The materials included in this booklet are a very lightly edited transcript of the recording of mantras, prayers, and commentary by Lama Zopa Rinpoche on the accompanying CD. The teachings have been left in their original form and are provided so that listeners may have a better understanding of the material to which they are listening.

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Contents

Introduction

CD 1
Track 1: Sutra for Entering the City of Vaishali
Track 2: Mantra A
Track 3: Mantra B
Track 4: Mantra C
Track 5: Auspicious Prayer from the Sutra Enjoying the Exalted Expansiveness
Track 6: Auspicious Prayer of the Three: Chenrezig, Manjushri, and Vajrapani
Track 7: Auspicious Verses of the Three Rare Sublime Ones

CD 2
Track 1: Instructions for Listening to Calling the Guru From Afar
Track 2: Calling the Guru From Afar (abbreviated)
Track 3: A Short Request to the Guru
Track 4: Request to the Lama
Track 5: Teaching on the Benefits of the Mantra called, “Beautifying the Shape of the Body of the Lotus in the Hand, the Holy Celestial Mansion of the Bodhisattva”
Track 6: Motivation
Track 7: Mantra Recitation (Mantra A)
Track 8: Sutra Recitation
Track 9: Commentary
Track 10: Sutra Recitation with Mantra
Track 11: Dedications
Track 12: Multiplying Mantras

CD 3
Track 1: Sutra for Entering the City of Vaishali
Track 2: Dedications

(continued on following page)
Recitations to Alleviate Pain

Chapter 3

Track 1: Sutra for Entering the City of Vaishali

Track 2: Dedications

Track 12: Mantras for Multiplying the Merit

To increase by 100,000 times the merit created, recite these special mantras at the end of the session:

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG
PAR DZOG PÄI SANG GYÄ NAM PAR NANG THAM
CHOM DÄN PA DZON SHEG PA DRA CHOM PA YANG DAG

To actualize all our prayers as well as to multiply the blessings by 100,000:

ON DHÖRTU PHUN MA MKSE CHÖSA
TAWAMTHA ON PHUN MA CHÖSA

To actualize all our prayers at the end of the session:

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG
PAR DZOG PÄI SANG GYÄ NAM PAR NANG THAM
CHOM DÄN PA DZON SHEG PA DRA CHOM PA YANG DAG

CHÖ MA NGÖ WA DANG MÖN CHÖMA CHAR TU DU CHÖMA
LA CHÖMA CHAR TU

Due to the power of the blessings of the eminent buddhas and bodhisattvas, the power of infallible dependent arising, and the power of my pure special attitude, may all my pure prayers succeed immediately.

Colophon:

From the instructions of Lama Zopa Rinpoche.
Introduction

The materials contained in this booklet are to assist the listener in gaining the best benefit from the prayers, mantras, and recitations contained on the accompanying CD. Due to the poor quality of the original recording, some aspects of the transcript were difficult or impossible to identify, such as dedication prayers. The sound recording proved too difficult to be able to transcribe the complete dedication prayers. We apologize that we were unable to transcribe the extensive dedication prayers. The sound recording proved too difficult to be able to transcribe these dedications. Still, for the blessing and because Rinpoche's dedications are so amazing and inclusive (and for those with better karma than ours), we have left the dedication prayers on the CD and included a first attempt at transcribing at least some of these prayers. For those who wish to make a dedication of their own, we have included a collection of dedication prayers that Rinpoche often does at public events.

The main blessing from the mantras and sutras on the CD are received by way of listening to the recitations. However, as Lama Zopa Rinpoche has explained at great length the benefits of the mantras and sutras, we have included phonetics for what we have been able to identify and locate thus far. The sound recording proved too difficult to transcribe these mantras and recitations, so we have included phonetics for the mantras and recitations contained in this booklet to assist the listener in gaining the best benefit from the prayers, mantras, and recitations contained in this booklet.
With prayers for the relief of all pain and suffering for all beings, 
speaks you to recite these amazing and blessed words for others.

