

## **The Benefits of Reciting OM MANI PADME HUM**

*During the 100 Million Mani Retreat organized by Institut Vajra Yogini in Lavaur, France, May 2009, Kyabje Zopa Rinpoche was asked to record a video message for the people participating in the retreat from their homes. This is an unedited transcript of that message.*

So first of all, whatever time it is at your own place good morning, good evening, or good night depending on what time it is in your country. Thank you very much to all the students, all my brothers and sisters, fathers and mothers, everybody.

Fortunately at this time the FPMT has been able to organize the recitation of 100 million OM MANI PADME HUMs, the Compassion Buddha's mantra, the most precious one, fulfilling **all** your wishes. It is most amazing. Not only for this life, but more importantly, you know how much you think is more important the happiness of this life, how much more we think so important the happiness of today, oh, so important, now you have to understand that the happiness of next life, the happiness of the next to that life, the happiness of all the coming future lives, now becomes so important, unbelievably important. As much as you think that this life, today's, happiness is so important. What I say is that there are future lives. Even though our mind at the moment is obscured and cannot see future lives, there are many people in the world, children and old, who can see their next lives and who can remember their past lives. That education of the mind, that education is more advanced, so it didn't become common education, especially in the West. Even though people have their own experience, see clear like you remember yesterday or last day, so clear, but because of the culture that there is only one life, there is no past and future lives, that is the culture for the time being, of course, the culture can change as people, as the education, the experience of life, the realizations get developed, more and more people have this advanced knowledge seeing far, able to see past and future lives, it will change, but at the moment it is changing but not much, believe only in one life. Because of this, there are people who can't express, even people, those who have clairvoyance able to see past and future lives, but can't express as otherwise people would think that you are strange, something wrong with your mind, crazy. Those people, some achieved it through meditation, but some have it from birth time, they have a more clear mind. perhaps first maybe a little less obscuration, this is possible, it is possible it is like that, this is why mind is more clear and can remember past and see future. There are numberless beings who see, of course, including the omniscient one, fully enlightened one, who has completed the spiritual path, nothing more to learn, has ceased all the defilements, gross and subtle defilements, mistakes of mind, and has completed all the stages, all the realizations, so there is nothing more for them to learn, anyways there are numberless beings who can see past and future lives of us sentient beings. But who realizes that there is only one life, who discovers that

there are no past or future lives, there is nobody who has realized this, but who makes theory, who guesses, who makes a philosophical theory like this according to your own, what you do not see, what you can't see, according to that, there are a lot. But who discovered that there is only one life, there is nobody, there is no body who discovered that there are no past and future lives. It is like that in reality. You know there are many things, even in this life sometimes our mind becomes more unclear, sometimes there is more forgetfulness, more forgetfulness. Then there is a person who after some time, mind functions well, in a normal way, but then after some time he becomes more forgetful, cannot remember, many things cannot remember, Alzheimer's disease, they cannot remember even the names of family members, completely even names of family members, the people around you, cannot remember. So it happens, so you can see, so in the view of that person, in the view of that mind, at that time doesn't remember so like didn't have those materials, people, whatever they had in the past, as if they didn't have it at that time because cannot recognize, so not like family in the view of that mind, before they were family, but now can't remember, so lost. You don't remember. We came from the mother's womb, some remember, I know some students who remember coming from the mother's womb but most don't remember, most of us don't remember, because you don't remember, you don't see, it didn't happen, it doesn't exist, just other people told you that you are born from this mother, but you don't remember yourself that came from mother's womb, that you were in mother's womb, you don't remember. if because don't see it, it doesn't exist, then you are completely lost, like the dust of the mountain of the earth you get mistakes, many mistakes, you get confused. So you can see using that reason, "because you don't see." Of course, omniscient one who has no defilements at all, gross and subtle completely purified and completed all the stages, of course, if that one doesn't see, then yes. But at that moment that isn't logical reason, there are many things which exist that you don't see, there are things that don't exist but you believe that they exist. There are many such things.

