

Morning Activities

The increasing effect mantra¹

OM SAMBHARA SAMBHARA BIMANA SARA MAHA JAVA HUM
OM SMARA SMARA BIMANA SKARA MAHA JAVA HUM (7x)

This mantra increases the merit of the day 100,000 times

Mantra to increase the merit of recitation

TADYATHA DHARE DHARE BENDHARE SVAHA (7x)

This mantra increases the merit of the Dharma texts and sadhanas you recite. For mantras, it is like having recited the mantra many millions of times. So much merit.

The mala blessing mantra²

OM RUCHIRA MANI PRAVARTAYA HUM (7x)

Recite seven times then blow on the mala. This increases the power of the mantras you recite over one million times.

Mantra for blessing the feet³

OM KHRECHA RAGHANA HUM HRI SVAHA (7x)

Recite seven times then blow on the sole of each foot, or shoe, whatever directly touches insects as you walk (one may also recite this mantra then blow on the tires of your car or bicycle.)

The tongue becomes of indestructible vajra nature. Nothing can harm, take away, or destroy the power of mantra, such as black foods. Then, generate very strong faith that all the power and blessings of the speech of all the buddhas, bodhisattvas, sages, yogis, and so on, have entered your speech and that your speech is perfected. Think: "I have perfected my speech." The minute that sentient beings hear your speech, it pacifies their emotional and disturbing thoughts and whatever you say gets actualized; they do what you say.

By thinking in this way, the power of your speech becomes marvelous and whatever you recite is multiplied by one million times. Your speech will not become like gossip. By the power of the mantras, the power of your speech will not be snatched by eating.⁵ Some lamas have explained this practice as follows: visualize yourself as the deity with the deity's syllable, such as HUM, at your heart. Around this, visualize the three mantras, the same as before. Then, recite each of those mantras followed by the deity's mantra. Also, if one wishes, one can recite the root Guru's mantra, because when you become the deity you are the root Guru. You are oneness with the purifying deity, the Guru – all oneness – so you can recite the Guru's mantra. Then recite your own root Guru's name mantra 3, 7, 21, or however many times you like.

His Holiness the Dalai Lama's Name Mantra

OM AH GURU VAJRADHARA VAGINDRA SUMATI SHASANA
DHARA SAMUDRA SHRI BHADRA SARVA SIDDHI HUM HUM

Lama Zopa Rinpoche's Name Mantra

OM AH GURU VAJRADHARA MUNI SHASANA KSHANTI SARVA
SIDDHI HUM HUM

Dedication Prayer

May my tongue have all the power of the ones gone to bliss.
By the power manifesting from these glorified words,
May all sentient beings be subdued,
And may all suffering be immediately pacified.
Whatever words I say, may all these meanings be accomplished instantly.⁶