

Tashi Delek,

We are writing with very sad news, which we would never wish to deliver but must.

Our precious root teacher, our Tsawé Lama, His Holiness Pema Norbu Rinpoche, has entered Thugdam, the final state of meditation before departing this body. Rinpoche entered this state at Namdroling Monastery in South India on Friday, March 27, at 8:20 pm.

A press release posted at [Palyul.org](http://www.palyul.org) gives further information regarding the circumstances surrounding this occurrence. You can find it here: [http://www.palyul.org/eng\\_news.htm](http://www.palyul.org/eng_news.htm)

For those who have studied and practiced with His Holiness, and consider Rinpoche as their Root Guru or Tsawé Lama, please carefully read the following advice, as all students should carry out their practices at this time based upon the instructions received at the levels they have completed.

Ngondro and Tsa Lung students should follow the instructions outlined in the Guru Yoga practice, also known as Lama'i Naljor. At the dissolution stage they should merge their mindstream with the meditation of His Holiness.

Dzogchen students should practice according to the teachings they have received, entering into meditation as instructed. This is the best time to merge your mind stream with the meditation of His Holiness.

All others should follow practices according to the instructions given to you by His Holiness. Dorje Sempa (Vajrasattva), is also recommended.

If you wish to come to the monastery, please know that His Holiness will remain in meditation for several days and that the best time to join us is after Rinpoche comes out of the state of Thugdam. To help with your travel plans, it is suggested you consider coming in about seven to ten days.

For now, it may not be possible to send out further emails so please check the Palyul website, as any information that becomes available will be posted there. We have also enabled an RSS feed on the News page of Palyul.org so, if you are familiar with this technology, you may stay in touch in that way.

Now is the time for us all to join together as one heart, merging our meditation with that of His Holiness.

Lama Lobsang Chopel, Secretary  
28 March, 2009  
Sincerely,  
Palyul Ling International