

*Prayers to Pacify
the Dangers of
Earthquake*

*As advised by
Kyabje Zopa Rinpoche*

Kṣitigarbha Practice

I prostrate, go for refuge, and make offerings to the bodhisattva Kṣitigarbha who has unbearable compassion for me and all sentient beings who are suffering and whose minds are obscured, who has qualities like the sky and liberates sentient beings from all suffering and gives every happiness. Please grant blessings! (3x)

With hands folded in prostration, you can visualize doing the prostration to all the buddhas and bodhisattvas – that becomes prostration when you say the word “prostration.” When you say “refuge,” think that you are asking to be free from the two obscurations (to be able to achieve enlightenment). When you say the word “offering,” think all the offerings that you have are then offered.

Then, when you ask for “blessings,” think in the mind the whole path to enlightenment – this is the blessing to be received. So the extensive benefits of this mantra will be translated. This is the mantra that Kṣitigarbha heard from buddhas equaling the number of sand grains of the river Ganga (in India). He made offerings to them and then received this mantra. This is the story of the mantra – how to receive all of the benefits.

This mantra is to be used for any difficulties of problems. It is the best one to do for any problems in any situation. Even reciting it only four or five times – just a few times – is very powerful. It speaks so much of power, showing how important the bodhisattva is. Even to recite or just to think of the name of the bodhisattva is very, very powerful.

Long Mantra:

CHHIM BHO CHHIM BHO CHIM CHHIM BHO /
AKASHA CHHIM BHO / VAKARA CHHIM BHO /
AMAVARA CHHIM BHO / VARA CHHIM BHO /
VACHIRA CHHIM BHO / AROGA CHHIM BHO /
DHARMA CHHIM BHO / SATEVA CHHIM BHO /
SATENI HALA CHHIM BHO / VIVA ROKA SHAVA CHHIM BHO /
UVA SHAMA CHHIM BHO / NAYANA CHHIM BHO /
PRAJÑA SAMA MONI RATNA CHHIM BHO /
KSHANA CHHIM BHO / VISHEMA VARIYA CHHIM BHO /
SHASI TALA MAVA CHHIM BHO /
VI AH DRASO TAMA HELE / DAM VE YAM VE /
CHAKRASE / CHAKRA VASILE / KSHILI PHILE KARAVA /
VARA VARITE / HASERE PRARAVE / PARECHARA BHANDHANE /
ARADANE / PHANARA / CHA CHI CHA CHA /
HILE MILE AKHATA THAGEKHE / THAGAKHI LO /
THHARE THHARE MILE MADHE / NANTE KULE MILE /
ANG KU CHITABHE / ARAI GYIRE VARA GYIRE /
KUTA SHAMAMALE / TONAGYE TONAGYE / TONAGULE /
HURU HURU HURU / KULO STO MILE / MORITO / MIRITA /
BHANDHATA / KARA KHAM REM / HURU HURU

Short Mantra:

OM AH KSHITI GARBHA THALENG HUM

Buddha's Praise of Ksitigarbha

You have generated stability of thought and the pure altruistic thought of bodhichitta and have eliminated the sufferings of immeasurable sentient beings. I see (sentient beings) receiving happiness as from a wish granting jewel, and like the vajra you cut the nets of others' doubts. You offer holy offerings to the foe destroyers, the qualified ones gone beyond, with great compassionate thought and perseverance. You liberate sentient beings from their sufferings with oceans of wisdom. Because you have no fear (delusions), you have gone beyond samsara.

Brahma heard this mantra and then said to the entire assembly, "Please rejoice in the mantra I have now said."

And Buddha said, "Great, great."

This practice is especially beneficial for those who have heavy problems, serious health problems, big projects, or financial difficulties. I suggest it is extremely powerful to recite every day for protection, at least four or five times or more, depending on how crucial it is.

This practice is effective even to grow crops well and to protect land and crops. In the sutra of the bodhisattva Kshitigarbha are explained the extensive benefits and qualities: they are like the sky, like skies of benefit to all beings. There have been experiences, similar benefits (to those spoken of in the sutra) received by those who practice Kshitigarbha.

