

10 May 2009, PM, third session of sadhana

Is there a question?

Student: Rinpoche, our geshe said that when we recite the names of the 35 buddhas in Tibetan there is blessing of all the lamas who attained realizations in dependence on this practice. So when we recite them in English or other languages, does the practice have the same power?

KZR: You mean other languages than Sanskrit or mouse language?

Student: Rinpoche translated the names into English but when I had to translate them into Czech, I struggled with the choice of the names as I am just an ordinary being.

KZR: There is still power. There is still power. The power is still there. I think that mantras are recited in Sanskrit not in Tibetan to receive the blessings of the language in which the Buddha taught, it is called the divine language, also at beginning of texts they keep the Sanskrit name, one reason is for reference to original language the other reason is to receive blessings. I think that is for teachings, the Tibetan is the second language, the Sanskrit is the first. At that time the Buddha did not teach in Tibetan language. But there is no lineage of Buddha spoke in one language, once the name of the buddhas are translated they have power.

The 35 buddhas why they have so much power, purifies 6 or 7000 eons of negative karma by reciting their name, and prostration to Glorious Flower purifies 100,000 eons, not years of negative karma, as I mentioned before. Whichever language they are translated into they have the same power as long as the name is there even though in a different language.

Why? Because when the 35 buddhas were bodhisattvas, they made many prayers to benefit sentient beings and when they achieved enlightenment they attained 10 powers, one of which is power of prayer. At that time all the prayers made at time of bodhisattva you get that power. Therefore, when someone recites your name, they get all that benefit because attained enlightenment and received 10 powers and power of prayer. Therefore when remember or recite their names, that sentient being gets unbelievable benefit. Which language it is translated into, the name still has power. The buddhas name, Glorified Flower, in Tibetan, like this but it does not mean anything in Czech Republic, so translate into Czech so people can understand.

I mentioned yesterday. I was talking about the sufferings of pretas and I mentioned the benefits of those different practices. I have received the lung but I haven't the text here. There is a story from Buddha's teachings, the Kangyur. Many years ago I went through Boston and gave to the monk translator at ABC, Gyurme to translate but he didn't do the whole text, only some parts, so I don't know if he translated the story of how this practice happened.

The story of Nanda who was attacked by pretas. It is just most amazing benefit, how they get so much benefit by doing this practice of giving food, skies of enjoyment, oceans, incredible benefit, not only stop suffering but get liberated from preta realm. There is one practice, short but very powerful, unbelievable powerful. It is called Yeshe Kanda.

That's extremely good if you have a swimming pool in your house, can visualize oceans become nectar, and numberless pretas, all the pretas get the opportunity to drink, this is especially for when you go to the beach, when you go to the beach for holiday inside the water! So you are equipped like fish with fins, goggles, then go for holiday jump off the roof, this board. You can also go for very long holiday by jumping off the mountains, so many eons, not sure when you come back to human realm.

This Yeshe Kanda, I didn't mention other day but since we go to beach to make the time meaningful, not just for your own pleasure which does not become Dharma, does not become cause of enlightenment but not even Dharma, pure negative karma, you can make the time worthwhile for other sentient beings. You take a container, take water from ocean or, from your home if you have already blessed water can do that, the five very powerful purifying called in Tibetan "five great mantras," Namgyelma, Kunrik, Mitugpa, Stainless Pinnacle, and Pema Tsugtor, Stainless Lotus Pinnacle.

These five are very powerful for purifying negative karma, so that is what is commonly used when you do puja Jangwa purifying when someone died, whether body is there or not you write the person's name and hook the consciousness back and do Jangwa purification. The main thing is to purify by blessing water, throwing mustard seed, few different ways of purifying negative karma of sentient beings who have died. The main thing is the five mantras to bless the water, then purify negative karma, the key thing is that, then Jangwa.

