

21 May 2009, PM, afternoon session

Mantras to recite after blessing the speech

Just to finish some, the continuity of those teachings, the benefits of offerings and the oral transmission of the Chenrezig long mantra. This is from the Kangyur, Buddha's teachings, it is good to recite after blessing the speech in the morning, before expressing impure speech, before talking, good to recite this mantra, I did the lung already.

NAMA NAWA NAWA TEENAM / TATHAGATA GANGA NAM DIVA LUKAA NAN / KOTINI YUTA
SHATA SAHA SRAA NAN / OM VOVORI / TSARI NI* TSARI / MORI GORI TSALA WAARI SVAHA

In Sanskrit, when Sanskrit, the way of reciting mantra in Sanskrit if not studied, then to read the mantra it becomes, it doesn't come out exactly Sanskrit language, many words get, like the person who is deformed, missing nose, arms, legs, heads, how a person like that looks, it becomes like that. If you haven't learned Sanskrit or can't read it, when you read it becomes like that. There are many details in order for it to become correct Sanskrit language. But then of course it is not very common in Tibet to learn Sanskrit. I heard there was plan to start studying this, but it is not common to learn Sanskrit.

Therefore, you read how normally the Tibetan letters are read. But I think I already mentioned, it mainly depends on your faith. The effect does not depend on correctly reciting mantra, depends on faith. If no faith, hardly any result. Of course, it leaves a positive imprint on the mind, for example, OM MANI PADME HUM and OM TARE TUTTARE TURE SVAHA contain the whole path to enlightenment. Even TAYATHA is achievement of body, speech, mind, cessation of ordinary body, speech, mind. MUNI... contains the whole lam-rim, the graduated path of lower, middling, higher capable being, the paramitayana, vajrayana, all that. Mantras are like that. So they leave positive imprint on the mind, so that in future it causes to actualize, to learn Dharma, and to actualize the path, cease defilements, gross and subtle, and so can achieve full enlightenment. It has that long term effect of bringing you to enlightenment.

How it depends on faith is, there is one story that there was a mother, I think in India, she used to recite the mantra of Buddha Chunda. Not common in Tibet to practice that, but there is initiation we receive together with many 100s of deities, but among Chinese people is common, people doing business recite this mantra for success in business.

The mother recited the mantra OM TSALE... SVAHA, bBut she recited OM BALE... SVAHA, completely something else. But she was able to cook and eat stones, they became soft, cooked and she could eat. Probably, it means when there is a famine, no food, then this particular purpose of the deity, of course ultimate purpose is to become liberated from samsara and attain enlightenment. Her son who was a monk, getsul living in 36 vows, came home and heard her reciting the mantra. He told her the way she was reciting it was wrong, but when she tried to recite it correct, it didn't function to cook the stones.. So there are many such stories, the effect depends on faith.

It is explained that Lotsawa Paltsig, great translator of Sanskrit, mentioned in two books how to recite the mantras in Sanskrit. He says if give mantra to other people without correct way the karma you collected... if it is not the correct Sanskrit way. The one who used to be principal of Tibetan university in Sarnath, Samdong Rinpoche, who is now prime minister of the Tibetan people, he was appointed by the Tibetan population some number of years ago. I checked with him and he said that great Lotsawa Paltsig didn't know Sanskrit, that that lama doesn't know Sanskrit, some of the

words. Then I checked with Kyabje Choden Rinpoche but he trusted Paltsig. So I told Samdong Rinpoche this, because the long Chenrezig mantra that I asked Kyabje Choden Rinpoche to check, he referred to Paltsig's text. I told Kyabje Choden Rinpoche that Samdong Rinpoche said that Paltsig did not understand Sanskrit, but Rinpoche said he should know since he translated Sanskrit.

Just to go over mantra, recite after blessing speech. NAM is between, if at end NEM. The name of this mantra is Exalted Completely Pure Stainless Beam. It says anybody who talks to a person who has recited this mantra, then it means if you recite this mantra every morning, then during the day whoever talks to you gets purified. What negative karma that gets purified is very heavy negative karma of having killed father, mother, arhat who has completed five paths, liberates from oceans of samsaric sufferings, caused blood to flow from a buddha, and created schism in sangha, five uninterrupted karmas, after death immediately get reborn in Inexhaustible Hell Realm, experience most suffering in samsara and for longest time, eons. Anyone who talks to you their heaviest negative karma gets purified, so no need to mention ten non-virtuous actions, negative karma of killing, stealing, sexual misconduct, telling lies, the three of body and four of speech, gossiping, saying words to hurt others, slandering, covetousness, ill will, heresy. Those no question they get purified, the other person who speaks to you gets that. So unbelievable benefit, you are able to help, benefit, any sentient being who speaks to you. Anyone who hears, not only human beings, also animals, spirits, who hears the person who recites this mantra, hears the sound, voice, of this person, whether singing a song, talking, sound, hear sound, then even the other sentient beings who receive the shadow of your body, anybody who touches your body, you touch others' bodies or they touch you. For example, even the flies touch on your head, legs, arms, their negative karma gets purified.