Colophon:

This practice was compiled and dictated to Getsul Thubten Nyingje by Lama Zopa Rinpoche in Madison, Wisconsin, June 30, 1998 and subsequently checked. Lightly edited by Murray Wright & Kendall Magnussen, Land of Medicine Buddha, August 24, 1998. Revised April 5, 1999 in Aptos, CA. Additional editing, FPMT Education Services, August 2000. Mantras checked against the Tibetan and further revisions completed, 31 October 2001.

If One Wishes to Control the Earthquakes

Oneself instantly arises into the Destroyer Qualified Gone Beyond, Mighty Shakya (Shakyamuni Buddha), golden color, right hand is in the mudra controlling the earth, left hand is in the mudra of concentration, being in the presence of the bodhi tree, and seated on the lotus which covers the world of the great thousand (of the three thousand galaxies). Due to the power of the blessing sitting in the vajra posture, controlling the earth, think that none of the three worlds can move -even the mere movement of the pores¹ of the earths.

Mantra

OM MUNE MUNE MAHAA MUNAYE SVAHA

OM HAE / TISHTHA TISHTHA² / BHANDA BHANDA /
DHAARAYA DHAARAYA NIRUNDHA NIRUNDHA BOOMI TSALA
URNANA MANAYE³ SVAHA

By reciting this one should not have doubt (that one will not experience the effect of earthquakes).

This was written by the great holy being Miphampa (one of the great scholars who is extremely well known in all the four traditions, a good hearted and pure holy being).

¹ atoms

² Make "th" sound with tongue at teeth

³ voice goes up at underlined letter

Prayer Fulfilling Wishes Simultaneously

By the obstacles of the earth, water, fire and wind elements,
When the borrowed illusory body encounters dangers⁴,
Make requests without doubt of two minds
To Ogyen (Guru Rinpoche) and the Goddesses of the Four
Elements.

There is no doubt that it will pacify the elements immediately
in their own place.

To Ogyen Padma Jungnye I request:

Please bless me to simultaneously actualize the wishes.

This is the mantra of Wrathful Guru (Padmasambhava)

OM AAH HUNG / ARTSIK NEE TSIK NAHMO BHAGAWATI HUNG
HUNG PHET

Mantra of Ksitigarbha

OM SUMBANI SUMBHA / HARACHARA / MAHAA PAA SHA
MARUTAA / AMOGHA VAJRA SATTVA SVAHA

⁴ is destroyed/disintegrated

Making Requests and Offerings to the Landlord and Goddesses of the Four Elements

Perform the pill made with dough mixed with naga medicines and the twenty-five vase substances in a very clean container. Pour milk and clean water on top.

Perform the golden drink⁵ of milk and water that has jewels, medicines, grains and so forth⁶ and bless this.

The King of the Landlord, golden in color, and the Earth Goddess Temna,

Wood towards the eastern side, Fire towards the southern side, Iron towards the western side, Water towards the northern side,⁷ Earth Goddesses of the four corners, please hear this request in your ear. Please take this golden drink and these things of offering and so forth.

Please don't have hatred and jealousy toward this temple and earth.⁸

Please bless all to be auspicious; don't get annoyed and be happy.

Please don't harm or be against and have love.

Please be patient toward the things that have hurt you.

Please pacify the harms of the four elements, such as earthquakes and so forth, that which are disharmonious.

Please may all be auspicious. May there be happiness and goodness.

This is the request and offering to the Goddesses of the four elements. Having received the advice to accumulate 100,000 recitations of this prayer In order to pacify the dangers of earthquakes, it is done by following the traditional practice of the earth ceremony, which is found inside the volume THA of the teachings of the Kahl Tagri Lama Damtsik Dorje. The one who offered service and did the editing is Jado incarnate lama.

I, Mickey Mouse, bearing the name incarnation Zopa, have translated this into English, dictated to Ven. Holly Ansett on 17 March 2011 at Kachoe Dechen Ling, Aptos, CA, USA, with the kind help of Nick Ribush, Ven. Steve Carlier and Sarah Shifferd.