We hope that this booklet enhances your listening pleasure and in-

Additional Dedications

Due to the merits accumulated over the three nimes by myself and
all the buddhas and bodhisattvas, which are empty from their own side,
and lead all sentient beings, who are empty from their own side,
May I quickly and purely
achieve the state of enlightenment, which is empty from its own side,
Because of the merits created by me and by
all the buddhas, bodhisattvas, and sentient beings,
May I be able to offer extensive benefits equaling the limitless sky to
all sentient beings and the teachings of Buddha,
From now on in all future lives,
May I be able to offer extensive benefits equaling the limitless sky to
all sentient beings and the teachings of Buddha,
May I quickly and purely
achieve the state of enlightenment, which is empty from its own side,
Because of the merits created by me and by
all the buddhas, bodhisattvas, which are empty from their own side,
and lead all sentient beings, who are empty from their own side,
May I quickly and purely
achieve the state of enlightenment, which is empty from its own side,
Because of the merits created by me and by
all the buddhas, bodhisattvas, which are empty from their own side,
and lead all sentient beings, who are empty from their own side,
May I quickly and purely
achieve the state of enlightenment, which is empty from its own side,
Because of the merits created by me and by
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and lead all sentient beings, who are empty from their own side,
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and lead all sentient beings, who are empty from their own side,
May I quickly and purely
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Because of the merits created by me and by
all the buddhas, bodhisattvas, which are empty from their own side,
and lead all sentient beings, who are empty from their own side,
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all the buddhas, bodhisattvas, which are empty from their own side,
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May I quickly and purely
achieve the state of enlightenment, which is empty from its own side,
Because of the merits created by me and by
all the buddhas, bodhisattvas, which are empty from their own side,
and lead all sentient beings, who are empty from their own side,
May I quickly and purely
achieve the state of enlightenment, which is empty from its own side,
Because of the merits created by me and by
all the buddhas, bodhisattvas, which are empty from their own side,
Track 1: Sutra Recitation

This sutra is recited three times through. The Tibetan phonetics are included here for those who are inspired to recite the sutra.

Yang pa ding khyer du / 2a do ngas / dBang phyug po
gyan pa döng khyer du / dang pa / 2a do ngas

Gyur kah du / mar pa / de shi mans kah sura na

Yang pa döng khyer du jin spad
Yang pa döng khyer gyi ah ma sung / 2a do ngas

Additional Dedications from Lama Zopa Rinpoche on pp. 35–6 are not part of the CD recording but are included here so that listeners may dedicate the merits in a way similar to what has been recorded on the CD.

Track 12: Mantras to Multiply the Merit please see p. 38.

For Track 12, Mantras to Multiply the Merit, please see p. 38.
Due to all the three times, merit accumulated by myself, all the buddhas and bodhisattvas, and all sentient beings, and all sentient beings, and all sentient beings, and all sentient beings, and all sentient beings.

May my actions be most beneficial to all sentient beings, which is to help them achieve enlightenment as quickly as possible by myself alone.

Due to all the three times, merit accumulated by myself, all the buddhas and bodhisattvas, and all sentient beings, and all sentient beings, and all sentient beings.

May they be able to cause all this...

Wherever they may be, I pray that they may be filled with light and happiness.

Wherever their actions are benefitting me, may they be filled with light and happiness.

May their prayers succeed...

May they be able to cause all this...

Wherever they may be, I pray that they may be filled with light and happiness.

Wherever their actions are benefitting me, may they be filled with light and happiness.

May they be able to cause all this...

Wherever they may be, I pray that they may be filled with light and happiness.

May my actions be most beneficial to all sentient beings, which is to help them achieve enlightenment as quickly as possible by myself alone.

Due to all the three times, merit accumulated by myself, all the buddhas and bodhisattvas, and all sentient beings, and all sentient beings, and all sentient beings.

