

# *Kshítigarbha Practice*



*Compiled by Lama Zopa Rínpoche*

Foundation for the Preservation of the Mahayana Tradition, Inc.  
1632 SE 11th Avenue  
Portland, OR 97214 USA  
[www.fpmt.org](http://www.fpmt.org)

© 2015 Foundation for the Preservation of the Mahayana Tradition, Inc.  
All rights reserved.

No part of this book may be reproduced in any form or by any means, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system or technologies now known or developed, without permission in writing from the publisher.

Set in Calibri 12.5./15, Century Gothic, Lydian BT, and Tibetan Machine Unicode.

Printed in the USA.

Cover image of Bodhisattva Kshitigarbha - artist unknown.

Practice Requirements:  
Anyone may perform the practices in this text.

# Kshítigarbha Practice

## Refuge

---

With hands folded in prostration, 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.

---

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

## Generating Bodhichitta

DRO NAM DRÄL DÖ SAM PA YI

**With the thought desiring to liberate migrating beings**

SANG GYÄ CHHÖ DANG GE DÜN LA

**I shall always go for refuge**

JANG CHHUB NYING POR CHHI KYI BAR

**To the Buddha, Dharma, and Sangha**

TAG PAR DAG NI KYAB SU CHHI

**Until I reach the essence of enlightenment.**

SHE RAB NYING TSE DANG CHÄ PÄ

**With perseverance, for the welfare of**

TSÖN PÄ SEM CHÄN DÖN DU DAG

**Sentient beings due to wisdom with mercy,**

SANG GYÄ DÜN DU NÄ GYI TE

**I take a place in the presence of the buddhas**

DZOG PÄI JANG CHHUB SEM KYE DO (3x)

**And generate the mind of complete enlightenment. (3x)**

### *Seven-Limb Prayer*

GO SUM GÜ PÄI GO NÄ CHHAG TSHÄL LO

**Reverently, I prostrate with my body, speech, and mind.**

NGÖ SHAM YI TRÜL CHHÖ TRIN MA LÜ BÜL

**I present clouds of every type of offering, actual and imagined.**

THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG

**I declare all my negative actions and downfalls  
accumulated since beginningless time.**

KYE PHAG GE WA NAM LA JE YI RANG

**I rejoice in the virtue of all aryas and ordinary beings.**

KHOR WA MA TONG BAR DU LEG ZHUG NÄ

**Please remain until the end of cyclic existence**

DRO LA CHHÖ KYI KHOR LO KOR WA DANG

**And turn the wheel of Dharma for migrating beings.**

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

**I dedicate my own and others' virtues to the great enlighten-  
ment.**

## Mantra Recitation

---

This is the mantra that Kshitigarbha 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 or problems. It is the best one to do for any problems in any situation. Reciting it even only four or five times is very powerful. Even reciting or just thinking of the name of the bodhisattva is very, very powerful.

---

Visualize Bodhisattva Kshitigarbha in front of you, looking at you compassionately with a loving smile. As you recite the mantra, Kshitigarbha sends out nectar beams that purify yourself and all the sentient beings in the six realms of disease, spirit harm, delusion, gross and subtle obscurations, *she drib*, and negative karma. Purify the place from where sicknesses, spirit harm and earthquakes and all disasters come from – the mind, the obscurations and negative karma included. Think that which has been collected since beginningless rebirth is now totally purified, not only for yourself. Causes, obscurations, and negative karma collected from beginningless rebirths are purified, not only your own but that of all sentient beings.

## **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 /  
 UPA SHAMA CHHIM BHO / NAYANA CHHIM BHO / PRAJNA  
 SAMA MONE RATNA CHHIM BHO / KSHANA CHHIM BHO /  
 VISHEMA VARIYA CHHIM BHO / SHASI TALA MAVA CHHIM  
 BHO / VI AH DRASO TAMA HELE / DAMA VE YAME VE /  
 CHAKRASE / CHAKRA VASILE / KSHILE PHILE KARAVA / VARA  
 VARITE / HASERE PRARAVE / PARECHARA BHANADHANE /  
 ARADANE / PHANARA / CHA CHA CHA CHA / HILE MILE  
 AKHATA THAGEKHE / THAGAKHI LO / THHARE THHARE MILE  
 MADHE / NANTE KULE MILE / ANG KU CHITABHE / ARAI GYIRE  
 VARA GYIRE / KUTA SHAMAMALE / TONGYE TONGYE /  
 TONGULE / HURU HURU HURU / KULO STO MILE / MERITO /  
 MERITE / BHANADHATA / HARA KHAMA REMA / HURU HURU

## **Short Mantra**

OM AH KSHITI GARBHA THALENG HUM

Then, if you have received even a lower tantra initiation, like a Great Initiation of Chenrezig, Kshitigarbha absorbs into the crown of your head and you become Kshitigarbha, with all the qualities of Kshitigarbha. Then all sentient beings become Kshitigarbha. If you have not received a great initiation, Kshitigarbha absorbs into the space between your eyebrows and blesses your body, speech, and mind.