One time I thought, I was in US, Shi-ne Land, near Big Sur, I haven't been in Big Sur yet! At least in this life, of course, in past lives numberless times. I haven't been yet, but who knows? Big Sur. Anybody who touches your body, shakes hand, touches you, even the flies, mosquitoes, who land on your body, especially mosquitoes are most welcome, anyways they all get, all those beings' negative karma gets purified, you touch them, they touch you, shake hands, just touching they get purified. Not only purified negative karma of this life, but also purifies other sentient beings' negative karma of past lives.

When I was in Malaysia some years ago, we started a hospice there, it wasn't the first time, it was the second time meeting. I went to give a talk, so one question was some people who have been offering service to the dying person because don't see, people expected something positive thing to happen. I don't know what they expected, people dying, to recover? To live forever? The person to smile? They expected positive sign but didn't see anything, so got disappointed, the people who were working in the hospice. I told them no problem, there is so much benefit from chanting this mantra, also the other one in the book. Even the person cannot see you, is blind, you can touch the person, so there is unbelievable benefit, unimaginable benefit if you touch that person's body, face or hands by chanting this mantra, even there is no words, the person cannot speak, there is mental help, help to mind. Unbelievable negative karma, even unbelievable heavy negative karma gets purified, not only ten non-virtue actions, of this and past lives.

So you can be so happy, rejoice, something great to enjoy, excitement, able to offer this benefit. So I mentioned that, even the person cannot see, still you can offer great benefit, the person can hear the sound of your voice, so unbelievable benefit. Then you chant the mantra. Of course, ten malas of OM MANI PADME HUM every day, then there is similar benefit. That person who sees you doesn't get reborn in lower realms, the heavy negative karma from beginningless rebirths get purified. So even if you have done one Nyung Ne, when translate as fasting, that is just small part of what you do with the body. There is Nyung ne of body, speech, mind, body, speech, mind abiding in retreat, so when translate Nyung Ne as fasting you are only translating one practice from Nyung Ne. Taking Eight Mahayana Precepts done with bodhichitta so skies, even without bodhichitta, with

renunciation becomes cause of ultimate happiness, liberation from samsara for oneself, but if done with bodhichitta create limitless skies of merit. So abiding in retreat from eight negative karmas, because abstain from them, then speech abiding in Chenrezig mantra, sadhana, mantras, then restraining from various negative karma of speech, body abiding in retreat abstaining from three negative karma of body, mind abiding in retreat restraining from covetousness, ill will, heresy. Then keeping pure your body abiding in retreat by visualizing Chenrezig, speech is mantra, heart into Chenrezig holy mind, dharmakaya, keeping in pure thought and pure appearance, so that is retreat like that. Because you are practicing pure appearance, when you have pure appearance then attachment, anger, delusion, do not arise, pride of being Chenrezig, do not arise, only pure thought arise when there is pure appearance. So collect in every second inconceivable merits and brings to enlightenment much quicker, able to achieve enlightenment in one lifetime, whereas with paramitayana need to collect merit for three countless great eons and after that achieve enlightenment. There is no special method there that makes possible to achieve enlightenment in one lifetime, this is only tantra. So here, because of course they started hospice not so long ago, that was my second talk there, so they expected easily some positive results so people got disappointed.

So even one Nyung Ne well done there are these merits. The text say while you are walking on the road, your breath goes over the person while talking, the negative karma gets purified, wind touch your body it gets blessed. You visualize your body as Chenrezig so each time it is blessed like a statue that has been consecrated, wind touches your body and then touches others, animals, insects, their negative karma gets purified. When you are on mountain, so many people who sees you from down there, all their negative karma gets purified, means same if walking in the street. If you have done many Nyung Nes no question since even one. Then each time recite OM MANI PADME HUM, even without reciting this mantra, when walk on the street anyone who see you in office, restaurant, road, people, animals, all their negative karma gets purified. Sometimes, not every time remember, but I try to shake hands so the other person's negative karma gets purified, remember that benefit.

