

Shakyamuní Buddha Holy Name and Mantra

[LA MA] TÖN PA CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA
YANG DAG PAR DZOG PÄI SANG GYÄ PÄL GYÄL WA SHA KYA THUB PA
LA CHHAG TSHÄL LO

**[Guru], Teacher, Bhagavan, Tathagata, Arhat, Perfectly
Complete Buddha, Glorious Conqueror Shakyamuni Buddha,
I prostrate.**

TADYATHA OṂ MUNE MUNE MAHĀ MUNAYE SVĀHĀ

This holy name mantra is also called *Prajnaparamita in a Few Words*. By reciting this mantra, 80 thousand billion eons of negative karma get purified.

Colophon:

Extracted from a teaching by Lama Zopa Rinpoche during the Covid-19 crisis in Kopan Monastery, April 14, 2020.