

Teacher's Supplement Mantra Which Overcomes the Power of the Maras

(From the Sagaramati-Requested Sutra, to be recited by dharma teachers before teaching)

TAYATA SHAMAY SHAMA WATI SHAMITASATRU AM KURAY MAM KURAY MARA
22TAY KAROTA KAYURE TAYZO WATI OLO YANI VISUDDHA NIRMALAY MALA
PANAYAY KHUKHURAY KHA KHA GRASAY GRASANA O MUKHI PARAM MUKHI A
MUKHI SHAMITWANI SARVA GRAHA BANDHANANAY NIGRIHITVA SARVA
PARAPRA WADINA VIMUKTA MARA PASA STHAVITVA BUDDHA MUDRA
ANUNGATITA SARVA MARRY PUTSA RITA PARISHUDHAY VIGATSANTU SARVA
MARA KARMANI

“Sagaramati, when these syllables are recited at the beginning and then the Dharma teachings are given, for a hundred yojana (distance) around, none of the maras can come to create obstacles. Those who can come cannot create obstacles.” — Quoted from Khenpo Kunchog Gyaltzen's translation of Gampopa's *Jewel Ornament of Liberation*