So now when you recite OM MANI PADME HUM it fulfills all your wishes, all your wishes. What I was saying before is all the happiness of future lives, wow, how important that is. Wow. Imagine. What you think about this life, this one life, that the happiness is so important, but then like this to happen numberless times, can you imagine that? But now it becomes that. Now that becomes so important, to achieve, to work, to prepare, to create the cause of happiness for all those coming lives, unbelievable, wow, wow, wow, how important. This is nothing this life, nothing, it is like atoms. So therefore, now therefore, this is Dharma thinking, so when you think of Dharma, the happiness of all these future lives, wow, unbelievable, so now in future life the problems, whatever happens, it is nothing, you feel not important, whether you lost your friend, died or left you, didn't love you, it is nothing. That happened, then no problem. Whatever people criticize you it is nothing, any problem is nothing. Achieving power in this life, power, becoming famous, reputation, all this, gaining material possessions, billions and zillions and trillions of dollars or euros, whatever, same now achieving the comfort of this life, all these things, whether you

lose or you achieve, it is the same when you think of all these happinesses of future lives. I don't know how long is the time until you will be free from samsara, for that you need to actualize the path, what the Buddha has revealed, the four noble truths, to become free from true sufferings, not only the suffering of pain, not only temporary samsaric pleasures which are the suffering of change, but where those two sufferings come, the foundation that is pervasive compounding suffering – the aggregates that are created or produced by karma and delusions. Because the cause, from where they come, is karma and delusions, they are the nature of suffering, they are pervaded by suffering. This body and mind are the nature of suffering. Why? Because they are under the control of karma and delusions. Not only that, the aggregates are the contaminated seed of delusions, the imprints, then this compounds suffering, suffering of mind and suffering of body because have created past karmic imprints, the aggregates, consciousness, mind, the seeds of delusions compound this life's suffering and compound future life rebirth sufferings. So these aggregates are pervaded by suffering, pervasive, not only compounding, sufferings. So this is the real liberation, cessation of this, what is the real meaning of Buddhist definition of liberation. You have to understand that. Liberation is this, that is what Buddha means, what Buddha explained is liberation. This one means... Meditating on the sufferings, the main, the basic one, what you realize, so that we can be liberated from this by realizing the suffering. Then there is the cessation of this, that is liberation. Then impossible to, since there is no cause of suffering so it is impossible to experience suffering, forever. That happens by actualizing true paths. The Buddha showed true sufferings, true cause of suffering, true cessation of suffering, and true paths. Because there is true suffering, then explained how it happened, which is its, because there is a cause, that means can cease the cause, remove the cause, and be free from suffering forever. How that happens is by actualizing true paths that Buddha has taught. Until that, you die and are reborn, die and reborn, like that. So you need the happiness of all future lives.

So what I was saying is even gaining happiness of this life, power, reputation, wealth in this life, if you lose it, it is nothing, it is like atoms. So similar gaining, it is nothing. To benefit other sentient beings, to benefit others, then, of course, there are many things you need – Dharma understanding, also wealth to help others, power, family, and so forth to help others, so many sentient beings, use for others, that way there is benefit to others. But otherwise, even if you achieve those, it is nothing. That makes, psychologically that makes, psychologically it makes the mind so peaceful, great peace in the heart. There is no life going up and down like this, each day many times sad, happy, sad, all this, very unstable life, misery, all this doesn't happen, very stable, great peace in the heart. There is no superstitious thought, the worldly concerns, all this superstitious thought that is wrong believe, what is projected view, not correct, wrong you don't have, so mind is incredible peace, like ocean. Not violent ocean disturbed by big waves, but peaceful.

That is just side talk. That is something good to understand, to realize. Then you will have... When you think of the happiness of all future lives, unbelievable chance, then all your attention is on that, then you will work for that, make preparations for that, then that is Dharma, that is the practice of Dharma, a healthy mind, pure Dharma is a healthy mind, detached from this life, your mind free from this *painful* attachment, painful, it makes life like when there is tornado wind, or cyclone, everything blows up into the sky, it becomes like that, but it doesn't happen that. So there is incredible peace, happiness, inner peace and happiness, satisfaction.

