

Reciting the Names of Buddhas for Great Benefit

SANG GYÄ PA TEN PA DUL WA SHI WA PHA ROL GYI TOB RAB TU JOM PA LA
CHHAG TSHÄL LO

By reciting this buddha's name once, you get the same benefit of having read Buddha's Kangyur (which contains more than 100 volumes) once.

SANG GYÄ JE WA TRAG GYA GANG GÄI LUNG GI JE MA NYE KYI DRANG DANG
NYAM PAR NGE PA LA CHHAG TSHÄL LO

Reciting this Buddha's name once has the same benefit of having read and listened to all the Buddha's teachings of sutra and tantra.

Colophon:

Dictated by Lama Zopa Rinpoche to Ven. Sarah Thresher, February 14 2014, Root Institute, Bodhgaya, India, in response to a query by a student who was advised to sponsor the Kangyur recitation but could not afford it.