⁵ Tea offering

⁶ Refers to the twenty-five substances

⁷ Could be related to deities of the four elements

⁸ Here one can insert the name of the country or place

Protector Prayers and Tea Offering

Blessing the Inner Offering and the Tea

This blessing is done according to a highest yoga tantra deity and should only be recited by those with a highest yoga tantra initiation. For general purposes, one can use Yamantaka. If one relies on another highest yoga tantra deity, this deity may also be used by adjusting the self-generation and action mantra accordingly.

Self-Generation as Yamantaka

RANG NYI KÄ CHIG GI PÄL DOR JE JIG JE ZHÄL CHIG CHHAG NYI KYI
DRI GUG DANG THÖ PA DZIN PÄI KUR ZHENG PAR GYUR

Blessing the Inner Offering

OM HRIH SHTRIH VIKRITANANA HUM PHAT

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

TONG PA NYI DU GYUR

TONG PÄI NGANG LÄ YAM LÄ LUNG / RAM LÄ ME

AH LÄ MI GÖI GYE PU SUM GYI TENG DU

AH LÄ JUNG WÄI THÖ PA KAR PO

DEI NANG DU SHA NGA / DÜ TSI NGA

DE DAG GI TENG DU OM AH HUM

RANG GI THUG KÄI HUM LÄ Ö ZER THÖ / LUNG YÖ ME BAR

THÖ PAI NANG GI DZÄ NAM ZHU ZHING KHÖL
YI GE SUM LÄ Ö ZER THRÖ PÄ DOR JE SUM KUG NÄ THIM PA THÖ PAR
LHUNG TE ZHU WÄ HUM GI KHA DOG DRI NÜ KYI KYÖN JANG / ÄH
DÜ TSIR TOG PAR JÄ
OM GYI MANG POR BAR ZHING PEL WAR GYUR

OM AH HUM (3x)

The outer offerings can also be blessed here.

Blessing the Tea

OM HRIH SHTRIH VIKRITANANA HUM PHAT

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

TONG PA NYI DU GYUR
TONG PÄI NGANG LÄ YAM LÄ LUNG / RAM LÄ ME
AH LÄ MI GÖI GYE PU SUM GYI TENG DU
AH LÄ JUNG WÄI THÖ PA KAR PO
DEI NANG DU SHA NGA / DÜ TSI NGA
DE DAG GI TENG DU OM AH HUM
RANG GI THUG KÄI HUM LÄ Ö ZER THRÖ / LUNG YÖ ME BAR
THÖ PAI NANG GI DZÄ NAM ZHU ZHING KHÖL
YI GE SUM LÄ Ö ZER THRÖ PÄ DOR JE SUM KUG NÄ THIM PA THÖ PAR
LHUNG TE ZHU WÄ HUM GI KHA DOG DRI NÜ KYI KYÖN JANG / ÄH
DÜ TSIR TOG PAR JÄ
OM GYI MANG POR BAR ZHING PEL WAR GYUR

OM AH HUM (3x)

Degyä Tea Offering

OM AH HUM (3x)



on each
beat

HUM KU SUM GYÜ SUM LA MA DANG

HUM To the three kayas, the three lineage gurus,

YI DAM ZHI THRÖI LHA TSHOG DANG

The assembled deities of the peaceful and wrathful yidams,

KYAB NÄ KÖN CHHOG SUM PO DANG

The three precious holy objects of refuge,

KHA DRO NOR LHA TER SUNG TSHOG

The assemblies of dakinis, wealth deities, and treasure guards,

CHHÖ YÜL GONG MA THAM CHÄ LA

To all the above objects of veneration

CHHÖ PA DAM PA DI BÜL LO

I make this sacred offering;

SER KYEM TSANG MA DI ZHE LA

Take this pure golden libation

DAG GI DÖ DÖN DRUB TU SÖL

And please fulfill all my wishes.