May all my actions be more beneficial to all sentient beings, which is to help them achieve enlightenment as quickly as possible by myself alone.
Recitations to Alleviate Pain

NIRGACCHATA / NIRGACCHATA / NIRGACCHATA /
NIRGACCHATA

Nyur du jer chig
Khye chag lä gang dang wäi sem dang dän pa de dag ni phung wargyur chig
Gang dag jam päi sem dang dän zhing nye par mi do la
Sung war jug par dö pa de dag ni khö chig / lü la yang jug par gyi shig
Sang gyä jig ten la thug tse wa chän gyi ka tsäl pa

SU MU SU MU SU MU SU MU /
SU MU RU SU MU RU / SU MU RU / SU MU RU / SU MU RU /
SU MU RU / SU MU RU / SU MU RU /
MI RI MI RI MI RI MI RI MI RI MI RI MI RI MI RI /
MI RU / MI RI /
MI RI / MI RI / MI RI / MI RI / MI RI /
MI RI /
KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA /
KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA /
KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA /
KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA /
KAM KA RA /
KAM KA RA / KAM KA RA TA / KAM KA RA / KAM KA RA CHA /
KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA /
KAM KA RA / KAM KA RA / KAM KA RA / KAM KA RA /
KAM KA RO TI TI / KU RI SHO KAM KA RA / KAM KA RI SHI /
RI RI RI RI RI RI / TI RI TE PHU SVA /
RI PHU RI PHU / RI PHU RI PHU / RI PHU RI PHU / RI PHU RI PHU / NA THA / NA NA THA THA / RI PHU RI PHU / NA THA / RI PHU RI PHU / NA THA

Due to all the past prayers, and further merits accumulated by myself

I recite the benefits in Tibetan so I will just recite the mantra maybe two more times.

Sutra and mantra are not yet identified.

I recite the benefits in Tibetan so I will just recite the mantra "D".
Recitations to Alleviate Pain

Tang nyom la nä pa sheg kyi
KSHI PHRAM NA NIRGACCHATA SVAHA
Sang gyä kyi yeshe kyi chhog dang chhö nyi kyi
Lha tham chä dang jung po tham chä la ka tsäl päi sang ngag kyi zhi di
dag ni
Drub pa o / tshig su chä pa di dag ni drub pa o
Gang la ser na nam chhag pa / nam jom dri ma me dzä ching
Thug zhi nö pa mi nga de / khye la de leg dzä par gyur
Dren pa gang zhig dro wa nam / thar päi lam du dzü dzä ching
Chhö nam tham chä tön pa de / khye la de leg dzä par gyur
Tön pa gyug pa nam kyi ten / sem chän kün gyi dön gyi chhir
Gang gi de wa nga dzä de / khye la de leg dzä par gyur
Kyob pa gang zhig jam pa yi / thug kyi dro wa di dag kün
Bu chig zhin du tag kyang de / khye la de leg dzä par gyur
Gang zhig khor war khor wa yi / sem chän kün gyi ten gyur ching
Ling dang pung nyen gyur pa de / khye la de leg dzä par gyur
Gang zhig chhö kün ngön sum gyur / tsang zhing lu wa mi nga la
Sung tsang tsang mar dzä pa de / khye la de leg dzä par gyur
Pa wo chhen po gang kye pa / phün sum tshog dön jor gyur ching
Dön drub tshog kyang drub pa de / khye la de leg dzä par gyur
Gang zhig kye pä sa nam ni / nag tshäl chä par rab yö shing
Sem chän tham chä rab ga de / khye la de leg dzä par gyur
Jang chhub nying por sheg pa na / sa dag nam drug yö gyur ching
Dü yi mi der gyur pa de / khye la de leg dzä par gyur
Chhö kyi khor lo kor wa na / phag päi den pa nam sung wa
Thub päi nyän pa gang jung de / khye la de leg dzä par gyur

Track 7: Mantra Recitation (Mantra A)

Not yet identified.

Track 8: Sutra Recitation

Phonetics are not available for this sutra.

Track 9: Additional Commentary

It says, “If you recite this mantra in the presence of the person who has lost their memory, then the person will find their memory.” If a person has fainted, or is unconscious, this might be one mantra to recite for someone who is in a coma...

Wherever embodiments, and [many thereof] be able to fulfill all their wishes,

Track 6: Motivation

stopped.

Recitations is Alleviate Pain
Recitations to Alleviate Pain

If you recite this mantra, the person will be healed.

For persons who wake up from a coma...

If you recite this mantra in the presence of that person, their memory will be restored.

For persons who are hungry and thirsty, if you recite this mantra in the presence of that person, food and drink will come.

If there is a great danger happening, then you write this mantra on cloth and put it on top of a banner, then you will be protected from your places up to the distance of one [parchay].

A parchay is a certain measurement of distance. I think, an arm-length...

