

# Prayers advised by Lama Zopa Rinpoche for the earthquake and tsunami in Japan, March 11, 2011

## Guru Shakyamuni Prayer and Mantra

La ma tön pa chom dän dä  
De zhin sheg pa dra chom pa  
Yang dag par dzog päi sang gyä  
Päl gyäl wa shakya thub pa la  
Chhag tshäl lo chhö do kyab su chhi wo  
Jin gyi lab tu söl

To the guru, founder, bhagavan, tathagata, arhat, perfectly completed Buddha, glorious conqueror Shakyamuni Buddha, I prostrate, make offerings and go for refuge. Please grant me your blessings.

TAYATHA OM MUNI MUNI MAHAMUNIYE SVAHA

## Kshitigarbha Practice

I prostrate, go for refuge, and make offerings to the bodhisattva Kshitigarbha who has unbearable compassion for me and all sentient beings who are suffering and whose minds are obscured, who has qualities like the sky and liberates sentient beings from all suffering and gives every happiness. Please grant blessings! (3x)

*With hands folded in prostration, you can visualize doing the prostration to all the buddhas and bodhisattvas – that becomes prostration when you say the word “prostration.” When you say “refuge,” think that you are asking to be free from the two obscurations (to be able to achieve enlightenment). When you say the word “offering,” think all the offerings that you have are then offered.*

*Then, when you ask for “blessings,” think in the mind the whole path to enlightenment – this is the blessing to be received. So the extensive benefits of this mantra will be translated. This is the mantra that Kshitigarbha heard from buddhas equaling the number of sand grains of the river Ganga (in India). He made offerings to them and then received this mantra. This is the story of the mantra – how to receive all of the benefits.*

*This mantra is to be used for any difficulties of problems. It is the best one to do for any problems in any situation. Even reciting it only four or five times – just a few times – is very powerful. It speaks so much of power, showing how important the bodhisattva is. Even to recite or just to think of the name of the bodhisattva is very, very powerful.*

## Long Mantra:

CHHIM BHO CHHIM BHO CHIM CHHIM BHO / AKASHA CHHIM BHO / VAKARA CHHIM BHO / AMAVARA CHHIM BHO / VARA CHHIM BHO / VACHIRA CHHIM BHO / AROGA CHHIM BHO / DHARMA CHHIM BHO / SATEVA CHHIM BHO / SATENI HALA CHHIM

BHO / VIVA ROKA SHAVA CHHIM BHO / UVA SHAMA CHHIM BHO / NAYANA CHHIM  
BHO / PRAJÑA SAMA MONI RATNA CHHIM BHO / KSHANA CHHIM BHO / VISHEMA  
VARIYA CHHIM BHO / SHASI TALA MAVA CHHIM BHO / VI AH DRASO TAMA HELE /  
DAM VE YAM VE / CHAKRASE / CHAKRA VASILE / KSHILI PHILE KARAVA / VARA  
VARITE / HASERE PRARAVE / PARECHARA BHANDHANE / ARADANE / PHANARA /  
CHA CHI CHA CHA / HILE MILE AKHATA THAGEKHE / THAGAKHI LO / THHARE  
THHARE MILE MADHE / NANTE KULE MILE / ANG KU CHITABHE / ARAI GYIRE VARA  
GYIRE / KUTA SHAMAMALE / TONAGYE TONAGYE / TONAGULE / HURU HURU HURU /  
KULO STO MILE / MORITO / MIRITA / BHANDHATA / KARA KHAM REM / HURU HURU

**Short Mantra:**

OM AH KSHITIGARBHA THALENG HUM

**Buddha's Praise of Kshitigarbha**

"You have generated stability of thought, the pure altruistic thought of bodhichitta and have eliminated the sufferings of immeasurable sentient beings.

I see (sentient beings) receiving happiness as from a wish-granting jewel, and like the vajra you cut the nets of others' doubts.

You offer holy offerings to the foe destroyers, the qualified ones gone beyond, with great compassionate thought and perseverance.

You liberate sentient beings from their sufferings with oceans of wisdom.

Because you have no fear (delusions), you have gone beyond samsara."

Brahma heard this mantra and then said to the entire assembly, "Please rejoice in the mantra I have now said."

And Buddha said, "Great, great."

*This practice is especially beneficial for those who have heavy problems, serious health problems, big projects, or financial difficulties. I suggest it is extremely powerful to recite every day for protection, at least four or five times or more, depending on how crucial it is. This practice is effective even to grow crops well and to protect land and crops. In the sutra of the bodhisattva Kshitigarbha are explained the extensive benefits and qualities: they are like the sky, like skies of benefit to all beings. There have been experiences, similar benefits (to those spoken of in the sutra) received by those who practice Kshitigarbha.*

**Colophon:**

*This practice was compiled and dictated to Getsul Thubten Nyingje by Lama Zopa Rinpoche in Madison, Wisconsin, June 30, 1998 and subsequently checked. Lightly edited by Murray Wright & Kendall Magnussen, Land of Medicine Buddha, August 24, 1998. Revised April 5, 1999 in Aptos, CA.*

*Additional editing, FPMT Education Services, August 2000. Mantras checked against the Tibetan and further revisions completed, 31 October 2001.*