

## **LTC Practice Notes on Singhanada 2020 #1 Simple Recitation**

### YOU WILL NEED

- Image of Singhanada
- Mala (crystal if you can)
- FPMT practice booklet



### EXTENSIVE MANTRA VISUALISATION

The nectar light energy, in the pure nature of Singhanada, flows through you from the crown of your head, flowing into every atom of your body, and clarifying your mind and effects of past karma, purifying:

Current physical disorders. Predisposition to physical disorders. Physical pain, diseases, susceptibility to viruses. One's whole body, from the coarse to the most subtle.

Mental sufferings, excessive emotional crisis or responses of trauma, of shame and of guilt. All the disturbances of attachment, anger, pride. As the light flows through your heart chakra, all the disturbances from depression, anxiety, fear, are cleansed.

Also the impact of past negativities, the harmful actions of body speech and mind. Purify your own negativities, harmful actions of our body speech and mind, the 10 non-virtues, as well as the tendency of these harmful habits.

As the nectar flows through your brow, all ways we have physically harmed others are purified, and the tendency to harm other with our body is purified. The head, the seat of all the senses, housing the brain, the seat of the body. Purify the impact of all past negativities associated with the body.

Through the throat chakra, the nectar purifies hurtful or destructive speech, and the tendencies, the habitual momentum of negative speech. Of having given incorrect or impure advice, inciting hatred, encouraging non-virtue. Purifying more subtle speech, the written word, especially misinformation and social media contagion.

Through heart chakra, then all the mental sufferings, traumas and crisis. Also the impact of past negativities of destructive actions arising from harmful intentions towards oneself, others and the environment.

Purifying our community karma, our collective karma, in particular of harming the environment, with pollution and destruction of places in the environment, the home of the nagas, local spirits and guardians of the land. Purify the impact of oneself, of one's community, country, corporations around the world.

Towards both human and non-human such as nagas, spirits, gods, like Singhanada in the initial stage when he had that harmful attitude towards them.

Obstacles in relation to all those things that we usually rely on to help us, but tends to turn against us. Obstacle in relation to our relationships, travel, accidents, food, our dwellings, side effects from medicines, toxic waste air and water pollution, poisons.

Travel, car crashes, how the virus travels when we human beings travel, of inability to travel and the suffering that comes from being confined in lockdown.

In relation to our house, our abode is supposed to be a shelter, if past karmic afflictions to unseen beings in that area, the environment seems to rise up against us, as an earthquake, a storm, floods. Your plants are supposed to beautify the garden, but tree collapses on you and you die.

And within the house, those you live with. A Knife you keep to chop vegies, but due to your own mind disturbance you use the knife to suicide and kill, or a robber uses it to harm you. Relationships, our partner is supposed to help and protect us but due to afflicting past karma the husband turns on you and kills you. Or one's children harm you, domestic violence and abuse. All the gadgets in the house that are supposed to make life easier but can harm or kill us.

All the community events, concerts, that are to create connection and share joy, but now pose a danger to life, become a conveyer of disease and disharmony.

The elements fire, water etc that are supposed to be beneficial to our survival, but because these elements are afflicted by past karma, they become the cause of loss of life. Extreme climate events, extremes of heat, cyclones, floods, fires. Complete pacification and healing of the elements.

If you have specific obstacles, then specifically mention them to purify. Obstacles to health, Dharma practice, relationship with our gurus, corrupted samaya.

All completely purified.....

#### SHORT MANTRA

OM AH HRIH SINGHANADA HUM PHET

#### COLOPHON

These practice notes were prepared by Miffi Maxmillion at Langri Tangpa Centre, 2020. They are based on a commentary given by Geshe Tenzin Zopa on Youtube in July 2020, given during the time of COVID-19. Miffi has added her own visualisations and suggestions as a guide only, to help flesh out Geshe-la's instructions.