There is a Kalachakra way of counting and an Abhidharma way of counting, and other ways of counting. Maybe just to give a rough idea, if I am not mistaken, 500 arm-lengths equals one gyantrak. Eighty gyantrak is one parchay. So, from your house, that much distance will be protected.

Unbelievable. Even if you listen, or even if you keep the text, or even if you don't read, but if you keep the text, your luck is unbelievable.
In Tibetan it is called tsam me, which means "no break of another life." After you have committed the negative karma, you are immediately reborn in the lower realm, in the hot hells, even that, the very heavy hot hell, the great hot hell, and the unbearable – the hell realm in which you suffer for one (?) eon.

What are those negative karmas with no break? Those which immediately make you to be reborn in the very heavy hot hell realms? They are having killed ... in the Sangha. Those are the five negative karmas which have no break. So, even those negative karmas get purified.

Here in the text it says, "Even the negative karmas which have no break get purified." "Then, your mental continuum becomes extremely completely pure: Then, you will have body, speech, and conduct completely pure."
Recitations to Alleviate Pain

The Tibetan fifteenth, full moon ...

"... you do Nyung nä."

That is, fasting: Nyung nä of the body – fasting; Nyung nä of the speech – silence; Nyung nä of the mind – keeping the mind in virtue.

"You wear the white dress, then in the presence of a stupa or Buddha's holy body, which contains a relic, Buddha's relic …"

It could be also relic, these precious mantras, like the Secret Relic, the Dharmakaya relic, which means these mantras which we have been putting into the stupas, tsa-tsas, statues, and stupas. It gives incredible power to purify negative karma and inconceivable merit. So, this could be another meaning of relic: those mantras.

"You sprinkle flowers to the mandala and the Destroyer Qualified Gone Beyond, Chenrezig …"

Alay! So here it separates; "Destroyer Qualified Gone Beyond is the Gone Beyond, Changeless …"

"You sprinkle flowers to the mandala and the Destroyer Qualified Gone Beyond, Chenrezig …"

Alay! So here it separates; "Destroyer Qualified Gone Beyond is the Gone Beyond, Changeless …"

"You sprinkle flowers to the mandala and the Destroyer Qualified Gone Beyond, Chenrezig …"

Alay! So here it separates; "Destroyer Qualified Gone Beyond is the Gone Beyond, Changeless …"

"You sprinkle flowers to the mandala and the Destroyer Qualified Gone Beyond, Chenrezig …"

Alay! So here it separates; "Destroyer Qualified Gone Beyond is the Gone Beyond, Changeless …"

"You sprinkle flowers to the mandala and the Destroyer Qualified Gone Beyond, Chenrezig …"

Alay! So here it separates; "Destroyer Qualified Gone Beyond is the Gone Beyond, Changeless …"
Recitations to Alleviate Pain

Sang gyä kyi chhog dang
Chhö nyi kyi lha tham chä dang jung po tham chä la ka tsäl päi sangngag kyi zhi di dag ni drub pa o / thsig su chä pa di dag ni drub pa o
Gang la ser na nam chhag pa / nam jom dri ma me dzä ching
Thug zhi nö pa mi nga de / khye la de leg dzä par gyur
Dren pa gang zhig dro wa nam / thar päi lam du dzü dzä ching
Chhö nam tham chä tön pa de / khye la de leg dzä par gyur
Tön pa gyug pa nam kyi ten / sem chän kün gyi dön gyi chhir
Gang gi de wa nga dzä de / khye la de leg dzä par gyur
Kyob pa gang zhig jam pa yi / thug kyi dro wa di dag kün
Bu chig zhin du tag kyang te / khye la de leg dzä par gyur
Gang zhig khor war khor wa yi / sem chän kün gyi ten gyur ching
Ling dang pung nyen gyur pa de / khye la de leg dzä par gyur
Gang zhig chhö kün ngön sum gyur / tsang zhing lu wa mi nga la
Sung tsang tsang mar dzä pa de / khye la de leg dzä par gyur
Pa wo chhen po gang kye pa / phün sum tshog dön jor gyur ching
Dön drub tshog kyang drub pa de / khye la de leg dzä pa gyur
Gang zhig kye pä sa nam ni / nag tshäl chä pa rab yö shing
Sem chän tham chä rab ga de / khye la de leg dzä par gyur
Jang chhub nying por sheg pa na / sa dag nam drug yö gyur ching
Dü yi mi der gyur pa de / khye la de leg dzä par gyur
Chhö kyi khor lo kor wa na / phag päi den pa nam sung wa
Thub päi nyän pa gang jung de / khye la de leg dzä par gyur
Yi throg gang gi mu teg je / tham chä chhö kyi pham dzä ching
Tshog kün wang du dzä pa de / khye la de leg dzä pa gyur
Sang gyä khye la de leg dzä / gya jin lhar chä de leg dang
Jung po kün gyi de leg ni / khye la tag tu jin gyur chig
Then,

