



# Nyungne

## Advice by Lama Zopa Rinpoche

### Benefits of Nyungne

The *Nyungne* practice is a most powerful, most beneficial, and quickest way for you to develop bodhicitta, to collect extensive merit to quickly achieve enlightenment, to become Chenrezig, and to liberate sentient beings from the oceans of samsaric suffering and bring them to enlightenment.

This practice is a trillion billion times greater than becoming an Olympic champion. Doing so many nyungnes you become an unbelievable champion: this is what makes numberless buddhas and bodhisattvas most happy, and brings sentient beings to enlightenment as quickly as possible.

It is a very powerful Chenrezig practice. If you do one nyungne well, it makes to purify the heavy negative karma collected in the past, which otherwise one has to experience and then, suffer in the lower realms for eons.

If you do one nyungne well, it helps to go to Amitabha Pure land, and after that you never ever get reborn in the lower realms. And if you are reborn there, then after that you get enlightened. This is according to the highly attained learned Khedrub Raga Asya.\*

This practice is unbelievably powerful. There is unbelievable purification by doing just one nyungne, and the general benefit is that 40,000 eons of negative karma get purified. That is the general benefit, but generally, it could be much more than that because one also takes the eight Mahayana precepts, which are taken for the benefit of sentient beings.

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\* Tib. mkhas grub rA ga a sya, also known as Karma Chagme, was a great Kagyu master.

Then there are also unbelievable, unbelievable, unbelievable benefits to reciting OM MAṆI PADME HŪṀ. Wow, wow, wow, wow, unbelievable. All past-life heavy negative karma such as the five heaviest karmas gets totally purified. So all these get purified even by reciting OM MAṆI PADME HŪṀ one time.

Then you develop compassion for all sentient beings—it is so easy, that is what we need. This is the most important thing that we need, to generate compassion for every sentient being.

The benefit of generating compassion is unbelievable. Here is a quote from the *Sutra of Dharma Arya Avalokiteshvara Perfectly Condensed*:

If you wish to achieve enlightenment quickly, don't follow many dharmas.

Follow just one dharma, that is, great compassion.

Whoever has great compassion,

That person will have the whole entire Buddhadharma in the palm of their hand, without effort or zeal.

If you generate compassion for sentient beings, then you can achieve enlightenment. Without compassion, you can't free them from oceans of samsaric sufferings and you can't bring them to enlightenment. So this is a quick way to achieve enlightenment. If you do this, it is incredible, and you will have no regrets. It is a quick way to achieve enlightenment.

And not only that, within the nyungne there are prostrations to the Thirty-Five Buddhas and Chenrezig. Wow, wow, wow, wow, So, however many atoms your body covers when prostrating, down to the bottom of the earth, however many number of atoms there are, you create that amount of merit to be reborn as a Wheel-Turning King one thousand times.

Then after that, you dedicate all these to achieve enlightenment for sentient beings, to free them from the oceans of samsaric suffering by yourself, and to achieve enlightenment for sentient beings. So then, for that, you need to be free from samsara and

to achieve enlightenment in order to free the numberless sentient beings from the oceans of samsaric suffering, and then bring them to enlightenment.

This is an extremely powerful practice, it is an incredible way to develop bodhicitta.

## *General Advice Regarding Nyungnes*

If you have many nyungnes to do, then it would be good for you to take Great Chenrezig initiation to receive the blessings of Chenrezig.

You do not need to do all of them at one time; you can do some each year from time to time. Just build up slowly, and eventually you will be able to complete them. Some people do fifty in a row, but you don't have to do it like this.

If you can, try to do some on the buddha days\*\* when the merit is multiplied a hundred million times. Some FPMT centers do eight or three nyungnes in a row during Saka Dawa and on other buddha days.

Institut Vajra Yogini in France has been hosting 108-nyungne group retreats since 2011. I have been sponsoring up to ten people each year [for food and accommodation] to be able to complete the 108 Nyungnes.

### *Colophon:*

Scribed by Ven. Holly Ansett, May 2007 and July 2019. Lightly edited by Doris Low and reformatted for Lama Zopa Rinpoche Teaching Archive by Ven. Tenzin Tsomo, July, 2023. FPMT Education Services.

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\*\* These are the fifteen days of miracles (Days 1–15 of the Tibetan lunar calendar, culminating on Chotrul Duchen on the fifteenth day); the anniversary of Buddha Shakyamuni's birth, enlightenment, and parinirvana, *Saka Dawa Duchen*; Buddha's first teaching, *Chokhor Duchen*; and Buddha's descent from the God Realm of the Thirty-Three, *Lhabab Duchen*.