



# Śākyamunī Buddha Holy Name Mantra

[LA MA] TÖN PA CHOM DÄN DÄ DE ZHIN SHEG PA DRA CHOM PA  
YANG DAG PAR DZOG PÄI SANG GYÄ PÄL GYÄL WA SHA KYA THUB PA  
LA CHHAG TSHÄL LO

**[Guru], Teacher, Bhagavān, Tathāgata, Arhat, Perfectly  
Complete Buddha, Glorious Conqueror Śākyamuni Buddha,  
I prostrate.**

TADYATHĀ OṂ MUNE MUNE MAHĀ MUNAYE SVĀHĀ

This holy name mantra is also called *Prajñāpāramitā in a Few Words*. By reciting this mantra, eighty thousand billion eons of negative karma get purified.

## Colophon:

Extracted from a teaching by Lama Zopa Rinpoche during the Covid-19 crisis in Kopan Monastery, April 14, 2020.