

A message from Spiritual Director Lama Tsering Gyaltsen:

With the upcoming solar eclipse of the sun on August 21st Lama Gyaltsen was asked to explain the significance of the line in the Kuntuzangpo Prayer: AH Ho! Hereafter, whenever a powerful practitioner, from undeluded naturally luminous awareness recites this powerful prayer, all sentient beings who hear it will attain enlightenment within three lifetimes. **During a solar or lunar eclipse**, during an earthquake, or when the earth rumbles, at the solstices or the end of the year, visualize yourself as Kuntuzangpo.

The outer purpose of doing the Kuntuzangpo prayer during the eclipse: The sun and moon are impermanent. In the old traditional belief system, the sun and moon are gods, since even they are impermanent, of course we are impermanent as well. This helps us develop renunciation.

The inner purpose is to develop bodhicitta: When doing this prayer one must visualize oneself as Kuntuzangpo. Kuntuzangpo is deathless, so one must wish that all sentient beings attain that deathless state. During the outer eclipse, the outer sun and moon are the inner red and white essences. When we die during the dissolution of the elements those two essences come together and there is darkness. So we must generate bodhicitta with the aspiration that all sentient beings attain the deathless state of Buddha, Kuntuzangpo. Temporarily we have obscurations but we are Kuntuzangpo, so we don't need to have doubts about visualizing ourselves as Kuntuzangpo.

Lama Tsering Gyaltsen