

The Mantra Destroying All the Negative Karmas and Defilements

I prostrate to the bodhisattva, the mahasattva (great being), the one who has great compassion, the superior Compassionate-Eye Looking One Enriched with Power.

This mantra destroying all the negative karma and defilements is taught by the Great Compassionate One in the twenty-seventh chapter of action entitled “Destroying All Negative Karmas and Negative Defilements” from *Tantra of the Supreme Compassionate-Eye Looking One Enriched with Power Emptying All of Samsara*:

Then, fully qualified foe destroyer gone beyond Tathagata Limitless Light One (Amitabha), overlord to Dakini Enriched in the Power of Dance (Khadroma Kargyu Wangchuk), said:

“Beyond the numberless, innumerable worlds of the eastern direction, there is what is called World Unforgettable. The delusions of the sentient beings who abide in that world are very gross. They are difficult to satisfy and very difficult to subdue. They engage in the ten non-virtues, and they engage in the five uninterrupted negative karmas. They give up the three higher trainings and carelessly use the offerings to the Triple Gem (offerings that were made with devotion which, when used carelessly, pollute the mind). In order to benefit these sentient beings, you should memorize this mantra destroying all the negative karmas and defilements. Keep this and read this. Reveal it to the evil ones and cherish this.”

I prostrate to the Buddha Limitless Illumination
OM AMI DHE WA HRIH

I prostrate to the Buddha Detached Lotus One
OM BHRUM AYU HUM NI JAH

I prostrate to the Buddha Great Compassion
OM MANI PADME HUM¹

Prostrations to the fully qualified destroyer gone beyond, gone as it is, destroyer of the enemy, fully completed Buddha Victorious One Who Is the Play Aspect of Lion.

Prostrations to the fully qualified destroyer gone beyond, gone as it is, destroyer of the enemy, fully completed Buddha Beam Always Superior Glorified Piled Victorious One.

1. These three buddhas' names have been inserted here according to the instructions of Kyabje Zopa Rinpoche, as they should be recited before the main mantra recitation.

Prostrations to the fully qualified destroyer gone beyond, gone as it is, destroyer of the enemy, fully completed Buddha Whose Qualities Extremely Stabilized the Victorious Jewel Piled.

May my innate mantra be actualized!

OM BI PULA GARBHE MANI PRA BHE / TA THA GATA DHARI SHANI / MANI MANI
SUPRABHE VIMALA SANGARA GAMBHIRA HUM HUM JVALA JVALA / BUDDHA VILOKITE
GUHYA / ADHISHTHITE GARBHE SVAHA / PADMA DHARA AMOGA JAYATI CHURU CHURU
SVAHA²

May I whose name is ...(insert name)... completely purify all the negative karmas and defilements collected from beginningless rebirth in samsara, the ripening aspect in the evil action, disturbing thoughts, delusions, sufferings, and all the collections of negative imprints, and may I quickly achieve the state of enlightenment.

Sons and daughters of the race and any other transmigratory beings, if one recites this mantra every day 108 times, it will destroy all negative karmas and defilements.

Benefits

It has the power to destroy thirteen disharmonious things. What are these thirteen?

1. One will not be harmed by fire.
2. One will not be harmed by water (floods and so forth).
3. One does not fall down precipices.
4. Roofs will not fall down on one.
5. One will not be chased away by winds (hurricanes, tornadoes and so forth).
6. One will not be harmed by poisons.
7. One will not be harmed by things mixed with poisons (contaminated food and so forth).
8. One will not be harmed by the spirit De (epilepsy, fits).
9. One will not be harmed by black magic.
10. One will not be harmed by untimely death.
11. One will not be harmed by war.
12. One will not become ill with severe sicknesses (epidemics).
13. One will not experience being sentenced to death by kings (executed).

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2. Lama Zopa Rinpoche has said that this mantra (OM BI PULA GARBHE MANI PRA BHE...) is extremely powerful for success. It can also be found in another text in the collected teachings taught by Buddha. This mantra has "unbelievable mind-blowing benefits." This mantra is more powerful than if one makes merit by making offerings, reciting mantras, making extensive offerings everyday for eons to the countless buddhas of the ten directions whose numbers equal the number of grains of sand in the Pacific Ocean. This mantra heals and gives great protection from all the harms. There is no question how powerful it is, and it gives the greatest purification. All the benefits have not been translated yet but Rinpoche hopes to translate them soon and hopes that all can receive and enjoy the mantra.

