

# LAMA ATISHA'S PROTECTION STUPA TO KEEP AWAY HEAVY MENTAL POLLUTION

## The Benefits

“If there is someone who has broken samaya with the guru—belittled the guru—if that person *was* here, even if he is no longer here, the place is polluted,” Lama Zopa Rinpoche taught in March 2016 at Amitabha Buddhist Centre (ABC) in Singapore.

“The benefit of the picture of Lama Atisha’s stupa is that if you are wearing it, you don’t get pollution

from the place. The other thing is that even if you meet someone who has broken samaya with the guru—who belittled the guru—if you have a picture of Lama Atisha’s stupa, you don’t get pollution from that person. The stupa has this benefit: to keep away pollution.”

“If you meet people who have broken samaya,” Rinpoche later elaborated during the 2016 Light of the Path retreat in

North Carolina, United States, “because of so much pollution—even for the meditators who are practicing calm-abiding—your mind is much more degenerated and very disturbed. You can’t concentrate like before because you receive *very* heavy pollution. This mental pollution is not known in the West.”

## The Source of Lama Atisha’s Protection Stupa

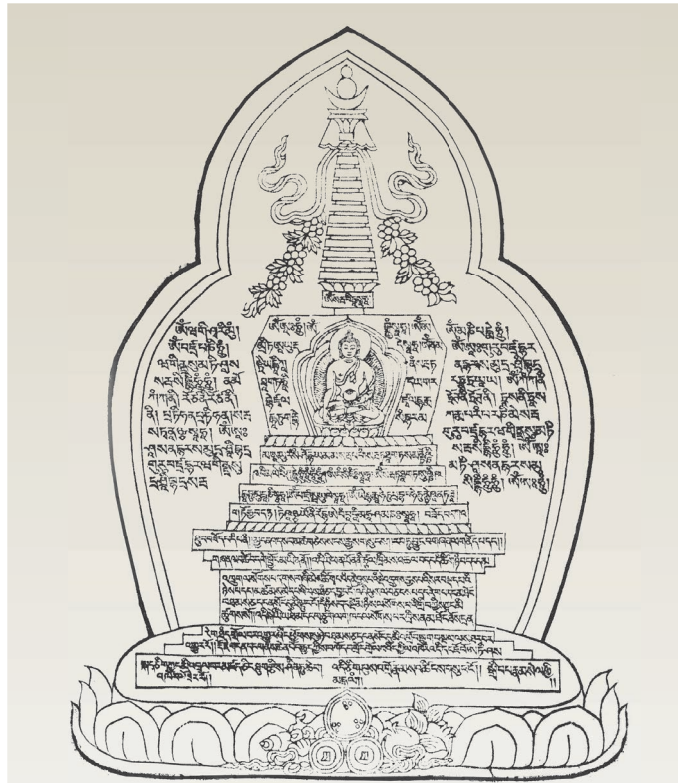
“When Lama Zopa Rinpoche visited ABC in Singapore in February 2010, I was very fortunate, very late one night, to be given a private audience,” said ABC student Ven. Tenzin Tsultrim. “During our meeting, I told Rinpoche that I was bringing a small group of ABC students on a pilgrimage to Tibet and asked for his blessings and advice, offering to help Rinpoche with anything he wished while there.

“I explained to Rinpoche some of the places we would be visiting, which included a pilgrimage to Wolka Cholung, the place where Lama Tsongkhapa went into retreat with eight disciples and where he completed 3.5 million prostrations, 1.8 million mandala offerings, and later realized emptiness. Rinpoche gave advice on how to set the right motivation and practices to do while on pilgrimage along with other personal instructions.

“Our group of eight enjoyed a very smooth and blessed journey to Tibet from late June to early July of 2010. We returned home to Singapore with precious memories and treasured souvenirs, including rare and blessed keepsakes. Among these were saffron cloth amulets stamped with the protection mantra of Lama Atisha. The abbot of Wolka Cholung, Khen Rinpoche Lobsang Tsondu, had given each of us a cloth measuring 17 by 12 inches with the precious mantra in black ink. The very first cloth presented by the abbot was especially for Lama Zopa Rinpoche. Back in Singapore, I lost no time in writing to Rinpoche to share the amazing news and to send him the cloth.

“The original woodblock of the mantra is kept and preserved at Wolka Cholung. The abbot managed to hide this and other holy objects for 18 years during the Cultural Revolution. According to him, the woodblock of the mantra went back to India after Lama Atisha’s passing (1054 CE). An Indian master later brought it back to Tibet and it has been at Wolka Cholung ever since.

“Rinpoche wrote back several months later:



LAMA ATISHA'S PROTECTION STUPA

*My very dear Tsultrim,*

*Billion, zillion thanks for the message and especially for the Lama Atisha protection. I have been waiting for a long time, quite a number of years, to see a clear version of this. I had seen a very small one but the writing was not clear, so I wasn't able to see. I don't have clairvoyance to see. This one you sent is so clear, so good. I want to make copies and spread and make available to benefit sentient beings — especially dying people can use. It is very, very good. Fantastic!*

*Millions of thanks.*

*With much love and prayers,*

*Lama Zopa*

“Wanting to fulfill Rinpoche's wish, I went ahead to organize the printing of a thousand cards featuring the copy that had been given to Rinpoche. In February 2011, Rinpoche returned to Amitabha Buddhist Centre for another wonderful visit. It coincided with the Chinese New Year, so it couldn't have turned out better for Rinpoche to introduce the protection mantra himself and to give away the cards to everyone who attended the Chinese New Year blessing.”

When Ven. Tenzin Drachom (Fred Cheong) received the mantra card in 2011, he noticed some smudged ink around the Buddha's mouth. He wanted to have a clearer copy printed. So, he borrowed Ven. Tenzin Gyurme's personal image from Wolka Cholung. Later, this clear copy was made available to the FPMT Foundation Store for students around the world. ■

Lama Atisha's Protection Stupa is available as a pre-folded amulet and as a PDF download through the Foundation Store ([shop.fpm.org](http://shop.fpm.org)).



WOLKA CHOLUNG ABBOT, KHEN RINPOCHE LOBSANG TSONDU WITH AMITABHA BUDDHIST CENTRE STUDENTS, TIBET 2010. PHOTO COURTESY OF VEN. TENZIN TSULTRIM.