What is said is that, generally by following the 12 dependent related links when the person dies the non-virtuous thought arises, craving and grasping for whatever lower realms rebirth will take, craving and grasping arises at the end of life and from that link one is going to be born as tiger and so forth. Usually it means that once that happened, one is reborn in lower realms, but by the tantric practice, even though the sentient being created grasping at animal rebirth, tiger or peacock, or hell realm, by the power of tantric practice if Jangwa is done by meditator with good concentration by the power of tantra mantras, one is able to purify the person's negative karma and can change rebirth to higher one by power of tantra. But according to sutra at time of death if grasping for hell rebirth, one is reborn in intermediate state of hell and reborn in hell, but by power of tantra can change by good practitioner doing Jangwa with good concentration. Being going to lower realms but got changed while in intermediate state. This can happen. Of course, if born in lower realm then get free from that through these practices.

So talking about the power of tantra. What I was saying is that you can chant OM MANI PADME HUM, most precious, beside the five mantras, then take the water to the beach, can also do that so there is more power. When put that water in the ocean or river, all the water gets blessed and all the numberless beings living in the water that can't see by eye, only by machine, or huge animals like mountain, and human beings who touch water or play in it, their negative karma gets purified.

The other thing is like this, if you don't bring water from home but take water with a container and hold and chant Yeshe Kandro mantra 7 times, then throw the water back in ocean, river, or swimming pool, unbelievable benefit to so many sentient beings. Then think all the pretas that omniscient mind sees, for them this ocean becomes nectar, totally change the view, the ocean water becomes nectar for them, then receive and enjoy nectar. All the pretas purified defilements and liberated from suffering of samsara and become Chenrezig. Numberless pretas become Chenrezig, compassionate buddha. Then again take water and recite Yeshe Kandro mantra 7 times, it does not say blow but can blow, then throw, do same visualization like before. All the pretas that omniscient mind see, the ocean appears as uncontaminated nectar to them. Transcendental wisdom nectar. They all enjoy. Whole ocean like ocean of milk completely covered by pretas, they drink and purify defilements and negative karma and become Compassion Buddha, after throw water back think like this. Do this 7 times, I think.

I'm not sure, there are other charities mentioned in the book, food and water. As far as food, normally I do three different ones, also water three different ones. With water there are different ones, dramtse, Brahma, also make charity for them, unbelievable benefit. Do 7 times, that is very short, simple, but so good. All the ocean becomes nectar, helps not only all pretas but also all the animals, even insects that can only see with machine not with eye, it purifies all those sentient

beings negative karma also the human beings who play on the waves. It has that benefit, like limitless sky, amazing to numberless beings. The practice of Yeshe Kanda is so good at the beach.

Making charity to one sentient being, remember in Arya Sanghata Sutra, making one small charity to one sentient being the result is unbelievable happiness, wealth, and happiness you experience for 80,000 eons from one charity, one small charity to one sentient being, the result unimaginable happiness, success, wealth for 80,000 eons, not years, from one good karma of making charity. Of course, I'm just saying the karmic result but, of course, that is not... I was doing the water because so much unbelievable inconceivable suffering the preta beings so seeing that, I did water, not Dzambala offering water, I have been doing water to pretas for long time.

I met Ribur Rinpoche in Singapore, he advised me, we talked about water charity to pretas, Rinpoche advised better to do water offering to Dzambala first and then do water charity to pretas, as then water has so much blessing as relieves suffering of poverty of pretas. Since then I try to do water offering to Dzambala first and then with that water make charity to the different pretas, it is unbelievable effect. Try to do as much, but of course sometimes I miss doing it. I want to advise this practice since we go to beach for holiday, is it holiday forever? I'm not sure. It is a kind of offering of enjoyment, so it makes the time, your most precious human rebirth, most worthwhile by blessing the ocean which is so big.

