

Practice to be done at Stupas

By Khenpo Kathar Rinpoche. Copied and edited by Kathy Wesley. Based on personal interview, 2008.
Last revised June 12, 2008.

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!

First, perform 3 prostrations in front of the stupa.

Before, or during, the prostrations, recite:

NAMO BUDDHAYA
NAMO DHARMAYA
NAMO SANGHAYA

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.

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

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.*

**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:*

NAMO BHAGA WATI RATNA KIRTI RANDZAYA TATA GATAYA
ARHATE SAMYAK SAMBUDDHAYA TAYATA
OM RINI RENA MAHA RINI RENA BUDZAYA SO HA

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

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.*