Other than that, one receives thirteen qualities. What are they?

1. One's body, whether as a son or daughter of the race, will be beautiful.
2. One's voice will be sweet and enchanting.
3. One will generate extraordinary concentration in the mental continuum.
4. One will be able to do unimaginable works for sentient beings.
5. One will have no resistance or obstacles to all one's activities.
6. All one's ripening aspects, karma, will be purified (such as rebirth as a hell being, hungry ghost, animal).
7. One will have an unimaginable (huge) entourage.
8. One will have inexhaustible enjoyments.
9. One will have a long life.
10. One will not have resistance to all the scriptures.
11. One will make offerings to all the tathagatas.
12. One will become a child of all the buddhas (a bodhisattva).
13. All one's hopes and wishes will be completed.

So, like this, thirteen disharmonious things will be destroyed and you will achieve thirteen benefits. Beyond this life, you will be reborn in Sukhavati, the Blissful World (Amitabha Buddha's pure realm), and you will achieve the result of no-returning.

If you do not attain these thirteen qualities then I, myself (the Compassionate Buddha), would be cheating the fully qualified buddha foe destroyer gone beyond one.

How to Perform the Retreat

For the ceremony of this:

Generate oneself into the Supreme Compassionate-Eye Looking One Enriched with Power. Then begin by reciting the buddhas' names three times:

I prostrate to the Buddha Limitless Illumination
OM AMI DHE WA HRIH

I prostrate to the Buddha Detached Lotus One
OM BHRUM AYU HUM NI JAH

I prostrate to the Buddha Great Compassion
OM MANI PADME HUM

Do the nearing retreat, reciting the mantra destroying all negative karmas and defilements (OM BI PULA GARBHE MANI PRA BHE...) 100,000 times.

Post-Retreat Instructions

Once you have done the nearing retreat, then in the next month, recite the following mantras:

Recite HRIH 1 million times

Recite the six-syllable mantra (OM MANI PADME HUM) 100,000 times

Recite the mantra destroying all negative karmas and defilements (OM BI PULA GARBHE MANI PRA BHE...) 10,000 times, as well as making prayers and requests.

Once this has been completed, every month on the Tibetan 8th, 15th, 23th and 30th, while abstaining from one meal (fasting from noon until the next morning) and eating the three white foods (milk, curd, butter),³ recite the mantra destroying all negative karmas and defilements (OM BI PULA GARBHE MANI PRA BHE...) 8,000 times on each of the above days of the month.⁴

Also, recite the three buddhas' names 108 times on those four days of the Tibetan month after the retreat.⁵ Make prayers and requests.

If one cannot complete the above post-retreat instructions, then one can instead recite the mantra destroying all negative karmas and defilements (OM BI PULA GARBHE MANI PRA BHE...) 108 times daily for the rest of one's life.⁶

Then, if one recites the mantra 108 times every day, one will achieve all the benefits explained above, except those who have doubt. (The power and effect of the mantra depends on how much devotion and faith one has in the mind.)

If someone has done the nearing retreat, (reciting) this mantra 100,000 times: All the beings towards whom that person rises disturbing emotional thoughts and whom they physically beat, showing an ugly, wrathful aspect with the body, will be liberated from the lower realms (the hells, hungry ghost, and animal realms - the evil-gone realms). Other sentient beings to whom that person gives orders with their speech or to whom they say uninteresting (hurtful), provoking words will all be liberated from samsara. All sentient beings towards whom that person has ill will, covetousness, or heresy with the mind will all achieve liberation. If the shadow of that person's body hits the water, then all sentient beings abiding in

3. If it is difficult to only have the three white foods on that day, then you can also have rice and flour. The main thing is not to have black foods: garlic, onion, meat, strong-smelling radish, etc.