As I mentioned yesterday, freedom to practice Dharma due to not being born as animal. The first heavy suffering is ignorance, whatever problem happens, you see the first mistake is ignorance, even animal being eaten alive, then some animals on top of that eaten by human beings, animals have plenty of enemies including human beings. For example, the fish in the water have so many enemies. I thought some time ago I was going by airplane high and could see the ocean very calm, blue, sky blue so ocean blue, I haven't seen explanation in West of why sky is blue, lot of discussion about this in early days at Kopan, but haven't heard why is blue according to science.

According to Buddhism different continents, the southern continent, Mount Meru has bendurya, the deep blue jewel, southern continent where we are, because of that brightness sky blue and water blue, western continent, human world, sky is red and ocean is red because of reflection of brightness of ruby, padma raga. Then north continent gold color water and sky because Mount Meru gold, due to brightness of that. So there is some explanation of that.

You see Mount Meru north is by karma. If you have karma, you see water as nectar. But if you have only karma to see water you see water, if do not have karma to see water like pretas then only have karma to see pus and blood. They don't have karma to see water never mind nectar. Can't see nectar and not even water what we see as water. One liquid in a bowl, we human beings see as water, pretas see as pus and blood, devas see as nectar, for Buddhas, highest, most perfect nectar.

According to karma, how much merit you have accumulated, it depends on that, less merit more impure karma. Even see just empty container where we see delicious food. Same for place, how we see it is our view, beautiful trees and so forth is our view, it is one view, devas see much more better, 100s of thousands more enjoyments. Pretas, I think I mentioned, do not have this view that we have, beautiful flowers and all this, in preta view, very depressed, hot burning copper ground, trees are like burned, no beauty, very unpleasant depressed view. Like this can understand why we don't see Mount Meru, on top of Mt Meru there are the deva realm, Realm of 33 on top, then Ganden ordinary Tushita and above pure realm Tushita, you can understand that cannot see due to karma. Just even a bowl in front of you, same liquid appears different ways, it does not appear to water to everyone, buddhas, devas, etc. what we see as water is one view of one type of sentient being. Other sentient beings see different, some see water, devas see nectar, greater sense enjoyments. This example is extremely beneficial.

For example, even 10 or 100 people look at one person they see different, some see as beautiful or ugly, some very beautiful or very ugly, or just ordinary. That tells that this view is karmic view, result of past karma. Same, one food for some people is very delicious, for some people very undelicious, for some people okay. Life is full of examples that view of sentient being is production of their mind, how much pure more pure view, how much impure more impure view. If able to live constantly life with that awareness it is so good. The only solution is to purify your mind. That is the only solution.

This is similar to example in Bodhicharyavatara. If you are going to cut all the thorn bushes, so much in the world, unbelievable, unbelievable, difficult to cut all the thorn bushes, not enough life to do that, but if on these small feet you wear shoes, leather, wherever you go no thorns go inside the flesh, under the feet. If you wear shoes that are leather, like whole earth is covered by leather. That example is used so if you destroy anger, then we don't find the enemy outside at all, once destroy anger, impossible to rise you don't find enemy outside at all, that is the meaning. If you don't practice patience, eliminate anger, the real enemy inside, the one enemy within you, then you try to destroy the outside enemy then it is endless, more kill, more create enemies. Now because you kill them, then creating the cause, in the worldly point of view you win, but in reality you lost because even you are able to kill, you create karma to receive harm back from them in future, even if succeed in killing them, create karma to receive result, harm, back from them, therefore even if kill, you lost, that is according to Dharma, to reality.

From worldly point of view do not think karma, do not relate it to the mind, only outside, looking enemy from worldly point of view as outside, then harm, because that is the view the concept then you harm the sentient being outside. The sentient being from whom you received all your happiness from beginningless rebirths and from whom receive all future happiness, liberation and enlightenment, you harm that sentient being from whom receive all happiness. By harming with ignorance and attachment you create karma to receive harm in future, if do not purify karma in future receive harm from them. Arya beings do not receive harm from others because removed the delusions, the cause of receiving harm, the delusions, therefore they don't receive harm from others. Whether receive harm or not depends on whether have delusion or not, no question for buddhas since like that for arya sentient being.

