

March 02, 2020

Dear Sangha,

After much reflection, and in consultation with leaders in the European Ligmincha communities, I have decided to cancel my upcoming visits to Germany, Austria, France, Lithuania, The Netherlands, and Switzerland. I am committed to rescheduling all of the cancelled events in 2021, and I look forward to being in Europe to teach at Buchenau, Germany and in Wilga, Poland this summer.

My decision is a response to the COVID-19 virus outbreak. As an organization we are responsible to everyone who comes to our events. Until this situation is better understood and becomes more stable, we do not want to put anyone at risk or unintentionally help spread this disease. So, it is prudent to postpone these teachings and support efforts to contain the virus and prevent further outbreaks.

On my side, I feel that the universe is saying that I should take my sabbatical earlier and in a different way than I had planned. Instead of taking an entire year away from my teaching, I will take shorter periods for family, personal retreat and creative activity. And I will take these shorter breaks more often. I will take six months of time in 2020, and another six months in 2021.

In my opinion, all the news and reactivity about the virus is a collective fear manifesting in our responses to what is happening. Recently there has been so much negativity in society and on social media, between politicians, political parties, religious groups, and individuals. There is so much energy spent in defending and attacking, and in being separate or cut off from others. Now it is as if everyone is saying, okay, let's take a break from being mean to each other. Let's set aside our differences and work together for a solution to stop the spread of the virus, care for the sick and support the families of its victims. We can use this situation and all that it brings us as an opportunity for personal and collective growth.

I encourage all of you to pray, as I do, for everyone who has been effected by this or any other sickness: those who have died, those who are sick, those quarantined, their families, their loved ones, and for the welfare of all the healthcare workers and first responders.

As always, I send you each and every one my love and blessings.

Tenzin Wangyal Rinpoche

