck and local group discussions
<b>1–2:15 pm</b>	Devotion to the Masters and Stories by Tenzin Wangyal Rinpoche
	Where: Gompa & <a href="#">Ligmincha International Facebook page</a>
	Description: Tenzin Wangyal Rinpoche will teach on the importance of devotion and will tell stories about his teachers and the great masters of Yungdrung Bön.
<b>2:15–3 pm</b>	Break
<b>3–4 pm</b>	Local and National Long-Life Mantra Recitation
	Where: Gompa Via Zoom and Ligmincha Facebook Pages (details tba)
	Description: Ligmincha International organizations and local chapters will host group practices for the accumulation of the long-life mantra on behalf of Yongdzin Rinpoche. These mantras will be added to the total number of mantras accumulated previously. Reminder: The deadline for reporting mantra accumulations is 4:30 pm, January 26.