I lost my thought.

Student: Animal realm.

I was lost in the animal realm. Couldn't come out.

What was I saying?

Student: Rinpoche, you were in a plane looking down.

Perfectly right, ocean blue and looks very nice but actually in reality if think inside the water, woooo, what a suffering, most unimaginable. These fishes, they are constantly looking for food and at the same time constantly scattering away from enemy, constantly being attacked by enemy. Look at tiny birds when land, looking for food but at same time looking in 10 directions, always enemy. Fish, whatever size, wherever live, enemy always there, due to karma. When you don't know karma, might say it is nature.

Like natural disaster, which means it doesn't have causes and conditions, like existing by nature, means inherently existent, independent. If something exists, if it is causative phenomena there are many causes and conditions for it to exist. If permanent phenomenon, it exists, it is not independent,

it is dependent arising, it exists by depending on the base and dependent on label and mind imputing, then it comes into existence. Even if permanent phenomenon, it exists being merely imputed by the mind in relation to the base that exists. Anything that exists depends on whether it has valid base. Then the label exists. If there is no valid base, then label does not exist. Even if mind merely imputes it does not exist. In the dream become the president of France, your mind labels I am president and you believe that in the dream. When you wake up, even your own mind realizes it is not true even though your mind labeled “I am president of France” but when wake up even your own mind discovers not true. So merely labeled by mind does not mean it exists, otherwise “I am buddha” and then buddha exists. That is it. Then you become buddha, no need to practice morality or make effort to purify delusions.

Under the ocean, woooo, there are numberless beings, constantly looking for food, meaning to eat someone alive, and at the same time have to run away from enemies as afraid. Eating and at the same time escaping from enemies. We are not like that, maybe someone is looking to kill you but mostly not like that. Just meditate on that, watch the animals under the ocean, watch their life, then you come back and think of your life, wowww, this is my life, then realize how it is so unbelievable, like achieved liberation compared to the life of animals. Can you imagine? Wow.

Because you don't have all those sufferings constantly, just that. The human beings wow, and then even after, if you haven't met Dharma you don't know, but you met Dharma and learned, have some understanding but do not practice, it is totally, like very spoiled, like rich people who are very spoiled. Very spoiled life. Doesn't understand those other beings' lives, not understanding then no compassion, eat them. Can you imagine life like that? Human beings somebody give a smack, then report to police and put in prison!

In US if you have ice not clean outside your house then someone came and fell down, he can sue you. Maybe not same in France, maybe generate compassion. But in US if have not cleaned snow or ice and person falls down, he can sue the owners of the house. Can you imagine?

I remembered one thing, sorry my talk went on. In Australia many years ago in Sydney there was an old student, I don't think he is here, he always talks billions, zillions, trillions of dollars, one of original person LMB when Lama got by borrowing money from Karuna's parents, 1 million dollars. His name is Peter, I don't think he is here, maybe his consciousness. There was a lady in Sydney who had close connection to Shamar Rinpoche from Sikkim monastery, she had big house, Peter lived with her, was her friend to enlighten her, enlighten each other. Maybe especially when they fight! We stayed there at that house. They have a swimming pool outside, water here and there. Small swimming pool, so what happened I was on my bed doing some prayers, maybe mixed with sleep, then three or four, Roger and Harvey, one old student, many of you know, Manjushri Institute three was Harvey and Peter from Maitreya Project, went to university together, together bought Manjushri Institute, was director of ILTK and IOF for many years, director of different projects, but he was a good practitioner, he had busy life, studied the commentaries given by Lama Yeshe while driving car back and forth. I think he memorized Bodhicharyavatara, chapter on patience, so some years ago he came to airport and told me he made vow to never get angry in his life, so good practitioner, no matter how busy life, never give up Dharma, always keep up practice. Roger and Harvey went in swimming pool, I heard noise. Sooner or later a car came outside, it went woooo, like that. Then I heard the story later. The next family because they jumped in the water and made noise, the next family got angry and called police. The police came all the way up and she explained, they just went, they had busy life. Can you imagine? After lunch, maybe one or two o'clock they made a lot of noise, I remember.