LHA YI WANG PO GYA JIN DANG

To Indra, the leader of the gods,

LHA MIN WANG PO THAG ZANG DANG

Thag Zang , the leader of the demigods

MI AM CHI JÖN TA GO DANG

The spirit leader with a horse's head,

NÖ JIN GANG WA ZANG PO DANG

The leader of the Nöjin Gangwa Zangpo,

KHA DING SER MIG KHYIL WA DANG

And the leader of sky-soaring Golden Swirling Eye,

CHHÖ KYONG MA HA KA LA DANG

The Dharma protector Mahakala,

DRI ZA ZUR PHÜ NGA LA SOG

The king of the five types of smell eaters,



on each
beat

CHHI YI DE GYÄ KHOR CHÄ LA

And the outer degyā and their entourage

CHHÖ PA DAM PA DI BÜL LO

I make this sacred offering;

SER KYEM TSANG MA DI ZHE LA

Take this pure golden libation

DAG GI DÖ DÖN DRUB TU SÖL

And please fulfill all my wishes.

YAB CHIG DÜ JE NAG PO DANG

To the sole father, the black king of the demons,

TSÄN GYÄL YAM SHÜ MAR PO DANG

The red king of the tsän spirits,

YÜL LHA CHHA SANG LU SÄ DANG

The son of the naga, the local god Chasang,

SOG DAG GYÄL PO NYING JIN DANG

tTo Nyingjin, the king of the life-controlling spirits,

CHHÖ KYONG NÖ JIN MAR PO DANG

The Dharma protector Red Nöjin,

MA MO JIG PÄI LOG JIN DANG

The goddess who gives the light of fearlessness,

GE NYEN DOR JE LEG PA DANG

The upasika Dorje Lekpa,

KAR MO NYI DÄI THÖ THRENG SOG

And the white sun-moon Skull Garland,

NANG GI DE GYÄ KHOR CHÄ LA

To the inner degyā along with their entourage

CHHÖ PA DAM PA DI BÜL LO

I make this sacred offering;

SER KYEM TSANG MA DI ZHE LA

Take this pure golden libation

DAG GI DÖ DÖN DRUB TU SÖL

And please fulfill all my wishes.



on each
beat

DÜ PHO KHA THÜN RAKSHA DANG

To the harmonious male mara Yaksha,

SHIN JE SHE PO MAR NAK DANG

The red Yamantaka, Lord of Death,

LU DÜ NA GA RA TSA DANG

The king of the nagas, Naga Demon,

NÖ JIN SHÄN PA DRI THÖG DANG

The sword-holding butcher nöjin,

MA MO SIN PÖI THRAM DEB DANG

The mamo spirit who encourages cunning acts,

TSÄN PO YAM SHÜ SOG LEN DANG

The tsän spirit who creates sickness and takes life,

SOG DAG DUNG GI THOR TSHUG SOG

The life-controlling spirit with a topknot like a conch,

SANG WÄI DE GYÄ KHOR CHÄ LA

To the secret degyä along with their entourage

CHHÖ PA DAM PA DI BÜL LO

I make this sacred offering;

SER KYEM TSANG MA DI ZHE LA

Take this pure golden libation

DAG GI DÖ DÖN DRUB TU SÖL

And please fulfill all my wishes.

ZA CHHOG GYÄL PO RA HU LA

To the sublime king of the dza spirits Rahula,

KAR CHHOG THRAM SHING KHA THOR DANG

The sublime white Thamshing Khator,

DÜ CHHOG MA NU YAKSHA DANG

The sublime mara Manu Yaksha,

TSÄN CHHOG DRI TSÄN THU WO DANG

The sublime tsän spirit Dritsän Thuwo,

MA CHHOG CHE CHANG DUNG DZIN DANG

The sublime mamo the dagger-holding jackal,

LU CHHOG LU GYÄL DUNG KYONG DANG

The sublime naga king Dung Kyong,



on each
beat

GÖN CHHOG NAG PO TER KAR DANG

The sublime protector black Terkar,

GYAL CHOG LI JIN HA RA TSOG

The sublime king Lijin Hara,

CHHOG GI DE GYÄ KHOR CHÄ LA

To the sublime degyā along with their entourage

CHHÖ PA DAM PA DI BÜL LO

I make this sacred offering;

SER KYEM TSANG MA DI ZHE LA

Take this pure golden libation

DAG GI DÖ DÖN DRUB TU SÖL

And please fulfill all my wishes.

