

# *Zung of the Exalted Completely Pure Stainless Light*



## *The Mantra*

NAMA NAWA NAWA TEENAN THATHAAGATA GANGA NAM DIVA LUKAA NAN /  
KOTINI YUTA SHATA SAHA SRAA NAN / OM VOVORI / TSARI NI\* TSARI / MORI  
GOLI TSALA WAARI SVAHA <sup>1, 2</sup>

[\*indicates a high tone.]

ཨ། །ན་མེལ་ བ་བ་ན་བ་ཏེ་ལྷོ། ཏ་ཐུ་ག་ཏ་གི་གུ་འོ་ཏེ་ཐུ་ལུ་གུ་ལྷོ། ཀོ་ལི་ནི་ལུ་ཏ་ག་ཏ་ས་  
ཏ་སྐྱེ་ལྷོ། ཞོ་བོ་བོ་རི། ཙ་རི་ཉི་ཙ་རི། མོ་རི་གོ་ལི་ཙ་ལ་བུ་རི་སྐྱེ་ལྷོ།

## *Benefits of this mantra as explained in scripture*

Anyone who talks to a person who has recited this mantra, their five uninterrupted negative karmas are purified.<sup>3</sup>

Just hearing the voice of a person who has recited this mantra, being touched by their shadow, or touching that person's body purifies negative karmas collected in past lives.

If you recite this mantra, you won't be harmed by spirit possession, poisons, or by the elements [fire, water, air and earth].

All the Buddhas will protect you and guide you and all the devas and those who are living in samaya<sup>4</sup> will support you.

You won't be harmed by black magic mantras and rituals.<sup>5</sup>

If this mantra is put inside a stupa then any being, including evil transmigratory beings who sees the stupa, hears of the stupa, touches the stupa, or who is touched by dust or wind that comes from this stupa, will be free from all negative karmas. They will be born in the realms of happy transmigratory beings<sup>6</sup> and they won't be reborn in the lower realms.

The Destroyer Qualified Gone Beyond [Shakyamuni Buddha] advised to the Bodhisattva Great Sattva: Eliminating All Obscurations, Owner of the Secrecy, Vajra in the Hand [Vajrapani], the four guardians, the deva Unforgettable<sup>7</sup> Owner [Brahma], and the devas of Tsangri, the Maha Deva, [the Hindu God Mahashora], and so forth: "You, the capable holy beings, I hand over this heart of the king of the secret mantra. Always keep it, put it in a jeweled *samato* [container]. Then proclaim it to all places. Continually reveal it to sentient beings. If you make sentient beings hear of and see this mantra, their five uninterrupted negative karmas will be purified."

### *More benefits as explained by Lama Zopa Rinpoche*

If you recite this mantra every day and then spend much of life talking on the telephone or working in an office - if you do consultations or have a lot of meetings - then all the people who hear your voice, their five uninterrupted negative karmas will be purified. So there is no question that the ten non-virtuous actions—everyday negative karmas like gossiping and many things, covetousness and so forth—are purified. This gives such an unbelievably great way, such an easy way to purify and to benefit sentient beings, to liberate sentient beings from the lower realms and bring them to liberation and enlightenment.

If you appear on television or speak on the radio, because so many millions of people see television and hear the radio, if you recite this mantra you can liberate so many millions of people.

If you are a singer or comedian, however many hundreds of people come to hear you, if you recite this mantra they will get liberated.

If you put this mantra in a stupa, then anyone who sees, touches, or hears of this stupa, will not be reborn in the lower realms and will be liberated. Also, if you put this mantra in the car then anybody who gets in the car, who touches the car, including any insect that touches the car, will be purified. This means that even if insects get killed, they still get purified of negative karma.<sup>8</sup>

If you have this mantra on a banner, then if the shadow of the banner touches any being, their negative karma is purified.

If you have this mantra in the house and the shadow of the house touches any being, it purifies their negative karma.

You can wear this mantra, either carved on something or inside a container on your body, and in this way you can constantly purify other beings' negative karma.

When someone is dying or dead [whether an animal or a human being], you can put this mantra on their body.

If you recite the mantra everyday and then go to the town or where there are many people, all the people who come in contact with you, see you, etc., their negative karma will get purified.

### *Translator's dedication:*

May this mantra be most beneficial to all sentient beings.

May anybody who sees, touches, remembers, dreams about, thinks about, or who recites this mantra immediately be purified and may they never be born in the lower realms.

May they receive all the benefits that are explained here.

May they actualize guru devotion, renunciation, bodhichitta, emptiness, and the two stages immediately in this very lifetime.

May all their wishes succeed immediately, according to the holy Dharma, and may they achieve enlightenment as quickly as possible.

### *Endnotes*

1. The phonetics of this mantra were done personally by Lama Zopa Rinpoche, with special attention paid to the exact pronunciation of the mantra. This is a slight variation from the traditional system used in FPMT Education Department materials to date.
2. There is no specific number of times to recite this mantra. Lama Zopa Rinpoche advises, "A few times would be good." Insert this mantra after the Blessing the Speech practice found on pages 6-8 of the Morning Prayers section in *Essential Buddhist Prayers, An FPMT Prayer Book, Volume 1*, which is available from the FPMT Education Department ([www.fpmt.org/shop](http://www.fpmt.org/shop))
3. The five uninterrupted negative karmas are killing one's father, killing one's mother, drawing blood from a buddha, killing an arhat, and causing disunity among the Sangha. Even these very heavy negativekarmas that cause one to suffer for the life-span of one eon in the lowest hot hell realm get purified. Therefore there is no question that the ten non-virtuous actions – the everyday negative karmas like gossiping, covetousness, and so forth – get purified.
4. Dharma protectors. Deities or high lamas have put these protectors under pledge to not harm others and to help those who are practicing Dharma.
5. Using certain substances to harm others.
6. Evil transmigratory beings are animals, pretas and hell beings, who have fallen into the lower realms through having committed negative actions. Happy transmigratory beings are humans or devas, who have gained rebirth in the upper realms through positive actions.
7. Rinpoche has used the word "unforgettable," but expressed uncertainty as to the precise translation of this word.
8. This is similar with the mantra of Namgyälma, which is also very good to put on the car.

### *Colophon:*

Teachings from Lama Zopa Rinpoche dictated to Ven. Matthew Tenzin, Kachoe Dechen Ling, February, 2005. Words in "[ ]" were added by the translator for further clarification. Lightly edited by Holly Ansett and Kendall Magnussen, May, 2005.

*Zung* is commonly understood to mean "mantra." Rinpoche has further explained *zung* as "the unforgettable remembrance special wisdom, functioning to stop non-virtue and create virtue."