So human beings are like that, imagine the life, some small noise like that and get upset. You can see, inside the water inside the ocean unbelievable terrifying, so terrifying life. We are unbelievable,

freedom we have, we don't have heavy suffering like them in water, even after met Dharma, so difficult to meet, so rare to happen, and even if happen then understand and practice, even want to practice but so much laziness and distraction in life, so don't think Dharma is the first thing to practice in the life, think some pleasure of this life is most important, Dharma is good, okay, but good-bye or do later, always later, put later.

I have one, he is born from uncle, cousin, his name is Pema, many years ago came here when we did the first course in France, not IVY at that time. Pema, many years ago in France or Spain, we stayed together few days there. Pema was talking to recite OM MANI PADME HUM, I think I gave him a mala, he said this is to recite later when you become old, he said that. He was making fun, saying, when I get old, I will recite OM MANI PADME HUM. He didn't really think of death, that death can happen any time therefore need to purify, to practice Dharma, only Dharma can help, purify negative karma to stop rebirth in lower realms, he didn't think that, didn't think of death. So think not something to practice when young, only when get old. Can you imagine? So much freedom, so much pleasure, what you do, fulfill your wishes. But problem is do not take Dharma as first thing in life, something to do later, good but not most important, most important is comfort, pleasure.

So, purify negative karma collected from beginningless rebirths, not collected this year, this month, this life, but collected from beginningless rebirths, by thinking death can happen any time then need to stop rebirth in lower realms, death can happen any time so where going to be reborn, according to present situation more negative karma and it is more powerful, with motivation and even happy at end. Good karma is very rare and is incomplete, not perfect.

Then there is heresy and anger, not done with bodhichitta and not dedicated at end to attain enlightenment for benefit of sentient beings, therefore heresy or anger arises and destroys the merit. So many times unable to control anger, living life under control of delusions then let anger and attachment and heresy to rise, when it arises it destroys merits. That dedicated to enlightenment for sake of sentient beings is very little, that sealed by emptiness is hardly anything when dedicate merit, cannot find merit sealed by emptiness that cannot be destroyed by heresy or anger, maybe some merit but did not dedicate for enlightenment so can be destroyed. Cannot find this merit, or even if it is so little. Even though try to collect merit but even someone who tries to do this, at same time after achieve it, heresy or anger arise and destroy the merits. Dedicated for enlightenment but then strong heresy or anger arises and merit becomes small although still there and puts off realizations for many eons.

A non-bodhisattva get angry to bodhisattva for one second, then 1000 eons the realizations put off. Then 1000 eons you have to be in hell realm, lower realms, and suffer. Then the third, 1000 eons of good karma, what was collected in past for 1000 eons, is destroyed in one second of rising anger to bodhisattva, 1000 eons put so much effort but destroyed like that. That is why the realization is difficult, why realization is not happening, why is not easy, is that. Why lam-rim realization is not happening is that. Why is so hard, not happening quickly is also like this. Like myself, like that. Even try to practice Dharma but reality is like that.

Very spoiled, if you look at the animals in the ocean and those living in the forests, the lives of human beings so much pleasure and comfort. But can't get satisfaction. Even we who met Dharma long time ago, have some understanding, but mind is so lazy and so filled with distractions, the attachment seeking the pleasure of this life, totally occupied by that and unable to practice. while real change, realization, something is not happening, guru devotion, precious human rebirth, do some meditation but no continuity so lose the experience, then rise heresy and anger.

What I am saying is that having freedom to practice Dharma due to not being born as animal, to get an idea of the suffering of animals in ocean, big ones eaten by many small ones, the sharks eat the small, millions of fish swimming together, unbelievable.

