

From: Tarab Institute [mailto:info@tarab-institute.org]

Posted: 25. september 2004 17:34

Tarab Institute have an announcement to make that concerns us all deeply,

Our most honorable teacher and dear, dear friend Ven. Tarab Tulku Rinpoche has left his physical existence yesterday, September, Thursday 23 in the afternoon around 15 hour in Denmark.

Rinpoche has been sick with a cancer for the last 1/2 year, and it was difficult to believe how sick Rinpoche was, as he never stopped traveling, giving teachings. Until not even two weeks before Rinpoche died he was still insisting to go to Hamburg for his teaching on Yogacara, but he had to realize that his health this time unfortunately prevented him from traveling.

It is very strange for me to describe Rinpoche's departure, as it is so new and painful as well as difficult to believe that it has actually happened.

But I feel that we should try to tell just a few things, as I know many will ask.

It was very special to be present at Rinpoche's departure. We were all fighting with our emotions and difficulties with letting Rinpoche leave the body, but as soon as he really entered the death process he helped us tremendously to stabilize ourselves with the immense strength he radiated from his heart chakra.

Rinpoche's face had already transformed in the last days before his departure, he looked more and more like himself at the age around 35 year old - we have a photo from this time where he looked like a samurai – and Rinpoche joked about that we should bring his new look in the next course program, and he now wished to grow long hair, which should be tied together in the back.

But during his death process Rinpoche's face became even more deep and calm for in the end to radiate an immensely wise calmness with a presence of undisturbed peace - like an expression of a great read Indian chief.

Even though Rinpoche's blood sugar the last two days had fallen to a level where normal people would fall unconscious, Rinpoche sat straight up and kept conscious the whole of yesterday until the end of the death-process - as long as we could follow him - but still for many hours his great presence, strength, love and compassion radiated from him and filled up the whole room - later to be felt in many places - it seems still be to here.

Also Rinpoche promised to stay with us in one form or another. Rinpoche proved this to be true already in the Yogacara course in Hamburg, where many of the participants felt his presence even more strong now than when he used to be physically present.

One of Rinpoche's great concerns was that he felt he had not quite finished what he wanted to do especially in connected with his own people. He was especially sad that he did not manage to teach Tibetan scholars what he had found out in his exile. So Rinpoche wanted the India project to continue and he asked us to start the U.D. Training in India in March as planned – I promised that we would

do our very best this concerned too.

Rinpoche was equally concerned with the U.D. trainings he have already started in France and in Germany. It was his last wish that they will continue, and I promised that we will do our very best, which broad a grand smile on his face and a brilliant radiance in his eyes. So I hope that you all will help me in fulfilling Rinpoche's heartfelt wishes.

We have asked advise in Dharamsala what to do with Rinpoche's body, and they have advised us to let Rinpoche cremate. This will most probably happen Wednesday or maybe later. The ashes will partly be taken to India, and partly to Tibet + we have been allowed to keep some for our stupa in St. Söhøj in Denmark.

From the time of Rinpoche's death process there has been made rituals in Dharamsala and in Denmark we will make a ceremony Monday afternoon at 17.00 at St. Söhøj, and it will be followed by a ritual Tuesday morning at 10.00 and evening ceremony by Lakha Lama at 19.30 pm in Phendeling, Nørregade 7B, 2.th. 1465 København K..

Rinpoche said before dying that the best practice for this moment is Tara and the reciting / singing of the Tara mantra while resting in the feeling vibration in the heart chakra.

Best wishes,

Lene Handberg

P.S. I had to go to Aix-en-Provence this morning to give a course (Rinpoche insisted I should go), so I am only sending this E-Mail to persons who's address I happened to have in my personal computer. So please send it on to others.