So I was talking about fulfilling wishes. Then of course there is liberation from samsara, wow, then full enlightenment, wow, for sentient beings. Then you are able to liberate, wow, numberless sentient beings, numberless hell beings liberate from the lower realms and then from the oceans of samsaric sufferings, and bring them to enlightenment. Then the same thing, numberless hungry ghosts you are able to do bring to enlightenment, free from the lower realms and bring to enlightenment. Then numberless animals liberate from the lower realms and bring them to enlightenment. Then numberless human beings, wow, you bring them to enlightenment, liberate from oceans of samsaric sufferings and bring to enlightenment. Then the numberless suras and asuras, then numberless intermediate state beings liberate from oceans of samsaric sufferings and bring them to enlightenment. So OM MANI PADME HUM fulfills all the wishes, not only liberate them from oceans of samsaric sufferings, numberless ones, liberates from lower realms but brings them to enlightenment, can you imagine? Most amazing. So one OM MANI PADME HUM fulfills all your wishes, up to enlightenment. Then you, the one person, able to fulfill the wishes of happiness for numberless sentient beings, you fulfill their wishes for happiness, you become wish fulfilling. The highest, most valuable, most expensive, most precious material possession, among the material possessions, of course, among many things there is gold, then among many things there are diamonds, but among all there is wish-fulfilling jewel, in past the wheel-turning kings, those who have unbelievable merit can find this in the ocean. They clean it in three ways, then put it on top of banner on top of the house, the on the full moon day, they pray, and whatever material possessions you need, whatever enjoyments, it gets actualized immediately, mainly because you have unbelievable merit, you have this condition, the wish-fulfilling jewel which is powerful. But that only gives you the material possession you need, besides that it cannot liberate you from the lower realms and give you higher rebirth, achieve liberation from samsara, liberation from oceans of samsaric sufferings and its causes, cannot liberate you from that. You cannot achieve enlightenment just from that. Then, of course, no way just by having that are you able to liberate numberless sentient beings from the oceans of samsaric sufferings and bring them to enlightenment, no way. But by chanting this mantra, you see, oh, you can achieve all this, completely fulfill all the wishes for others, so unbelievably precious, most precious, even sky filled with wish granting jewel is nothing compared to the value of chanting OM MANI PADME HUM. What happiness you achieve with that, and what you can cause for all sentient beings.

Now the particular benefit of OM MANI PADME HUM, the very essence is to develop compassion, in particular, toward numberless sentient beings, numberless hell beings, numberless hungry ghosts, animals, including tiniest insects that can only see through microscope, then numberless human beings, numberless asuras, and suras, and intermediate state beings, all the sentient beings, generate compassion. When you generate compassion, then you stop giving harm to others. You stop giving harm to others, others who are numberless in each realm, sentient beings, you stop giving them harm, so that is unbelievable peace and happiness, can you imagine, that you give to others. All this, killing stealing, telling lies, all this negative karma, the harm with ignorance, anger, attachment, then with self-cherishing thought, with ignorance that is the concept of true existence, the king of superstitions, the wrong concept that harms sentient beings, so these are stopped. With compassion you stop harming, first thing is that you stop harming sentient beings, sentient beings who are numberless, to everyone. It is amazing, to every animal, to every insect, in the ocean there are numberless fish, large like mountains, so small you can only see through a machine, a microscope. Amazing, amazing. Then you benefit. So just stopping harm you give so much peace and happiness, then you benefit them, your compassion makes you develop wisdom, Dharma wisdom, ultimate wisdom, wisdom realizing emptiness, all the methods to help to free, compassion makes to persuade you to develop the mind in the path to enlightenment, combination of method and wisdom, the whole path to enlightenment, to cease the gross and subtle defilements, then you achieve the state of omniscience. When you achieve higher and higher path, compassion persuades you to benefit others. Then you are able to... There is the path of merit, preparatory path, right seeing path, path of meditation, and path of no more learning, the Mahayana path, each time when you achieve these, within each one there are many different levels of realizations, wow, then you can offer greater and greater and greater and greater benefits, wow, amazing. Then no question when you achieve the arya path, the right seeing path, the Mahayana right seeing path and the path of meditation, wow, can you imagine? That is real benefit to sentient beings, the five paths and ten bhumis, wow, when achieve the eighth bhumi, ninth bhumi, tenth bhumi, wow. For us is they are like enlightened beings, they can manifest any kind of form, even bridge, water, river, anything, all kinds of forms they can manifest, so even with this can bring to enlightenment, so no question about buddha, even bodhisattva can do that. So that is most amazing, amazing, it is explained in eighth chapter of Abhisamayalamkara and its commentary, amazing. For us cannot imagine, cannot figure it out, so incredible benefits. Then there is buddha, wow, who has no, who is totally free from subtle defilements and negative imprints, has no obstacles, has omniscience directly seeing all past phenomena, at the same time seeing all present phenomena, at the same time seeing all future phenomena, all sentient beings' heart or mind, the level of mind, the level intelligence, the level of karma, then all the methods what fits to them, all the methods which exactly fits to every single sentient being, they reveal that method in that second without delay when the karma ripened, wow, without the slightest mistake, without the slightest mistaken then bring to enlightenment, wow, can you imagine? When you develop compassion you can