PUNG YÄ DRA L HAR TRÜL PA DANG

The right shoulder emanates dralha;

PUNG YÖN MA MOR TRÜL PA DANG

The left shoulder emanates mamo;

CHHU SO DÜ DU TRÜL PA DANG

The tongue and teeth emanate demons;

GO WO SIN POR TRÜL PA DANG

The head emanates yakshas;

JUG MA MU RU TRÜL PA DANG

The tail emanates muru;

LAG YÄ SHIN JER TRÜL PA DANG

The right hand emanates the Lord of Death;

LAG YON LU TSÄN TRUL PA DANG

The left hand emanates naga and tsän;

MIG DANG NYING DANG TSEMA SOG

The eye, heart, and secret organ

ZA DÜ NYI DU TRÜL PA DANG

Emanate dza spirits as mara;

TRÜL PÄI DE GYÄ KHOR CHÄ LA

To the emanation degyā and their entourage

CHHÖ PA DAM PA DI BÜL LO

I make this sacred offering;



on each
beat

SER KYEM TSANG MA DI ZHE LA

Take this pure golden libation

DAG GI DÖ DÖN DRUB TU SÖL

And please fulfill all my wishes.

SA DAG HÄL KHYI NAG PO DANG

To the black landlord Hälkhyi,

LU DÜ GOM RA NAG PO DANG

The black naga mara Gomra,

SA YI LHA MO TÄN MA DANG

The goddess of the earth Tänma,

CHHOG KYONG GYÄL CHHEN DE ZHI DANG

The great kings of the four directions,

GÖN PO DÜN CHU TSA NGA DANG

The seventy-five Dharma protectors

YÜL DII ZHI DAG THAM CHÄ DANG

And all the landlords of this place,

PO LHA DRA LHA SOG LHA DANG

To the male god, the enemies' god, and the life force god,

MO LHA MO MÄN LA SOG PA

The female god and supporters of females,

NANG SI DE GYÄ KHOR CHÄ LA

To all the appearing and existing degyä with their entourage

CHHÖ PA DAM PA DI BÜL LO

I make this sacred offering;

SER KYEM TSANG MA DI ZHE LA

Take this pure golden libation

DAG GI DÖ DÖN DRUB TU SÖL

And please fulfill all my wishes. (1x, 3x or many times)

SER KYEM TSANG MA PHU KYI CHO PA DI

This pure and fresh golden libation

SA SUM LHA DANG DE GYÄ JUNG WÖ TSOG

Is offered to gods of three levels of earth and all assemblies of degyä,



on each
beat

DÖN GEG LÄN CHAG GO WÖ LHA NAM LA

Don spirits, geg spirits, karmic debtors, and needed gods,

SER KYEM DI CHÖ TSOL WAI THRIN LÄ DZÖ

Please take this golden libation and perform the requested deeds.

NAL JOR DAG GI RIG GYU SUNG MA DANG

To the family protector of myself, the yogi,

SA CHOG DI YI YUL SHI NÄ SHI DAG

The local gods and landlords abiding in this very place,

LO DA SHAG DU TSE LA WANG WAI LHA

The gods who have control over lifespan of years, months, and time,

SER KYEM DI CHÖ TSOL WAI THRIN LÄ DZÖ

I offer this golden libation; please perform the requested deeds

THUN PÄI NGO DRUB MA LU PA

Please grant me in this very moment, here and now,

DU DIR DAG LA TSÄL DU SOL

All appropriate attainments of the Muni without exception.

KHOR DANG TÄN PA LONG CHHÖ NAM

Oh, you host of protectors,

GYÄ PAR DZÖ CHIG SUNG MÄI TSHOG

Increase the teachings, my retinue, and wealth.