"By looking at the face of the Lotus in the Hand, the Compassionate Buddha’s face, then you recite this mantra, you will see the exalted Compassionate Lord who is always smiling, the Destroyer Qualified Gone Beyond Always-smiling One."

(New translation:)

"By looking at the face of the Lotus in the Hand, the Compassionate Buddha, then recite this mantra. You will see the Destroyer Qualified Gone Beyond Always-smiling One, the exalted Compassionate Arya Being, Great Lord.

You will achieve the clear appearance of Dharma, the first bhumi. Bodhisattvas have ten bhumis."

"While your mind is in compound meditation, then at the time of death...

And in that life you will achieve the remembrance of the Buddha...

Which means the first bhumi, bodhisattvas have ten bhumis...."

"You will achieve the clear appearance of Dharma, the first...

Compassionate Arya Being, Great Lord.

Scope Queen Lithat Comes Beyond Awakenings Once the awakened,
somewhere Buddha, then recite this mantra. You will see the De-
inscription, then on the greetings...

Discover Qualified Come Beyond Always-smiling One."

Then,
Recitations to Alleviate Pain

Sang gyä sö nam thu dag dang / lha nam kyi ni sam pa yi
Khye kyi dö dön gang yin pa / dön de di ring drub gyur chig
Kang nyi khye chag de leg shog / kang zhi khye chag de leg shog
Khye chag lam dro de leg shog / chhir dog dag kyang de leg shog
Nyi mäi gung laang de leg shing
Khye chag tag tu de leg shog / khye chag dig par ma gyur chig
Sang gyä lha nam tong dag gi / yong su kor teg sheg dzä ching
Dang sem dän pa nam cher chig / nying jei dag nyi chän nam khö
Sang gyä rang sang gyä nam dang / dra chom lob päi den tshig gi
Jig ten mi phän che pa nam / drong khyer dir ni tong gyur chig
Sem chän kün dang sog chhag kün / jung po kün dang khye chag kün
De wa ba zhig dän gyur chig / tham chä nä nam me par shog
Kün gyi zang nam thong gyur chig / gang yang dig par ma gyur chig
Jung po gang dag dir ni lhag gyur te / sa dang bar nang dag la nä panam
Kye gu nam la tag tu jam che shog
Nyin dang tshän du chhö kyang chö gyur chig
Phag pa yang päi drong khyer du jug päi do dzog so
(Sutra recitation ends here.)

NOTE:

Vaishali is famous as the place where a monkey offered a bowl of honey to the Buddha. Vaishali is where the third Turning of the Wheel of Dharma took place and also where the Buddha ordained his last disciple, a very beautiful dancer who requested to become a nun. It was from Vaishali that Lord Buddha made his way to Kushinagar where he manifested parinirvana at the end of his life.
Recitations to Alleviate Pain

Colophon:
This sutra was recited by Lama Zopa Rinpoche in October 2003 for Diana Olander to help stop her pain, as well as to a group of animals at Kopan Monastery in November 2003. The Tibetan phonetics were originally created by Ven. Tenzin Namdrol. They were modified to accord with FPMT standard phonetics and checked against the Tibetan by Rachel Ryer and Ven. Connie Miller, FPMT Education Services, May–July 2004.

Those sentient beings... the lower realms get stopped.

Recitations to Alleviate Pain

Those sentient beings... the lower realms get stopped.

Recitations to Alleviate Pain

Those sentient beings... the lower realms get stopped.
We have not yet identified the following mantras on the CD and will provide them at a later date.

