



## **PROSTRATION BOARD**

The prostration Board is to be used for making prostrations by any individual Dharma practitioner. It is very comfortable and easy for sliding your hands when you make prostrations. The prostration Board is always available at the Dharma Center for any individual who would like to do prostrations before the regular Dharma class or some other part of the day at your convenience.

## **HOW TO PERFORM PROSTRATION**

In Tibetan Buddhist tradition, there are two forms of prostration. They are: short and long prostration. In short prostration you touch the five points of your body on the ground - forehead, two hands, and two knees. In long prostration you lay down your whole body on the ground like a tree trunk falling on the ground.

It is best to ask your teacher to teach on how to do it properly and traditionally.

## **WHEN TO PRACTICE PROSTRATION**

You can do at any time of the day or night. However, doing prostration on a particular sacred or holy day is extremely powerful and effective. Due to the sacredness of the day, the merit or virtue created through the practice of prostration becomes much more powerful. It is said in the Sutra that your merit and virtue become a thousand times stronger compared to the rest of the time. So, doing more prostration on a sacred day is important. For instance, doing more prostration on the day of a full moon generates greater merit.

## **WHAT SHOULD ONE SAY WHEN DOING PROSTRATIONS**

There are several mantras and prayers that one can recite while doing prostrations. Your mind must be filled with mantric sound or mantric syllables. Or one should recite the following mantras mindfully with a feeling of respect and humility. Also, one should have a feeling of regret towards the negative actions that one has committed in the past followed with a firm resolution and feeling of admiration to enlightened beings' spiritual qualities.

Here are the mantras.

- *Om Namo Manjushri yeh ,  
Namo sushriyeh,  
Namo uttama shriyeh soha !*
- *Lama la kyab su chi wo,  
Sang gey la kyab su chi wo ,  
Cho la kyab su chi wo ,*

- *Gedun la kyab su chi wo !!*
- *Taya tha - Om muni muni maha muni yeh so ha !*
- *Om varja sattva hung phed !!*
- *Om Mani Pad Mey Hung !!*
- *Om Ah hung Vajra Guru Padma Siddhi Hung !!*

One can recite any of the above mantras when you do prostration. It is important and highly beneficial when you employ your body, speech, and mind during the entire prostration time. Bodily perform the prostration, verbally recite the mantra, and mentally reflect on the meaning of the mantra.

### **BENEFITS OF PROSTRATIONS**

The practice of Prostration is one of the most effective ways to generate merit and virtue. Doing prostration is not that difficult and painful. In general, there are many benefits to making prostrations. However, the following are some of the most prominent:

- Purification of negativities and karmic obscurations created over the series of past and present lifetimes.
- Accumulation of merit for uninterrupted spiritual growth and to gain swift spiritual realization.
- It implants the seeds of the three Kayas within your mind stream.
- It helps to overcome from your ego and deluded pride, and makes you peaceful and humble.
- It releases physical and mental tension and knots
- It unblocks and clears out the psychic nerve system and other channels through which the vital energy flows.
- It creates lightness, agility, flexibility, or even suppleness in your body by getting rid of physical lethargic feelings.
- It burns fats in your body and helps one lose weight. It also helps to increase your digestive function.
- It cures many of the chronic illnesses primarily caused by karmic debts.
- It reshapes your body and mind, since the prostrations are good exercise in the ordinary sense, and in the ultimate sense it is a yogic training of body and mind to lay down the groundwork for a sound base for spiritual development.

You will surely feel a great difference in your body and mind after making 21 prostrations each day for two to three weeks while reciting any of the above mantras.

By Geshe Dakpa Topgyal, April 6th, 2009