benefit, all that up to enlightenment. Can you imagine? Wow. You cause to actualize all those paths. So can you imagine? Now the happiness that sentient beings receive from you, the happiness of this life, then all the happiness of future lives they receive from you, then liberation from samsara they receive from you, everlasting happiness they receive from you, then enlightenment they receive from you, wow, so that is completely, wow, you have this responsibility, it is completely in your hands to do that. This is because it depends on what you do with your mind, if you develop compassion to others, then numberless sentient beings can receive all this happiness from you up to enlightenment. A buddha has infinite qualities, a buddha's holy body, holy speech, and holy mind has infinite qualities, everyone receives this from you, wow. So now, everything depends on whether or not you develop compassion. So now can see now that the chanting of OM MANI PADME HUM is to fulfill this purpose? Wow. What is the happiest life there is? With compassion toward all sentient beings chanting OM MANI PADME HUM. This is the most amazing. Now you understand why we are doing this retreat, OM MANI PADME HUM 100 million. So hopefully the organization in the West, in East many places it is happening, we sponsored also in Tibet a nunnery, Kadampa Geshe Potowa's nunnery, we sponsored two times, I think. One thing is also to help the living conditions which are very, very poor, extremely poor, so to help for their living conditions and then they get incredible chance to purify and to collect extensive merits to achieve enlightenment by chanting OM MANI PADME HUM, so I think we sponsored them two times. Then, also, I don't remember, maybe Tsum also, where Geshe Lama Konchog completed his path, attained the path to enlightenment, in Tsum they do every year. So then we will also be sponsoring in Nepal there are some nuns, not in Kathmandu, but way up in the mountains, there are some nuns. It helps two things, for them to be together, for their living conditions, and also for their practice. I am thinking also to do one in Mongolia, it would be very good. My plan is to establish every year 100 million in different places. I want to organize that every year it happens, quite a number of years ago I mentioned that. So at many places it is happening, in the East, also in Dharamsala they do one every year, the monks and lay people come to chant, they also make mani pills, so all night the monks bless the mani pills. So anyway, in the West it is very important for this to happen to develop compassion, which I mentioned is so important.