I was talking about Big Sur in America, not at water place but climb the mountain, Shine Land very isolated retreat place, old students probably have been there. One old student nun Thubten Pemo (people are responding, maybe they recognize Pemo), for so many years, maybe 8 years talking about quiet place to do retreat in the West, she looked at many places in different countries where to do retreat, quiet place, so I had been hearing this for so many years, but I think she is right it is not only her but helps to other people too.

One old lady, I heard, I was looking for the land, a place, now it seems many places come out for retreat but before, for so many years, couldn't. One old lady owned huge land, many mountains, she wanted to use the land for something meaningful, spiritual, I heard that. I went to US, I did Ganapati tsa-tsa. Ganapati is not Hindu, it is common to Hindu and Buddhist, but not ordinary Ganesh. Some people might have this misunderstanding, Ganapati, three or four different aspects taken by Chenrezig. Did 400 tsa-tsa. I don't know where, I don't remember where was done, I forget now, in order to get the land without obstacle, where can complete shi-ne, calm abiding. So I went to US for that. The lady checked for one year with the organization, did not want to give easily, then later she gave.

It has been few houses were built. There was house there where she spent time, house, river. So it has mainly been for sangha, that was the plan but there was a lay caretaker. Now recently there have been some lay people doing retreat. Everyone who goes there had unbelievable time, enjoy so much, good experience. So one time I was there, there were three horses that belonged to the old lady but were very old and so stayed there, I was reading Sanghata Sutra to purify their negative karma. The director's wife, I don't remember name, was giving food to the horse on and on to keep the horse around, that day the horse must have been shocked! So many flies came and landed on my

arms. All the time I remembered, because having these mantras, having chanted, so they got purified, so it is something happy to think, to rejoice. Also you don't get harmed by spirits, that is one thing. Then you don't receive harm from the elements, poisons, fire, water, earth, then lightning, the dangers of harm by lightning, in Tibet there are many, especially north, when extremely cold many stones fall,

Student: Hail.

Rinpoche: A round snow fall? No, not that, the stones that are used for sharpening knives.

Student: Meteorites.

Rinpoche: Meteorites, these fall down, you are protected from them. You are protected by all the buddhas, guide, you are always looked after by Chenrezig, to easily gain livelihood, the things you need. Then all the devas, all the samaya beings, help that person. You don't get harmed by black magic, mantras or activities, all kinds of activities to harm, you don't receive them.

If this mantra is put in a stupa, anybody who sees the stupa, who hears of the stupa, touches the stupa, then the earth or dust that goes over the stupa is blessed, stones that goes on stupa, if touches any being the negative karma gets purified. Also wind that touches stupa and goes away and touches insects, human beings, anybody they get purified. The lower realm beings become free from all their negative karma. Who receives the wind, dust, and so forth that touches stupa, touches their bodies their negative karma gets purified and reborn as devas and human beings, never get reborn in lower realms.

Then the Buddha Bhagavan told bodhisattva, great sattva, eliminating all obscuration, holder of secret, Vajrapani, Brahma, unforgettable possessor, tsangpa, Brahma, the devas, mahadevas, the Buddha told them, any holy being I have given the secret mantra, essence of king of secret mantra have given to you, I will always offer service, means you can put inside stupa, recite, then you put this in a container of jewel. Then announce to others, carry many places and announce unceasingly, show sentient beings, if you make many sentient beings to see and hear this mantra, then even the five heavy negative karma without break of another life get purified. I don't remember if I received the oral transmission, I did of next one.

OM HRI YA DHE SARVA...

If by reciting this mantra make one stupa, get benefits of making 10 million stupas, touch earth, wind, fire, any element then your body is blessed so like stupa, anybody who sees or touches your body gets liberated from negative karma. The five heavy negative karma without break of another life get purified and get reborn in higher caste or born with sublime wisdom, or sublime caste, one syllable missing, otherwise rigs, caste, or rig wisdom, then have long life by chanting this mantra, get these benefits, long life, remember past lives, purify negative karma, achieve enlightenment.

This starts OM HRI YA, but another begins OM TRI YA DHE. That one has unbelievable benefits which I won't mention now, but if recite mantra your body gets blessed like stupa when all buddhas' wisdom absorbs into stupa. Same thing if there is a tree, big rock, mountain, rocky mountain, if you chant this mantra even from far then all buddhas' wisdom absorbs into that tree, mountain, then sentient beings can circumambulate it and get benefit. Different mantras, Ushnisha mantra, that can bless sky, water, so sentient beings get benefit.