4. Lama Zopa Rinpoche has said that one can do these post-retreat practices on the weekends if the Tibetan dates don't work, or alternatively on whatever days will work. Also, if one is unable to finish the 8,000 mantras in one day, then one can divide the recitation over two days. With regard to the nearing retreat as well as the post-retreat practices, Rinpoche has also said if it is too hard to do everything according to the text (all the numbers of mantras), it is still extremely worthwhile to do as much as one can and as best as one can.

5. This means that one just recites the Tibetan names, not the English translation.

6. Lama Zopa Rinpoche has explained that according to the instructions, after doing the nearing retreat one must do one or the other: either complete the extensive post-retreat instructions as given, or else recite one mala of the mantra destroying all negative karmas and defilements every day for the rest of one's life.

the water will be liberated from the lower realms. Sentient beings who smell that person will all be liberated from the lower realms. So there is no question (of the benefit) for anybody who sees that person's body or hears that person's voice.

If one recites the mantra 21 times and then blows over the bones of a dead being, that being will be liberated from the lower realms. If one recites the mantra seven times in the ear of a transmigratory being who is just about to die, that being will never fall down in the lower realms.

During this nearing retreat, one should abstain from wine, meat, garlic, food in the afternoon, left-over food that has been eaten by others, and sexual acts. If one does not manage to do the nearing retreat, one will achieve by reciting 108 times every day.

One should cross over even three galaxies filled with red-hot fire to seek this Dharma. Even if one is stained by the pollutions of the Sangha of the ten directions that cannot be purified in the presence of thousands of buddhas, still by reciting this mantra 28,000 times even that will be purified.

This practice cannot be shown to evil-doers. Why? Those evil beings, by misusing this practice, can take advantage of this mantra and can engage in negative karma. Even if the benefits are explained for eons, it cannot be finished.

This is what is taught in the twenty-seventh chapter entitled, "Destroying All Negative Karmas and Negative Defilements" from the *Tantra of the Supreme Compassionate-Eye Looking One Enriched with Power Emptying All of Samsara*. It is completed here.

Lama Zopa Rinpoche's Dedication:

This precious teaching is translated with the great hope to benefit and because there is a great need for these methods to protect people from untimely death and all the dangers of life, including poison, anthrax, and other diseases – not to get infected with these from others and to purify and heal whatever diseases one has. Also to protect people from all the dangers of the elements (called "natural disasters" in the West), such as death caused by earthquakes, tornadoes, hurricanes, floods, and fire, as well as an unimaginable number of undesirable things that are happening especially in this eon and at these times and increasing more and more. Along with this there are new diseases, disturbing unfavorable conditions, explosions like erupting volcanoes, and so many people in this world are so overwhelmed with so many sufferings, which is the result of negative thoughts and negative actions motivated by unhealthy wrong concepts. May any merit collected here by translating this precious mantra and making it available to the world, particularly the Western world, pacify immediately all these undesirable things.

May this text be used by all sentient beings. Besides people who practice this, may anyone who hears this text, who sees this text, who remembers this text, or who dreams about this text, by this may they never ever be reborn as a hell being, hungry ghost, or in the animal realm. May they find unshakeable faith in refuge and karma, and generate loving kindness, compassion, and bodhichitta to all living beings. In their actions may they never harm and only benefit – giving peace and happiness to numberless living beings. May they fill up the world with the sunshine of peace and happiness and never ever experience all the life dangers such as floods, hurricanes, tornadoes, storms, earthquakes, fire, terrorists, wars, and so forth.

May everyone soon be liberated from all the causes of suffering, the delusions and karma, and then achieve peerless happiness, full enlightenment, by ceasing even the subtle stains of the mind.

Colophon:

Translated from a Nyingma tantra by Kyabje Zopa Rinpoche, Kachoe Dechen Ling, Aptos, October-November 2001. This practice comes from the Lhasa print of the Sungdu, Tibetan folio #240 front. Scribed by Vens. Sarah Thresher and Holly Ansett. The translation has been checked numerous times by Geshe Ngawang Drakpa of Tse Chen Ling, San Francisco.

Edited by Ven. Constance Miller, FPMT Education Services, December 2001.

Final corrections inserted, June 2003 by Ven. Constance Miller.

This is the complete version of this translation, together with instructions for practice.