So now, I want to say something. Whatever life problems, whatever problems of life, whatever, basically the solution is compassion. Whether relationship problems: the best is compassion. Business problems: compassion. The very best, the very basic, most beneficial solution is compassion. When your mind is in compassion, not confusion, in compassion, then your problem is gone, your problem doesn't exist. When your mind is in attachment, clinging to this life, power, reputation, comfort, then that mind sees problems. When the mind is selfish you see problems, when your mind is in compassion, when your mind is not selfish but is in compassion, in that second, that minute, that hour, you have no problems. So whether or not you have problems totally depends on how you think. If you have self-cherishing thought you

have problems, if you transform from that into cherishing others – no problems. If you transform your mind into compassion for others, then there is no anger, no painful mind of attachment, no getting caught. Then of course like that, okay. I mean there is emptiness, the ultimate nature, emptiness, the final nature of phenomena, but compassion, when the mind is compassion, the problem is gone. You see, you have a holiday from problems. But if your mind is not in compassion, then your mind is always in problems, you have no holiday. Therefore it is important to develop compassion. To develop compassion for *your* happiness is one thing but now especially for the happiness of numberless sentient beings. Therefore, reading texts which have the complete message about how to develop compassion, the complete technique is only in Buddhism. There is an organization, a very famous university in California (in England it is Oxford), in America, in California, there is one university, today I don't remember, like Oxford, in America, one famous university, if a person gets degree from that, then he is very good quality. Anyway, that university group did examination of what happens to the health if you have compassion, if you always first think of others. They checked what happens to the health, checked the effect of good heart. They discovered that those people don't have, I don't remember the name, but there is one particular heart disease, they couldn't find that in people with good heart, thinking first of others. They made three questions, I don't remember, maybe the first is to do with giving money, the second one I don't remember, the third is whether the person can stay in your house. From three questions this is the most difficult, whether the person can stay in your house. So there are these three questions to check who has good heart. So they discovered that this particular heart problem, they don't have. They asked many religions, Christianity, how to develop compassion. It is proved that compassion takes care of physical health, has great effect. Now it becomes the most important thing: important for long life, important for health, most important for healthy mind, making mind healthy, then causing healthy body – that is compassion. Compassion is everything, your best friend, most trusted, you can trust completely. It doesn't cheat you, only benefits you, unbelievably, up to enlightenment. And then you liberate numberless sentient beings, can bring them to enlightenment, wow. So compassion is your everlasting friend, never cheats, only benefits. Compassion brings wealth without creating negative karma, only by creating good karma. With compassion, you create only good karma, most extensive, because you think of all sentient beings. You benefit all sentient beings, you create good karma, numberless merits, skies of merit. It is the correct and easiest way to create good karma, the cause of happiness. Compassion is, without danger, the healthiest way, it is without making negative karma, always good karma. That brings happiness to you and to others. That is everything, you achieve everything from compassion, can you imagine? Good rebirth, most powerful way to purify negative karma and collect extensive merit – if you can generate compassion you can achieve enlightenment.

In Buddhism your enemy, someone who left you, who criticized you, someone who gets angry at you, if you practice compassion towards them, you achieve enlightenment. That person gives you enlightenment. So this person is most precious,

kindest, dearest one in your life. The one you call enemy, because of compassion becomes dearest, because he gives you all the realizations of the Mahayana path.

Anyway, what happened was... I got carried away, what was I talking about? They checked the Christians but the different priests didn't agree with each other so finally they found that only Buddhism has the complete teaching, the complete method for developing compassion. So like that. Then the group came. There is one Tibetan medical doctor, a Sherpa, Lobsang Rabgye, so he and a few people came and they asked us to train some people and later they would check with a computer how much compassion they got. So I led them in four Nyung Nes, to develop compassion need purification, not just words, strong purification. So, Nyung Ne, Chenrezig retreat, two days. They all did four Nyung Nes, they all had to sign, maybe 14 people. Then I did two days talk on mother's kindness, the seven cause one effect, then talked of Kyabje Ribur Rinpoche's extensive bodhichitta talks, then maybe for a month to meditate. Anyways two ladies, school teachers from Switzerland, did the experiment and they said it came good. I don't know how you can tell result from machine, I don't know if they did all, but they said the result didn't come clear, first they said good, then not clear. One student, Chinese abbess, she didn't want to be checked. I thought with her it might show something clear, but she didn't want to expose her name. So Buddhism did some discovery, this is what they found.

