Arya Avalokíteshvara Śimhanada

Exalted Chenrezig Lion’s Roar
Who Dispels All Diseases

With Practice Instructions by
Lama Zopa Rinpoche

Translated by Barry Clark

FPMT
Lama Zopa Rinpoche
Practice Series
**Practice Requirements:**

Anyone can do this practice. However, if you have not received a great initiation of any class of tantra followed by the subsequent permission (*jenang*) of Lion’s Roar Chenrezig, you cannot visualize yourself as the deity. Instead, you should visualize Lion’s Roar Chenrezig above your head.

The *Lama Zopa Rinpoche Practice Series* is a special collection of practice materials that serves to present and preserve Rinpoche’s lineage of practice, oral instructions, and translations.
Comments by the compiler or editor are contained in instruction boxes. For example:

Recite these two verses three times.

Instructions or advice by Lama Zopa Rinpoche are marked by the symbol ❖. For example:

❖ Then recite the following verses and meditate on the guru entering your heart.
Simhanada
Exalted Chenrezig Lion’s Roar
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- Take refuge in the Three Rare and Sublime Ones, followed by the four immeasurables and special bodhichitta prayer. Then, recite a lamrim prayer in a contemplative way.

Visualization

In the space in front of me, from Ṣaṅgāyana arises Exalted Chenrezig Lion’s Roar. His body is white with one face, two arms, and three eyes. At his heart is a white Dharmachakra on a moon disc.

His right hand is on his knee in the mudra of granting the supreme realization and he leans back on his left hand, which rests behind him on the moon disc. His left leg is extended in the posture of royal ease.

He is without ornaments, in the aspect of an ascetic, and wears a brahmin cord. His hair is tied up in a topknot. He wears a lower robe of red silk and a black deer skin covers the left side of his chest.

On his right side is a green trident with a white snake twined around it; on his left, on a lotus, is a skullcup filled with various flowers. On a white lotus that blooms by his ear is a blazing wisdom sword.

At his crown, throat, and heart are white Om, red Āh, and blue Hūm respectively.
Mantra Recitation

While reciting the mantra, visualize beams of light are emitted from Chenrezig Lion’s Roar’s crown, heart, and throat chakras and enter your crown, heart, and throat chakras. Generate the strong feeling that these powerful purifying nectar beams have purified you and all sentient beings (especially those who have similar problems to you) of all negative karmas, obscurations, spirit harms, and diseases.

OM ĀḤ HRĪḤ SIMHANĀDA HŪṂ PHAṬ

Conclude the practice with dedication prayers.

Colophon:

Care of Dharma Materials

Dharma materials contain the teachings of the Buddha and thus protect against lower rebirth and reveal the path to enlightenment. Therefore, they should be treated with respect.

Printed Dharma materials, as well as phones, tablets, laptops, and hard drives containing Dharma, should be kept off the floor, beds, chairs, meditation cushions, and all other places where people sit or walk. Dharma materials should not be stepped over or put in places where the feet or buttocks will point at them. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects, including statues, stupas, ritual implements, malas, reading glasses, and so forth, should not be placed on top of Dharma books and devices containing Dharma materials. Avoid licking the fingers to turn the pages of Dharma texts.

If it is necessary to dispose of printed Dharma materials, they should be burned rather than thrown in the trash. When burning Dharma texts, visualize that the letters transform into an A (ༀ) and the A absorbs into your heart. Imagine burning blank paper. As the paper burns, recite OṂ ĀḤ HŪṂ or the Heart Sutra, while meditating on emptiness.

Lama Zopa Rinpoche recommends that images of holy beings, deities, and holy objects not be burned. Ideally, if undamaged, they should be put in a stupa. Otherwise, put them high up in a tree inside a well-sealed structure, something like a bird house, so that the images are protected from the weather and do not end up on the ground.