

# The Benefits of Namgyälma Mantra

By Lama Zopa Rinpoche

From the text *Giving Breath to the Wretched*:

Also it is mentioned in the commentary on Namgyälma's mantra:

"If one recites this mantra twenty-one times, then blows on yellow mustard seeds and throws them on the bones of the sentient being who has accumulated much negative karma and has died, even if that sentient being has been reborn as a hell-being, a preta, an animal, in the world of Yama, or in other evil transmigratory realms, because of the power of this mantra he will be liberated from those unfortunate realms."

Namgyälma is a deity for long life and purification. The mantra has infinite benefits; it is so powerful. It is said that for anyone who hears this mantra, this will be the last time that person is born in the womb. If animals hear it, they will not be reborn in the lower realms.

The kind and compassionate Guru Shakyamuni Buddha taught the benefits of reciting the Namgyälma mantra to the four guardians. If you wash the body, wear clean clothes and, while living in the eight precepts, recite the mantra 1,000 times, even if you are in danger of death due to the lifespan accorded by past karma finishing, your lifespan can be prolonged, the obscurations are purified, and you are freed from disease.

If you recite the mantra in the ears of animals, it will ensure that this is their last animal rebirth. If somebody has a very heavy disease that doctors cannot diagnose, by doing the practice mentioned above, the patient will be liberated from the disease. They will not be reborn in the lower realms ever again. After death, you will be reborn in the blissful realm, the pure land. For humans, it makes the present life the last rebirth from a womb.

If you recite this mantra twenty-one times, blow on mustard seeds, and then throw them on the bones of very



evil beings who have created many heavy negative karmas, even those beings will be immediately liberated from the lower realms and will be reborn in a higher realm, such as those of the devas. By throwing the seeds on bones or dead bodies, the mantra affects the consciousness and purifies it, even though the beings have already been reborn in the hells or any of the lower realms, and those beings are reborn in the deva realms and so on.

If you put this mantra in a stupa or on a banner inside the house or above the roof, the negative karma of the insects or people who are touched by the shadow of the banner or the stupa are purified, and they are liberated from the lower

realms. Also, the wind that touches this stupa or banner or statues with this mantra inside will purify the negative karma to experience rebirth in the lower realms, as soon as it touches any being. They are not reborn in the lower realms.

If the Namgyälma mantra is on a mountain, the negative karma of all the insects or people who walk on that mountain is purified. It is also mentioned that if you have the Namgyälma mantra in your house, the house becomes purified and blessed, and the same applies to your car. It is very good to have the Namgyälma mantra in your car, because any insects or people who touch the car will be purified. There is no question about how much purification there is when sentient beings recite this mantra, touch this mantra, or keep it on their bodies.

### Benefiting Others with the Namgyälma Mantra

There was a Chinese person from Hong Kong who was working for Maitreya Project, and he made a copy of the Namgyälma mantra that was bigger than a table. The mantra was written out by somebody, and he brought it to me to correct. I used to recite the long mantra for people who passed away, because it is very, very powerful to purify negative karma. There are unbelievable, unbelievable benefits to this mantra.

One time Lama Yeshe and myself went to south India to receive a teaching from H.H. Ling Rinpoche. One day while we were there, we went to see H.H. Trijang Rinpoche. He was my root Guru and Lama Yeshe's root Guru as well, so both of us went to see Rinpoche in his house in Mungod. H.H. Trijang Rinpoche was giving us an interview, but at the same time, Rinpoche was doing his practice, doing meditation. In the middle of the conversation, Rinpoche explained to us what he was doing. He said, "I'm reciting Namgyälma mantra because I received a request and offering from people who are requesting for people who died and those who are living. I have received requests from the ten directions asking me to pray and make offerings, so therefore, I'm reciting the Namgyälma mantra." Then Rinpoche said that people think this mantra is only for long life, but it is actually very powerful for purification. After that, I recited Namgyälma mantra for people who died.

The Chinese student who was working for Maitreya Project carved the Namgyälma mantra out of iron or some other material. His entertainment is diving. He likes to go inside the water, in the ocean, so he brought this very large mantra down into the ocean. He wanted to put the mantra under the water to benefit all the fish, to bless the

water and give the fish the chance to circumambulate it, which is a great idea! He was also going to take some stupas down there and tie them with a post under the water, in order to benefit the fish. The stupa touches the water, and of course the water is blessed because of the powerful mantras inside.

Going back to the mantra, Namgyälma has unbelievable power to purify. If you have Namgyälma mantra in the house, then everybody who is living in the house is blessed; their negative karmas is purified. Whoever touches even the shadow of the house, insects or people, their negative karmas is purified. If you have many of these mantras in the car – either stuck on the ceiling in the car or somewhere else, it has the same benefit as those others: all the people who enter the car are always purified and they receive blessing. Then when you drive the car, so many insects are killed; they get crushed on the window by the wind. So many get crushed. They die, but at least by touching the car which has the Namgyälma mantra inside, their negative karma is purified. This mantra has great benefit like that. Having the mantra in the car, as many as possible, brings so much blessing. It doesn't mean, because you have the mantra in the car, then you must drive where there are a lot of worms. It's not saying that, but when you drive so fast and you can't see or know that they die, they receive benefit; at least their negative karma is purified. So it is very good, like this Chinese person who is working for Maitreya Project.

First the mantra should be the correct one, because many texts have the mantra but they have mistakes. It should be the correct one, carved with wood or rubber. I think it is very good to make it large, but it can be made any size. Then you make a hole and tie it with ropes, and you sail the boat over the ocean and put the mantra in the ocean. You might also enjoy the scenery, the entertainment, but it blesses the water and purifies the numberless sentient beings who live in the water. That's just an idea of how to benefit sentient beings, not only people but also animals living in the water or living in the ground. ☸

#### Colophon:

*Teachings given by Lama Zopa Rinpoche at Amitabha Buddhist Center, Singapore, January 1992, at the Four Deities of the Kadampas Retreat, Institut Vajra Yogini, Lavaur, France, April 2003, and at various other teaching events. Originally edited by Ven. Thubten Labdron, Kendall Magnussen, and Ven. Gyalten Mindrol. Compiled and edited in this form by Ven. Gyalten Mindrol, FPMT Education Department, September, 2007. "Benefits of the Namgyälma Mantra" excerpted from Advice and Practice for Death & Dying for the Benefit of Self and Others, an FPMT Education Department publication.*