

■ Practicing Dharma in DAILY LIFE

This section provides advice, resources and inspiration for practicing Dharma in daily life.

FEATURED PRACTICE:

PRACTICES FOR LAMA ZOPA RINPOCHE'S LONG LIFE



On April 22, 2011, Lama Zopa Rinpoche manifested symptoms of serious health problems during a month-long retreat in Australia. A day later, and after the encouragement of His Holiness the Dalai Lama to seek out Western medical treatment, hospital staff confirmed that Lama Zopa Rinpoche had had a stroke, resulting in reduced motor function on the right side of the body and impaired speech. The therapy to regain these skills can take months and the risk for future, more serious strokes rises significantly. As this issue's **Featured Practice**, we share the practices of White Tara and Hayagriva, some of the practices recommended by Choden Rinpoche and Khadro-la – both extraordinary and realized beings – and encourage everyone to take the time to engage in these practices and dedicate their efforts to Lama Zopa Rinpoche's long and healthy life and for the success of his every holy wish.

White Tara in the Newari style

WHITE TARA MANTRA FOR LAMA ZOPA RINPOCHE'S LONG LIFE

Begin by reciting the White Tara mantra 21 times or more followed by the recitation of Tara's mantra many times. At the end of the session, recite Tara's mantra with the prayer for Rinpoche's long life.

White Tara Mantra

OM TARE TUTTARE TURE MAMA AYUR PUNYE
JÑANA PUSHTIM KURU [YE]¹ SVAHA
(21x or more)

ཨོཾ་རྩ་རེ་རུ་རྩུ་རེ་རུ་རེ་མ་མ་ཨྲུ་ཡུ་ཐུ་ཐུ་རྩུ་རྩུ་ཀུ་ཏུ་ཡེ་སྒྲུ་།

¹ Please note that the "YE" in this mantra is optional. It is written differently in different sources. This is according to how the mantra is found in the Lamai Naljor 1987 and was checked against the Tibetan in July 2001 by Ven. Connie Miller.

Tara Mantra

OM TARE TUTTARE TURE SVAHA (many times)

ཨོཾ་རྩ་རེ་རུ་རྩུ་རེ་རུ་རེ་སྒྲུ་།

Then, at the end of the session recite:

Special Recitation for Lama Zopa Rinpoche

OM TARE TUTTARE TURE May the glorious holy Guru Kyabje Thubten Zopa Rinpoche's life, deeds and activities forever increase SVAHA (100x or at least 21x)

Tibetan phonetics:

OM TARE TUTTARE TURE pälden lama dam pa Kyabje Thubten Zopa Rinpoche pä zangpöi ku tse ze trin gäi per gyur chig SVAHA (100x or at least 21x)

Colophon: Compiled by Ven. Thubten Pemba according to instructions found in the White Tara sadhana of Pabongkha Rinpoche.

SUPPLICATION TO THE DEITY HAYAGRIVA

Recite supplication (English and/or Tibetan) followed by mantra recitation.

Your pure triple faces are adorned with skull ornaments of five Buddha families.

Six limbs are holding weapons in the mudra of accomplishing siddhis.

In the aspect of great bliss with highly raised dignified horse head,

I pay supplication to you, the holy and powerful deity.

Nam thar zhäl sum rig ngäi thö päi gyän

Yän lag drug chag ngo drub tshön chha zin

De chhen nam röl ta go thön pö zi

Dam pa wang gyi lha la söl wa deb

རྣམ་ཐར་ཞལ་གསུམ་རིགས་ལྷའི་ཐོད་པས་བགྱན།

ཡན་ལག་དྲུག་ཕྱག་དངོ་གྲུབ་མཚན་ཆ་འཛིན།

བདེ་ཆེན་རྣམ་པོལ་རྟེན་མགོ་ཐོན་པོས་བརྩིན།

དམ་པ་དབང་གྱི་ལྷ་ལ་གསོལ་བ་བདེ།

HRI VAJRA KRODHA HAYA GRIVA

HULU HULU HUM PHAT (many times) ◆

Other practices recommended for Lama Zopa Rinpoche's health include the Medicine Buddha puja with extensive offerings and the Four-Mandala Ritual to Chittamani Tara. These practices are freely available on Rinpoche's official health updates webpage (entry on April 25, 2011): www.fpmt.org/teachers/zopa/rinpoche-health-updates-and-practices.html

Please visit www.mandalamagazine.org for an additional **Featured Practice** recommendation: "Practices to Control Earthquakes and the Four Elements."

Buddha Days

August 3 –

Lord Buddha's first teaching

August 13 –

Lord Buddha's conception (alternative)

Full and New Moons

(Tibetan 15th and 30th days)

July 1, 15, 30

August 13, 29

September 12, 27

The FPMT Foundation Store offers for sale the LIBERATION calendar, a traditional Tibetan lunar calendar including auspicious days and more, produced by Liberation Prison Project: www.fpmt.org/shop