I remembered something I saw not so long ago on TV, maybe it doesn't fit exactly now. In Hong Kong on TV I saw very old turtle, maybe 100 years old, the Chinese people working there opened the mouth, the turtle had a worm in the mouth, under the tongue white worm flat one, the turtle was using the worm to catch fish exactly like fisherman who uses live worm to catch fish. Under tongue there is flat worm, wiggling, when water come, then fish come and can eat the fish. Can you imagine?

There are so many things we don't know. Exactly as worldly people do, nothing special. So with this one can achieve the three great meanings, happiness of future lives, whatever you wish, pure land, eight ripening qualities, the aspect highly praised by Lama Tsongkhapa, can have great success to achieve path, then human rebirth with seven qualities, good rebirth with four Mahayana Dharma wheels, precious human rebirth, all this can achieve with this freedom to practice Dharma due to not being born as animal. Then ultimate happiness, liberation from samsara and full enlightenment, can achieve with this freedom. Refuge, protect karma, then bodhichitta. Even one second with this freedom you can achieve whatever you wish, happiness, great meaning, even in a second. Limitless skies not only gold and diamonds but wish-granting gems, even own so many but without freedom to practice Dharma, without freedom to practice Dharma due to not being born as animal, even own that much wealth, wish-fulfilling jewels filling all sky cannot achieve higher rebirth, cannot achieve liberation from samsara, cannot achieve full enlightenment.

Like Milarepa and many others, those who achieved enlightenment in one brief lifetime of degenerate times, didn't have one rupee, Nepali or Indian, didn't have that but had a precious human body and practiced Dharma and so achieved full enlightenment in few years, brief lifetime of degenerate times. Exactly same for us, since one has this precious human body even freedom to practice Dharma due to not being born as animal, so can achieve this happiness in one second. This is most amazing, most precious, this freedom to practice Dharma, more precious than whole sky filled with wish-fulfilling jewels, this is nothing compared to freedom to practice Dharma due to not being born as animal. I mention this one, then I will stop here.

The turtles, dogs, cats, cows, horses, you explain them, crocodiles, elephants, pigs, chickens, if explain cause of happiness is virtue even for billions or zillions of eons, no way for them to understand the meaning, what is virtue, action that brings result of happiness is action done out of non-attachment, non anger, non ignorance even explain for 100s of eons cannot understand. Cannot learn the meaning. But us human beings now this time somebody explained that cause of happiness is virtue and what is virtue, action that brings result of happiness, it did not take even minute, within few seconds understood, oh, that is precious human rebirth, why because we have precious human body but they don't have that, therefore blocked. Even explain for zillion eons they cannot understand, but you, even in few seconds can understand. That is why this precious human body that you have is most unbelievable precious, wow. Can you imagine?

If analyze like this, can understand. So easy to learn Dharma. Means also so easy to practice. You have to compare, you have to look at this, as I mentioned before, at those sentient beings, just to understand even explain zillions of eons cannot understand, so cannot practice, but you unbelievable. So similar easy to practice, very easy to practice. Of course, you can make difficult. You can make difficult instead of making easy, you can do that. It totally depends on your mind, your attitude, so you can make it difficult to practice. You can make it so easy but also so difficult, depending on how you think. Basically if you do correctly what the Buddha explained, it is so easy

to practice and so easy to attain realizations, really. So easy to achieve liberation from samsara and enlightenment. The reality is like this, compared to other sentient beings.

Now, here we are just talking lower realms but then compare to devas, those who have no opportunity at all, no matter how long they live it is like they are asleep, no opportunity, long life gods in form realm only awareness at beginning and end of life. Devas, wow, they have 100s of millions, unbelievable, greater sense enjoyments, desire realm devas, sense pleasures, amazing, unlimited, so the mind is completely occupied by sense pleasures. Shariputra, remember Liberation in Palm of Hand, one doctor so devoted to him. When he saw Shariputra, came down from horse and prostrated, when died and reborn in deva realm, Shariputra went there, saw doctor with girlfriend going for play in park, came by riding horse going to park to play. He saw Shariputra, in human world he would immediately come down but in deva realm put hands up and went straight to park. So in deva realm so difficult to think of Dharma, big difference is this, so difficult to practice Dharma if born as deva.

