

BENEFITS OF THE MANTRA CIRCLE

by Garchen Könchog Gyaltzen

If one consecrates knotted cords, *malas* and the like by blowing on them with love and the wish to benefit the sentient, countless deity forms will merge into those supports through the power of one's knowing mantra to be the deity.

Whoever wears such protective cords and *malas* on his or her body will experience the diminishment of self-grasping and suffering, the increase of primordial awareness and compassion, ease of body and mind and protection from outer, inner and secret obstacles.

In addition, those who have consecrated the supports will receive the merit of having helped bring about such benefits for their wearers.

The recitation of mantra can be done with or without melody. It is said that one recitation with melody is equal to one hundred recitations without. This is because when the melody is heard by gods, spirits and humans, their grasping at outer sounds ceases and their inner minds abide in clear and stable *samādhi*.

When the recitation of mantra becomes habituated, all sounds manifest as the sound of mantra. If one makes a recording of the mantra, then all sentient ones who hear the recording, whether embodied or not, will give rise to love and compassion in their mindstreams. Thus, their afflicted thoughts and emotions will be suspended and their karmic obscurations diminished.

Whoever makes such a mantra recording with the good motivation to bring benefit to all sentient ones, that person will accumulate vast merit throughout this and many future lives and will accomplish the benefit of both self and others. This is due to the power of *bodhicitta*, which pervades all of samsara and nirvana. In the prayer known as *The King of Aspirations, Samantabhadra's Conduct*, this is referred to as “the force of all-pervading love.”

If one gives rise to love, compassion and a beneficial intent when reciting the mantra, one will simultaneously make offering to all the buddhas, purify the obscurations of the sentient and accumulate vast merit through one's actions of body, speech and mind.

These words were spoken by Kyabjé Garchen Rinpoché on 27 September, 2010 at Garchen Dharma Institut in Germany. They were written down by Lama Könchog Tsering and Ari-ma and translated into English by Ari-ma at the guru's request.

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