

*Dharani Extremely
Conquering from
Bondage*



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Foundation for the Preservation of the Mahayana Tradition
Education Department
1632 SE 11th Avenue
Portland, OR 97214 USA

Tel: (503) 808-1588
Fax: (503) 808-1589
Email: education@fpmt.org
Web: www.fpmt.org/shop



Here is the dharani (zung) called
Extremely Conquering the Body,
Speech, and Mind from Bondage



In the Tibetan language: Lus ngag yid gsum bchings pa las grol bar byed pa shes bya wai gzungs

In the Indian language: Kaya vaki chi prita stambhana vijaya dharani

Prostration to the Destroyer, the Qualified Gone Beyond, Omniscient Victorious One.

In the place of abiding of the victorious celestial mansion, the Qualified Destroyer was requested by Indra, controller of the devas:

“You, the pure one, restrained from vices, the Destroyer, Qualified One Gone Beyond, you who are the principal of omniscient ones, please liberate body, speech, and mind from bondage by the asuras.”

The Destroyer, Qualified One Gone Beyond then granted the instruction:

“You, Indra, it is good that you have requested me about this subject. Therefore, listen well and hold this in your mind. Pay precise attention to this. One whose body, speech, and mind is controlled and bound will not receive an opportunity for happiness forever.

“Due to the power of this wisdom mantra (*rig ngag*) in the power of concentration from the two collections of actions, all the results come from this. To degenerate the qualities beyond from this life (*jigten*: this life, this world, the aggregates, which are in the nature of change) one will never receive the result of the merit: happiness.



“Like this, even though the beams of the sun are perfected, yet they are controlled (covered) by clouds. Therefore, attempt the method liberating body, speech, and mind from bondage. If you do this, you will be liberated from being bound, suppressed, and controlled. This is like the light of the lamp dispelling the darkness, or the power of the blazing fire burning all the forest, or the sound of the lion overwhelming and controlling all the animals. This is by the blessings of this great wisdom mantra that liberates from the bondage, and these are the stages to practice that:”



OM HRIH VAJRA JVALA SARVA KARMA

May my body, speech, and mind bound and controlled with black magic, destroying my abilities, be released from these harms.

OM VAJRA CCHINDHA YA HA HE HUM PHAT

May I be victorious over and above evil actions of (created by) others.

OM MAMA SARVA BHIDHA BHIDHA / JAYE JAYE / VIJAYE VIJAYE
/ AJITA APARAJITA YE MAMA BHESAHYA PA MARDHA / HA YE
MAMA HUM PHAT

May this great wisdom mantra make one be unable to be controlled by others, pacify all hatreds and wrong thoughts towards me.

OM SHANTINGKA RI NI YE MAMA VAJRA / JÑANA PRAYACCHA
YAM / MAMA BHIDHARAYA / HA HA HE HE HI HI HUM HUM
/ PRAKARANA SARVA CHALA SARVA VAJRA RAKSHA RAKSHA
PHAT PHAT SVAHA

The above practice is to be recited.





Benefits

Buddha said to Indra:

“Indra, the benefits of anybody reciting this great wisdom mantra are like this: By keeping this dharani wheel on one’s body, it has potential and power and liberates the body, speech, and mind from bondage.

“Whoever comes under the shadow of the person keeping this wheel or even is struck by the breeze when the person keeping the dharani passes, their body, speech, and mind are liberated from bondage.

“If this dharani wheel is tied to the top of a banner and put in the center of the highest house or building in the center of a great city (highest place), anyone who comes under its shadow or is touched by the cool breeze from that banner, even those beings are liberated from this bondage.

“Anybody who drinks water (from a well, lake, spring, waterfall, river, pond, stream, etc.) that has the reflection of the wheel in it is liberated from all bondage.

“Even one who keeps this dharani above their door, inside their cooling umbrella or hat, or on their collar – by being below this protection, one is completely liberated from bondage.

