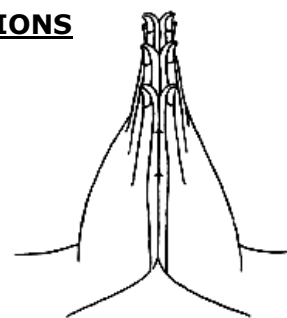


LTC Practice Notes on Singhanada 2020 #5 MANTRAS & DEDICATIONS

MANTRAS

Dispel interferences dwelling on the substances:
OM PADMANTAKRIT HUM PHAT

Purify into emptiness:
OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM



Long mantra:
NAMO RATNA TRAYAYA / NAMAH ARYA JNANA SAGARA / VAIROCHANA VYUHA RAJAYA /
TATHAGATAYA / ARHATE SAMYAKSAM BUDDHAYA / NAMAH SARVA TATHAGATEBHYYAH /
ARHATEBHYYAH SAMYAKSAM BUDDHEBHYYAH / NAMAH ARYA AVALOKITESHVARAYA /
BODHISATTVAYA MAHASATTVAYA MAHAKARUNIKAYA / TADYATHA OM...

...AKATE BIKATE NIKATE / KATAM KHATE / BIRIYE SVAHA (3x)

Short mantra:
OM AH HRIH SINGHANADA HUM PHET (21x)

Action mantras:
SHINTING KURU SVAHA
APANAYE SVAHA
RAKKYA RAKKYA

Purify mistakes:
OM PADMASATTVA SAMAYA / MANUPALAYA / PADMASATTVA TVENOPATISHTHA /
DRIDHO ME BHAVA / SUTOSHYO ME BHAVA / SUPOSHYO ME BHAVA / ANURAKTO ME
BHAVA / SARVA SIDDHIM ME PRAYACHHA / SARVA KARMA SUCHAME / CHITTAM
SHRIYAM KURU HUM / HA HA HA HA HOH BHAGAVAN / SARVA TATHAGATA / PADMA
MAME MUNCHA / PADMA BHAVA MAHA SAMAYA SATTVA AH HUM PHET

DEDICATIONS

Due to all the past, present, and future merits collected by me and others, which do not exist from their own side, may the "I", which does not exist from its own side, achieve full enlightenment. Which does not exist from its own side, and lead all sentient beings, which do not exist from their own side, to that state, by myself alone, which does not exist from its own side.

Due to all the merits of the three times collected by me, all the buddhas and bodhisattvas and all sentient beings, may any sentient being who hears me, touches me, remembers me, thinks about me, talks about me (whether praising or criticising), abuses me, treats me badly, or makes any connection with me, simply by having made that connection, may they never ever be reborn in the lower realms. May those sentient beings immediately be liberated from all disease, spirit harms, negative karmas, and defilements, develop faith in refuge and karma, and quickly achieve enlightenment by actualising the whole path, especially bodhicitta.

May my hearing that someone is sick immediately cause that person to completely recover and have the most meaningful life by practicing the Mahayana path. May my hearing that someone has died cause that person to immediately be reborn in a pure land where they can get enlightened.

COLOPHON

Dedications from additions to the Nyung-Ne from Lama Zopa Rinpoche. Mantras and spelling from the Nyung-Ne text published by FPMT. Prepared by Miffi Maxmillion at Langri Tangpa Centre, 2020, from on a commentary given by Geshe Tenzin Zopa on Youtube in July 2020, given during the time of COVID-19.