Then other human beings, having heresy, even human rebirth but heresy, imperfect organs, foolish, even Buddha Dharma teachings exist in the country but do not follow them, there are so many human beings with obstacles. So compared to them, you can see that precious human rebirth, met guru, met complete path to enlightenment, met Dharma, so unbelievable, so fortunate, most fortunate one can imagine, but not realizing this and not practicing Dharma. So that is it. I will stop here. Sorry, it is already bedtime. So we just do OM MANI PADME HUM and finish. Short one.

You can recite the very first prayer to lineage lamas, first stanza. Then absorb to yourself and you become Chenrezig.

Main meditation, in emptiness yourself, the deity, all phenomena become one taste.

Now your wisdom seeing emptiness arises as 1000 arm Chenrezig, lotus and moon disc, then also in front of you same, 1000 arm Chenrezig. Then above all the direct and indirect lineage gurus. OM AH HUM. Then from heart Hrih invoked lama Chenrezig, absorb to you, become inseparable. Become non-dual. Empowering goddesses initiate you become crowned with water. Now do prostration.

Rejoice. Without merits impossible to achieve any happiness, nothing slightest can do, so merit is so precious, therefore all merit accumulated from beginningless rebirths and not only that also all future merit, how wonderful it is, how wonderful it is, feeling happiness in the heart.

Visualize all the sentient beings' merits collected from beginningless rebirths, now, and in the future, how wonderful it is, from this comes all happiness up to enlightenment, this life happiness, future life happiness, liberation, enlightenment, how wonderful it is, how wonderful it is, how wonderful it is, how wonderful it is.

All the bodhisattvas, numberless bodhisattvas, merit collected from beginningless rebirths, now, and in the future, in every second they collect limitless skies of merit and dedicate every single merit for us sentient beings, for our happiness and for us to achieve enlightenment, how wonderful it is, how wonderful it is. Expressing that and relating it to your mind, in the heart feeling happiness.

All the numberless buddhas' merit collected from beginningless rebirths, now and collected in the future.

Now rejoice in all the qualities of bodhisattvas, their qualities, realizations. The extensive benefit to sentient beings and to the teachings of Buddha by the lower and higher bodhisattvas, rejoice thinking how wonderful it is. In buddhas' infinite qualities of holy body, speech, mind, rejoice. Extensive benefit, buddhas extensive benefit to sentient beings, in every second, liberate numberless sentient beings from lower realms, from samsara, and from the lower nirvana, so rejoice. At the end, in conclusion, it is advised to commentary to Lama Chopa, may I be able to collect numberless sentient beings, and in particular bodhisattvas, and buddhas how much merit collected, may I be able to collect that much merit for benefit of sentient beings.

Then offer golden throne with eight snow lions and double vajra on front to Guru Chenrezig, requesting guru Chenrezig to remain alive.

Now offer golden Dharma chakra with 1000 spokes, huge, requesting to turn Dharma wheel.

Dedicate the merits.

After the praise, before the offerings. Now recitation of mantra. Yourself and front generation heart, mantra, beams emitted from holy body, Chenrezigs manifest out with beams from mantra at heart of yourself and front generation purifying negative karma and defilements of all sentient beings and eliminating their suffering. Then you bring them to enlightenment, numberless hell beings, hungry ghosts, animals, human beings, suras and asuras, intermediate state beings, all become enlightened, become Chenrezig, Compassion Buddha. Then make offerings with offering goddesses carrying offerings to all the buddhas. Then all the blessings, attainments, qualities that they have, you received. Absorbed into yourself, to your heart. Then, Chenrezigs that were emanated out return.

Transcendental wisdom of self generation absorbs to front generation. Leave Gelongma Palmo's praise to Chenrezig. Do requesting prayer. You can look at English while some people chant.