Benefits of ringing the bell, playing the cymbals and drum

When you ring the bell there are also ten benefits. In the future you will be reborn with beautiful, perfect body. Then your voice becomes so enchanting, like in the world there are singers whose voice attracts many millions of people, so many millions of people. Whose voice attracts so many millions of people in the world, like that. Of course, the ultimate one is buddha's holy speech, which has perfect tune, melody, which has 60 qualities. So I am sure many people, many teenagers, many people want to become like those singers who attract millions of people, but of course your speech doesn't have power to attract them, your voice, so of course they have no idea of the cause of that, that have to create good karma for that, no knowledge of that, no education of mind, not enough education of mind, how have to create good karma by your own mind.

So there is a story of, I think maybe one monk, maybe some of you heard many times, so you can turn your back. Anyways I think he was building a stupa, huge, so lot of hard work transporting stones, then rise heresy because not finishing, so much hard work, something like that, then got very heavy negative mind of heresy or anger, then later recognized created very heavy negative karma so was advised by a buddha or arhat to confess and offer bell to the stupa when it was completed. He offered a bell to the stupa and in the next life was born unbelievable ugly, terrible, but his voice unbelievable sweet, wow, unbelievable sweet. He was saying a prayer, there was king who was making offerings to the monks and heard the sound, unimaginable sound, and he really wanted to see. He asked the Buddha, made offerings, really wanted to see the one making the sound, prayers, wanted so much to see, Buddha said don't need to see, make offerings that's okay! Then he didn't listen to the Buddha, he still wanted to see, then he saw, he was completely shocked upon seeing the body, it was completely... because the sound was unbelievable sweet, delicious, so really wanted to see the body but the body was so ugly, then he lost interest. Those are the temporal benefits of offering the sound of the bell. Similar in Nepal there is big bell offered to the stupas by someone. Then very beautiful, sweet sound.

You are capable of talking to people, to others, your sound is like kalapinga, supposed to be unbelievable sweet. I have no idea what it is. Like that you are able to speak. Your words, whatever you say, it stays in the mind of other people. When they hear your words it makes them so happy. All the time happy. Then hear your voice, then great wealth and get reborn in higher realms, deva realm, then quickly get liberated from samsara and attain enlightenment. Those are ten benefits of offering the sound of bell.

A word is missing in the text.

So that is similar when offer music, cymbals, same. Similar benefits there.

Similar, also offering the drum, sound of drum, also has ten benefits. In future get perfect body, so this is sound of music, it has temporal benefit and ultimate benefit of buddha's holy speech with sixty qualities, the melodious branches, sixty branches of melody. So your voice is very sweet sound, when one speaks it is very beautiful, happiness, everyone listens to you. There are some people when they speak it draws everyone, everybody goes to listen to them, they are very interesting.

There was one school teacher at Kopan Monastery, many years ago, Tibetan lay man when he spoke the elder monks, students, everyone wanted to listen to him, everyone liked to hear so much, then Thubten Sherab who has been translating the Masters Program, the philosophical teachings Abhisamaya, Madhyamaka, Abhidharmakosha, also the graduated tantric path, then completion stages, who translated the Tibetan texts into English, later translated into Italian, worked for many years at ILTK. Before was translator at Nalanda for Geshe Jampa Tegchok, now ex-abbot, many years was at Nalanda, he was also maybe translator at Kopan. I'm not sure, so everyone liked to hear this man, lay person, teaching Tibetan grammar to the monks at Kopan, that time Thubten

Sherab, whatever comes in the mind, thinks, it comes out, nothing to hide. He met Geshe Jampa Gyatso outside his room. There was a tower not destroyed, downstairs one person meditated there, when hot very good, bed and toilet, then middle and top built by old American student, Steve, become monk lives at Vajrapani. Built tower three stories, probably cost the same as Kopan Monastery! Why cost lot of money, he opened curtain in my room and asked me how to build. The middle is mandala shaped, so it cost a lot of money. I think took same length of time as Kopan Monastery, maybe not cheaper than Kopan Monastery. Geshe Jampa Gyatso lived there many years, Thubten Sherab told Geshe-la you don't know how to teach Dharma because that layman he attracts so many people, he told Geshe-la that outside. I am using that as an example, of course that Tibetan man did not know the subjects, he hadn't studied the five main sutra texts, but Thubten Sherab whatever he thinks he says, that man speaks sweet, I didn't go to listen to him. Always others listen to your words. Always very happy. Life to life others they hear very sweet voice of you, have many wealth, get born in deva realm, liberate from oceans of samsaric sufferings, meaning achieve enlightenment. I better stop here. Next session.