## *Buddha's Praise of Kshitigarbha*

You have generated stability of thought and the pure altruistic thought of bodhichitta and have eliminated the sufferings of immeasurable sentient beings. You see (sentient beings) receiving happiness as from a wish-granting jewel, and like the vajra, you cut the nets of others' doubts. You make 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<sup>1</sup>, 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, financial difficulties, or are in danger of experiencing natural disasters such as earthquakes. 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*, the extensive benefits and qualities are explained: 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.

[At this point Lama Zopa Rinpoche recommends reciting the *King of Prayers*.]

---

## *Dedication Prayers*

GE WA DI YI NYUR DU DAG  
**Due to this virtue, may I quickly**  
LA MA SANG GYÄ DRUB GYUR NÄ  
**Become a Guru-Buddha,**  
DRO WA CHIG KYANG MA LÜ PA  
**And lead all migrating beings**  
DE YI SA LA GÖ PAR SHOG  
**Without exception, to that state.**

JANG CHHUB SEM CHHOG RIN PO CHHE  
**May the precious supreme bodhichitta**  
MA KYE PA NAM KYE GYUR CHIG  
**That has not arisen, arise and grow;**  
KYE PA NYAM PA ME PA YI  
**And may that which has arisen not diminish**  
GONG NÄ GONG DU PHEL WAR SHOG  
**But increase more and more.**

May any merit created through this practice be dedicated to prevent earthquakes in California, Nepal and in all universes.

## *Prayers for Multiplying Merit*

---

To increase the merit created by 100,000 times, at the end of the day recite:

---

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR DZOG  
PÄI SANG GYÄ NAM PAR NANG DZÄ Ö KYI GYÄL PO LA CHHAG TSHÄL  
LO (1x)

**To Bhagavan, Tathagata, Arhat, Perfectly Completed Buddha,  
Vairochana, King of Light, I prostrate. (1x)**



JANG CHHUB SEM PA SEM PA CHHEN PO KÜN TU ZANG PO LA CHHAG  
TSHÄL LO (1x)

**To Bodhisattva Mahasattva Samantabhadra, I prostrate. (1x)**

TADYATHA OM PANCHA GRIYA AVA BODHANI SVAHA /  
OM DHURU DHURU JAYA MUKHE SVAHA (7x)

To actualize all prayers as well as to multiply their benefits  
by 100,000:

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
DZOG PÄI SANG GYÄ MÄN GYI LA BAI DUR YA Ö KYI GYÄL PO LA  
CHHAG TSHÄL LO (1x)

**To Bhagavan, Tathagata, Arhat, Perfectly Completed Buddha,  
Medicine Guru, King of Sapphire Light, I prostrate. (1x)**

CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA YANG DAG PAR  
DZOG PÄI SANG GYÄ NGO WA DANG MÖN LAM [THAM CHÄ RAB TU]  
DRUB PÄ GYÄL PO LA CHHAG TSHÄL LO (1x)

**To Bhagavan, Tathagata, Arhat, Perfectly Completed Buddha,  
King [Fully] Accomplishing [All] Dedications and Prayers, I  
prostrate. (1x)**

ME JUNG SA CHÄ GYÄL WÄI JIN LAB DANG

**Due to the power of the blessings of the eminent buddhas  
and bodhisattvas,**

TÄN DREL LU WA ME PÄI DEN PA DANG

**The power of infallible dependent arising,**

DAG GI LHAG SAM DAG PÄI THU TOB KYI

**And the power of my pure special attitude,**

NAM DAG MÖN PÄI NE DI DRUB PAR SHOG

**May all my pure prayers succeed immediately.**

## Notes

### 1. Delusions

#### **Colophons:**

*Kshítigarbha Practice*: This practice was compiled and dictated to Getsul Thubten Nyíngje by Lama Zopa Rinpoche in Madison, Wisconsin, June 30, 1998 and subsequently checked. Lightly edited by Murray Wright & Kendall Magnusen, Land of Medicine Buddha, August 24, 1998. Revised April 5, 1999 in Aptos, California, USA.

Additional editing, FPMT Education Services, August 2000. Mantras checked against the Tibetan and further revisions completed, 31 October 2001. Additional prayers and instructions added on the advice of Lama Zopa Rinpoche, November 2015.

*Dedication Prayers*: Taken from the FPMT Retreat Prayer Book, 2015.

*Prayers to Multiply Merit*: From the instructions of Lama Zopa Rinpoche. Additional homage of the Medicine Buddha added according to the instructions of Lama Zopa Rinpoche, May 2009. Translation of the prayers by Ven. Joan Nicell, April 2015.

*Translator's colophon*: Draft translation by Kyabje Zopa Rinpoche on the auspicious occasion of extensive dedications for the White Tara retreat at Shakyamuni Center, Taichung, Taiwan, Losar 2007. Lightly edited by Ven. Sarah Thresher. Phonetics provided by Ven. Tenzin Dekyong and lightly edited by Ven. Gyalten Mindrol, July 2007.

