

*Advice by
Lama Zopa Rinpoche*

To a Person Who is Dying

Kopan Monastery, Kathmandu, Nepal

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Lama Zopa Rinpoche's Advice to a Person Who is Dying

Hello my dear, most precious, most kind, most dear, wish-fulfilling one, thank you very much for listening to my voice, for watching, for taking time and putting effort.

Buddha Rinchen Tsugtorchen Name Mantra

Of all these, all these mantras, at the beginning is the Buddha's name. You don't get reborn in the unfortunate unbelievable suffering realms like hell, hungry ghost, animal. You don't get to experience those. Then, it makes to be reborn in the happy realm as a deva or human being, and even in a pure land. Like that, it has unbelievable, unbelievable benefits, this mantra.

(Rinpoche recites a longer version of the name mantra one time)

DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG PÄI SANG GYÄ RIN CHHEN TSUG
TOR CHÄN LA CHHAG TSHÄL LO

To Tathagata, Arhat, Perfectly Completed Buddha, Precious Ushnisha, I prostrate.

(Rinpoche then recites a shorter version of the name mantra five times)

DE ZHIN SHEG PA RIN CHHEN TSUG TOR CHÄN LA CHHAG TSHÄL LO

To Tathagata Precious Ushnisha, I prostrate.

Chenrezig Short Mantra

[video 00:02:50:30] This is the most precious [mantra] fulfilling all the wishes for happiness. It makes to generate compassion to the numberless sentient beings, and to quickly achieve the total cessation of obscurations and the completion of all the realizations.

(Rinpoche recites the following mantra nine times)

OM MANI PADME HÜM

Lotus Pinnacle of Amoghapasha Mantra

[video 00:03:56] The next one is the White Lotus Pinnacle Mantra. It is unbelievable, most powerful. It has unbelievable benefits. So I will just recite the mantra. Okay.

(Rinpoche recites the following mantra five times)

OM PADMO UṢHṆĪṢHA VIMALE HÜM PHAṬ

Celestial Mansion Extremely Secret Sublime Success

[video 00:04:49] The next one is Celestial Mansion Extremely Secret Sublime Success. It has unbelievable, unbelievable benefits, so powerful.

(Rinpoche recites the following mantra three times)

OM VIPULA GARBHE / MAṆI PRABHE / TATHĀGATA NIRDEŚHANE / MAṆI MAṆI /
SUPRABHE / VIMALE / SĀGARA GAMBHĪRE / HŪṂ HŪṂ / JVĀLA JVĀLA / BUDDHA
VILOKITE / GUHYA ADHIŚHṬHITA /GARBHE SVĀHĀ

Maitreya Buddha Mantra

[video 00:05:58] Now Maitreya Buddha's mantra, which has eight or nine unbelievable benefits. Once you hear it, you never get reborn in the lower realms.

(Rinpoche recites the following mantra three times)

Root Mantra

NAMO RATNA TRAYĀYA / NAMO BHAGAVATE ŚHĀKYAMUNIYE / TATHĀGATĀYA /
ARHATE SAMYAK SAṂBUDDHAYA / TADYATHĀ / OM AJITE AJITE / APARĀJITE /
AJITAÑCHAYA / HARA HARA MAITRI / ĀVALOKITE KARA KARA / MAHĀ SAMAYA
SIDDHI / BHARA BHARA / MAHĀ BODHI MAṆḌA VIJA / SMARA SMARA ASMAKAṂ
SAMAYA / BODHI BODHI MAHĀ BODHI SVĀHĀ

Heart Mantra

OM MOHI MOHI MAHĀ MOHI SVĀHĀ

Close Heart Mantra

OM MUNI MUNI SMARĀ SVĀHĀ

Medicine Buddha Mantra

[video 00:08:24] *(Rinpoche recites the following mantra six times)*

TADYATHĀ / OM BHAIŚHAJYE BHAIŚHAJYE / MAHĀBHAIŚHAJYE BHAIŚHAJYE /
RĀJA SAMUDGATE SVĀHĀ

Common pronunciation:

TADYATHA / OM BEKANZAY BEKANZAY / MAHA BEKANZAY BEKANZAY / RADZA
SAMUDGATAY SOHA

Namgyalma Short Mantra

[video 00:09:20] (*Rinpoche recites the following mantra four times*)

[TADYATHĀ] OM BHRŪṂ SVĀHĀ / OM AMṚITA ĀYUR DADE SVĀHĀ¹

Now the next mantra...

This Namgyalma mantra [above] is extremely powerful; by hearing it you never get reborn in the lower realms. It is amazing, amazing. That shows you are so fortunate; you can be totally happy by hearing this mantra.

Mantra from the Sutra of Great Liberation

[video 00:10:17] Now, the mantra of the *Sutra of Great Liberation*. If you hear this, you never get reborn in the lower realms and it causes you to achieve all happiness up to enlightenment

(*Rinpoche recites the following mantra three and a half times*)

NAMO BUDDHĀYA / NAMO DHARMĀYA / NAMAḤ SAṄGHĀYA / ADANTI DHĀRAṆĪ /
TADYATHĀ / AKAŚHANI VĀVĪNI / SARVA DHARMĀ NI VANĪ / IŚHAMANA /
VIPAŚHANA / VIMALA SUPARI / DHARMA NI KHANA / VARUNI CHAYA TAMALE /
CHALE / HULU HULU / ŚHIVITE / MANTRA MANTRA SVĀHĀ²

[video 00:11:50] My most dear, most precious, most kind, wish-fulfilling one, now you are on the most important journey, a journey to happiness. Therefore, to let yourself to be free, to be happy, to go to happiness, a pure land, the Blissful Realm, therefore, never be attached to family, friends, possessions, even your own body, but make yourself free, totally free.

Now, as I said, [you are on] a journey to happiness, to a pure land where there is no suffering at all. There are many friends up there, hundreds, thousands, millions; it is so much better. Here there is so much problems and much suffering, but there, in a pure land, there is no suffering at all. You get everything, whatever you want, up there. It is amazing, amazing, amazing! So you should allow yourself to go to a pure land—only just think this—where there is no suffering. Just think this. Okay? Then with this thought you will go there without any difficulties. There is no worth to be here in this suffering world to live a suffering life. It is not worth it. Don't be attached. Let yourself be free to go to the Blissful Realm, a pure land.

Thank you very much.

¹ The mantra is also recited without TADYATHĀ at the beginning.

² In some texts the mantra has MANTRA MANTRA MANTRAḤ SVĀHĀ.