So I want to thank you from the bottom of my heart, really, really sooooo amazing worthwhile. Of course, there are the people coming here to do the retreat, taking the Eight Mahayana Precepts every day for a whole month. That is amazing benefit for the world, from day to day, life to life, for liberation from samsara, for enlightenment. Then also for France, the area, unbelievable merit everyday, when do that. Here because we do one month, because it is a long time, in the morning we have breakfast and then lunch. At Kopan it lasts two weeks, shorter, so only one meal. In morning here we do Guru Puja, most extensive, most secret, highest yoga tantra practice, what made Milarepa, many Indian yogis, Naropa, Saraha, Milarepa, Gyelwa Ensapa, so many from all four traditions to achieve enlightenment. So start with Lama Chopa, highest yoga tantra practice, then three sessions of Chenrezig. At the beginning of each session we are doing prostrations to the 35 buddhas. By reciting each name only once, not one eon, not many days, not many lifetimes, but *many* eons, six or seven eons of negative karma, different negative karmas, get purified. Just reciting the names, so powerful. Even at the beginning of sessions can you imagine, merits like skies, then sit down and do session. Then meditate on joyfulness, easiest way for collecting most extensive merit. You rejoice in the merits collected from beginningless rebirths. Each time when you rejoice, you think "How wonderful, how wonderful, how wonderful." Without merit there is no happiness you can achieve, nothing you can do, no matter how smart, how educated you are, how many degrees you have, there is nothing you can do, if you don't collect merit. Merit is so precious, collected from beginningless rebirths, each time, when you think "How wonderful," when feel happy in your heart about all the merits collected from beginningless

rebirths up to now, they doubled up, then next “Oh, how wonderful it is,” again they double up. Already they were doubled up, but now they are doubled up two times. Really, that is the most meaningful life for you and for all sentient beings. So that is why we stop there. If you just recite the words, then you never, not even in one year, or however many eons, get to practice rejoicing. Just reciting words doesn’t become practice. Then, meditation on emptiness when you become the absolute deity. Before reciting the mantra make sure it is dedicated to the numberless hell beings, numberless animals, every insect and worm, the elephants, rats, tigers, crocodiles, cockroaches, every human being, every sura and asura, make sure it is done for everybody, even your enemy. This ceases suffering and its cause and brings to enlightenment. Then dedicate for His Holiness’s long life and all his wishes to succeed; that mainland China realizes His Holiness is a manifestation of all the buddhas’ compassion and do exactly, then invite His Holiness in China so all the billions can see His Holiness’s face and enjoy the Dharma like sun shining, then freedom to practice Buddha-Dharma there. And Tibet to become free to enjoy Buddha-Dharma in Tibet, to develop in Tibet, to have much more buddhas and bodhisattvas than what happened in past, in those hundreds and thousands of years. For Buddhism to last long in this world, to flourish in the world, in the West, for sentient beings continuously to meet Dharma and follow the path to enlightenment and be liberated from oceans of samsaric sufferings. Then for everyone to actualize bodhicitta, and for this world to be filled with peace and happiness, no one to experience war, famine, disease, torture, poverty, economic danger, danger of fire and water, earthquake, what is considered to be natural disasters, but, of course, is created by people who have karma to experience those problems, so came from their minds. So chanting OM MANI PADME HUM each time dedicate to that. Then dedicate for all the success of FPMT, all the success of Maitreya Project, then, of course, gaining your own success, attaining the path to enlightenment from guru devotion up to enlightenment, bodhicitta, in this life. Then even for your family members, friends, father, mother, brother sister, those who passed away, dedicate for them. And for the sick or dying, dedicate for them.

That is probably okay, so I want to say thank you so much to those who are reciting OM MANI PADME HUM in daily life and those who promised to recite it at home, even if you are not here.

If you are Chinese I say *shay-shay*, if French *merci beaucoup*, in Spanish *gracias*, in Italian *grazie*. Thank you so much. See you soon. I will pray for you. Thank you.