“Therefore, you should keep and memorize this great wisdom mantra.”

Then King Indra requested: “O Founder, Destroyer, Qualified One Gone Beyond, Glorified King Victorious over Wisdom, this has been taught well in order to benefit all. To the supreme wisdom mantra I prostrate and pay homage.”

In this way, Indra made praise and so forth, and all the surrounding beings rejoiced and praised what the Buddha, the destroyer, the fully qualified one who is gone beyond, had taught.

Here the dharani that liberates body, speech, and mind from bondage is complete.





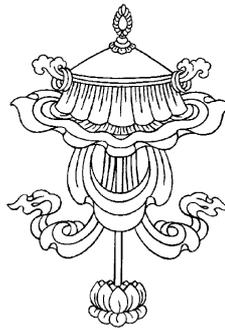


Colophon:

Translated by Indian Abbott Pandita Kaya Dara (Tibetan translator Shakya Yeshe) in the temple of Mangyul Chamtin.

This dharani is from the *Sungdu* in the Kangyur, which are the translated direct teachings of the Buddha.

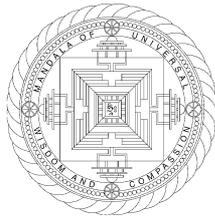
Translated into English by Lama Zopa Rinpoche at Buddha Amitabha Pure Land, Washington, USA, 9 July 2004 and scribed by Ven. Holly Ansett. Originally edited and formatted by Ven. Constance Miller, FPMT Education Department, August 2004. The Tibetan transcription and the English transliteration were rechecked and corrected in 2005 by Ven. Pemba Sherpa.



NOTE:

The actual Tibetan of the dharani is reproduced six times on the inside back page of this booklet. One may copy or extract this page, color the sheet with the dharanis yellow with saffron water, and then wear or place the dharanis as indicated in the text. The dharanis are reproduced here for the convenient use of practitioners.

Foundation for the Preservation of the Mahayana Tradition



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Our organization is based on the Buddhist tradition of Lama Tsongkhapa of Tibet, as taught by our founder, Lama Thubten Yeshe, and spiritual director, Lama Zopa Rinpoche.

FPMT, Inc.
1632 SE 11th Avenue
Portland, OR 97214 USA

Tel: (503) 808-1588
Fax: (503) 808-1589
Email: info@fpmt.org
Web: www.fpmt.org

FPMT Education Department



The aim of the Education Department at FPMT International Office is to serve the needs of Dharma centers and individuals in the area of Tibetan Buddhist educational and spiritual materials. This includes prayers and practice texts, retreat sadhanas and other practice materials, a variety of study texts and translations, deity images for meditation, and curricular materials for study programs in FPMT Dharma centers and for homestudy.

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If we can be of service to you in any way, please contact us at:

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Portland, OR 97214 USA

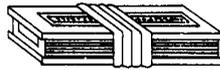
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Care of Dharma Books



Dharma books contain the teachings of the Buddha; they have the power to protect against lower rebirth and to point the way to liberation. Therefore, they should be treated with respect - kept off the floor and places where people sit or walk - and not stepped over. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects should not be placed on top of Dharma books and materials. Licking the fingers to turn pages is considered bad form as well as negative karma. If it is necessary to dispose of written Dharma materials, they should be burned rather than thrown in the trash. When burning Dharma texts, it is taught to first recite a prayer or mantra, such as OM, AH, HUM. Then, you can visualize the letters of the texts (to be burned) absorbing into the AH and the AH absorbing into you, transmitting their wisdom to your mindstream. After that, as you continue to recite OM, AH, HUM, you can burn the texts.

Lama Zopa Rinpoche has recommended that photos or images of holy beings, deities, or other holy objects not be burned. Instead, they should be placed with respect in a stupa, tree, or other high, clean place. It has been suggested to put them into a small structure like a bird house and then seal the house. In this way, the holy images do not end up on the ground.



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