Blessing the torma, central torma to deity, left side one to Dharma protectors, dakas and dakinis, right side of Chenrezig, torma on right side, white one is for landlord and earth goddess. So bless together. Torma of transcendental wisdom nectar is offered to all the transcendental beings, please grant blessings.

This ocean of torma nectar, I offer to the Dharma protectors, dakas, and dakinis, accepting it I request you to complete all the actions, pacifying, etc.

I offer this torma to all the landlords in the country, in Tibet, they are happy, incredibly inspired to help all your wishes, your Dharma practice, to be actualized immediately. To not interrupt. By accepting, don't be jealous, please help.

Then short offering like yesterday.

By offering divine dress dedicate to achieve holy body, by offering divine ornaments dedicate that you and all sentient beings obtain holy body adorned with signs and exemplifications.

Due to three times merits collected by myself, sentient beings, buddhas, and bodhisattvas may I be able to reveal Dharma and liberate the sentient beings who are tormented by so many sufferings.

Due to three times merits collected by myself, sentient beings, numberless buddhas, and bodhisattvas, in all life, from life to life, to have pure caste and clear mind, not have pride, to have great compassion, to have respectful devotion for the guru, and abide in samaya of Chenrezig.

Due to three times merits collected by myself, numberless sentient beings, numberless buddhas, and numberless bodhisattvas, may we become only like you, your holy body, holy entourage, holy pure field, holy life, holy name, that liberates from lower realms, samsara, and lower nirvana and bring to enlightenment.

Due to three times merits collected by myself, numberless sentient beings, buddhas, and bodhisattvas, may we by having made offerings and requests to you, may the place where we abide, the universe, world, country, place, house all those sentient beings here at the center, IVY, all their negative karma collected from beginningless rebirths get purified, sickness, fighting, quarrels, economic problems, be pacified immediately, dangers of fire, water, air, earthquake may they be pacified immediately. What should happen is increase Dharma, scripture and realization, especially bodhichitta, in the hearts of everyone, perfect peace and happiness in this world, country, house, then everything becomes auspicious, no obstacles, all the wishes, all the positive wishes to succeed, then teaching Dharma to sentient beings to succeed, bodhichitta to be actualized in the hearts of oneself and all sentient beings, students, supporters, all those who sacrifice life for the organization in different parts of world, all those whose name was given me to pray, leaders of mainland China, religious leaders...

Due to three times merits collected by myself, sentient beings, buddhas, and bodhisattvas, which is real one existing from its own side, may the I who is the real one existing from its own side, this is what is believed by ignorance, the point of view of ignorance, achieve the very Compassionate One which is the real one, truly existent, independent one, and lead every single sentient being, without leaving out even one, who is also very real one, existing from their own side, to that Compassion One's enlightenment, which is real one, independent one, existing from its own side, not merely labeled by mind, all that, by myself alone, of course, this one is the most important, among those it is the most real one.

You have done work for sentient beings, please grant realizations harmonious with that. After return to buddha place, please return once again. Transcendental wisdom returned to natural abode, samaya being absorbed into you. You become Chenrezig one face two arms, marked with OM AH HUM at the crown, throat, and heart.

Due to three times merits collected by myself, sentient beings, buddhas, and bodhisattvas, whatever suffering sentient beings have may it ripen on me, whatever happiness I have may it ripen on other sentient beings. HH Serkong Tsenshab Rinpoche advised to do this lojong.

Due to three times merits collected by myself, sentient beings, buddhas, and bodhisattvas, may I be able to offer limitless benefit to sentient beings and the teachings of Lama Tsongkhapa by having all the qualities of Lama Tsongkhapa in this life and all future lives from this second onward. Make this prayer very strongly.

Abbreviated King of Prayers

To meet and spread the teachings of Lama Tsongkhapa in hearts of everyone in this world.

All the merits we collected today to increase 100,000 times.

What I just recited is for break time, not when puja finishes.

Same time. 12.24.