

# Practice to be done at Stupas

By Khenpo Kathar Rinpoche. Copied and edited by Kathy Wesley. Based on personal interview, 2008.  
Last revised February 6, 2013.

*Editor's note: In early 2008, I asked Khenpo Karthar Rinpoche for a format for practice when dharma practitioners go to visit a stupa. He offered this formula for practice. It is my hope to put a Tibetan and English copy of this practice into a small book that can*

*be given out to disciples who visit stupas around the world, most particularly the sacred stupa of His Holiness the 16th Karmapa at Crestone. May all beings benefit!*

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## First, perform 3 prostrations in front of the stupa.

*Before, or during, the prostrations, recite:*

**NAMO BUDDHAYA  
NAMO DHARMAYA  
NAMO SANGHAYA**

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## Next, offer a mandala in a short or long form

*Short form:*

**SA ZHI PU CHU JUG SHING ME TOG TRAM  
RI RAB LING ZHI NYI DE GYEN PA DI  
SANG GYE ZHING DU MIG TE P'HUL WA YI  
DRO KUN NAM DAG ZHING LA CHO PAR SHOG**

*Sprinkling the ground with scented water and strewing it with flowers, I imagine this universe of the Supreme Mountain surrounded by four continents and ornamented with the sun and moon to be a Buddha-Field and offer it up. By means of this may all beings experience the joy of the pure lands.*

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## Next, if you have brought any offerings, set them before the stupa to offer them.

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## Next, recite the Prayer of the Four Immeasurables

**SEM CHEN THAM CHE DE WA DANG  
DEWAY GYU DANG DEN PAR GYUR CHIK  
DUK NGAL DANG DUK NGAL GYI GYU  
DANG DREL WAR GYUR CHIK  
DUK NGAL ME PAY DE WA DAM PA  
DANG MI DREL WAR GYUR CHIK  
NYE RING CHAK DANG NYI DANG DREL WAY  
TANG NYOM CHEN PO LA NE PAR GYUR CHIK**

*May all sentient beings gain happiness  
and the cause of happiness.*

*May they be free from suffering and the cause of suffering.*

*May they never be separated from the highest bliss,  
which is devoid of suffering.*

*May they come to rest in the great impartiality,  
which is free of attachment and aversion.*

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**Then circumambulate the stupa,  
walking around it in a clockwise direction.**

*While circumambulating the stupa, recite this mantra, which multiplies  
the merit of your circumambulation by thousands:*

**NA MA NA BA NA BA TI NAM  
TA THA GA TA GA GA NAM, DI PA LU KA NAM  
KO TI NI YU TA SHA TA SA HA SA NAM  
OM BO BO RI TSA RI NI TSA RI  
MO RI GO RI TSA LA BA RI SO HA**

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**Next, you may do whatever other prayers and practice you wish.**

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**Conclude with any dedication prayers you wish.**

*A sample of dedication prayers:*

**GE WA DI YI KYE WO KÜN  
SÖ NAM YE SHE TSHOK DZOK TE  
SÖ NAM YE SHE LE JUNG WAY  
DAM PA KU NYI THOP PAR SHOK**

*Through this virtue, may all beings  
gather the accumulation of merit and wisdom.  
May they attain the two supreme kayas  
arising from merit and wisdom.*

**SÖ NAM DI YI T'HAM CHE ZIK PA NYI  
T'HOP NE NYE PAY DRA NAM PAM JE NE  
KYE GA NA CH'HI BA LAP TH'RUK PA YI  
SI PAY TS'HO LE DRO WA DRÖ**

*By this merit may we become omniscient;  
From this attainment, after defeating evil faults,  
Through the endless storm of birth,  
old age, sickness and death,  
May we liberate all beings  
from the suffering in the three worlds.*

**JAM PAL PA WO JI TAR KHYEN PA DANG  
KÜN TU ZANG PO DE YANG DE ZHIN TE  
DE DAK KÜN GYI JE SU DAK LOP CHING  
GE WA DI DAK THAM CHE RAP TU NGO**

*The courageous Manjushri, who knows everything as it is;  
Samantabhara, who also knows in the same way;  
And all the Bodhisattvas, that I may follow in their path  
I completely dedicate all this virtue.*