Track 2: Mantra A
Track 3: Mantra B
Track 4: Mantra C
Track 5: Auspicious Prayer from the Sutra Enjoying Exalted Expansiveness

This auspicious prayer in verses was taught by Lord Buddha in the Sutra Enjoying the Exalted Expansiveness, the "Chapter of the Trader Khakun and Sangpo."

Chanting prayer with tingshas (small cymbals). Original text not yet found.

This is an auspicious prayer that Buddha spread, not only to heal all the sicknesses, but also to actualize all the wishes by pacifying all the obstacles. Buddha said, "Anyone who has great defilements, whose mind is obscured — anyone who listens to this, even keeps this text, even recites this text, reads it, or sees it, actualizes it well. Anyone who does this, all their karma, all defilements — the disturbing thoughts — will become completely purified.

I think it means ... usually "Lotus in the Hand" refers to the Compassionate Buddha. Holding the Lotus in the Hand will follow after you. If one gets up in the morning and recites this one time, then the Buddha Holding the Lotus in the Hand will follow after you. It's when the Buddha comes to follow after you. While abiding in an isolated place, alone, visualize the Buddha in your mind and then when you recite this mantra seven times, then whatever you wish will be achieved. Then ... 

Chanting prayer with tingshas. Original text not yet found.

This is the teaching that cracks by the vajra. It is praised by devas, nagas, the giver (the mother's son), nyam chi, and asuras — those great beings. This perfects all the wishes.

"These are some excerpts of the mantra called, Beautifulizing the Shape of the Body of the Lotus in the Hand, the Holy Celestial Mansion of the Bodhisattvas."

"You will be attractive to all the sentient beings. You will become wonderful, enchanting to all the sentient beings."

"While abiding in an isolated place, alone, visualize the Buddha in your mind and then when you recite this mantra seven times, then whatever you wish will be achieved. Then ..."

"You have wishes that you have in the heart. [Whatever] needs, just by chanting the verse, the wishes that you have in the heart are fulfilled."

"Chant the mantra, "Manjushri, Chenrezig, and Vajrapani.""

"This is the teaching that cracks by the vajra.

"This is the teaching that cracks by the vajra."

"This is the teaching that cracks by the vajra."

"This is the teaching that cracks by the vajra."

"These are some excerpts of the mantra called, Beautifulizing the Shape of the Body of the Lotus in the Hand, the Holy Celestial Mansion of the Bodhisattvas."

"The holy mantra called, Beautifulizing the Shape of the Body of the Lotus in the Hand is included in the teachings as recorded on the CD this transcription has been only lightly edited. Words in "[ ]" have been added by the editor for ease of following.

NOTE: Rinpoche's translation of the text is included. For ease of following, all passages in brackets have been added by the editor for ease of following.

Track 5: Benefits of the Mantra Called, "Beautifulizing the Shape of the Body of the Lotus in the Hand," the Holy Celestial Mansion of the Bodhisattvas"
Track 7: Requests

Chants to Buddhas' Benefactors

Track 7: Auspicious Verses of the Three Rare Sublime Ones

These are auspicious verses of the Three Rare Sublime Ones. Buddha taught these to Buddhas' benefactors.

Translation:
In whatever way you appear, glorious guru,
With whatever retinue, lifespan, and pure land,
Whatever noble and holy name you take,
I and others attain only these.

May I not arise heresy even for a second
In the actions of the glorious guru.

May I see whatever actions are done as pure
With this devotion, may I receive the blessings of the guru in my heart.

Chanting prayer with tingshas (small cymbals). Original text not yet found.
Track 2: Calling the Guru From Afar

When one does this prayer, Calling the Guru from Afar, one should visualize the guru above one's crown and think that the guru encompasses all the Buddha, Dharma, and Sangha. Then, when chanting, meditate on the kindness of the guru. The meaning is to meditate on the kindness of the guru. When one does this prayer, Calling the Guru from Afar, one should

Track 1: Instructions for Listening to Calling the Guru From Afar

See the following pages for Tibetan phonetics and English translation of this prayer.

CD 2
Track 3 begins on p. 23.

After reciting these verses, recite any requesting prayers to your own guru that you wish.

Track 3 begins on p. 23.