

# **WHAT YOU CAN DO FOR YOUR ANIMALS IN EVERYDAY LIFE**

## **Advice from Lama Zopa Rinpoche:**

*It's not enough that you keep the animals and they give you comfort.*

*You must do something of practical benefit towards them.*

*This is what you can do everyday:*

## **Take them around holy objects**

Take them around holy objects - circumambulate. Everyday you can put on a table many tsa-tsas and statues, and take the animal around chanting mantras at the same time. This way it also helps the person who carries the animal around.

## **Recite prayers in their ears**

Recite prayers in their ears, verbally, to plant the seed of all the realizations of the path to enlightenment.

This makes a huge difference. It has inconceivable result, unbelievable result.

That makes them have a good rebirth next life, to be born as a human being and meet the Dharma.

## **Bless the food of the animals**

It's also extremely good before you give them their food, to bless it. If you can't do it at every meal, then you can bless it all at once. Recite the **Five Powerful Mantras** (for download see website) if you know them and otherwise recite Om Mani Peme Hung, Medicine Buddha and Milarepa mantras. All this has power; it helps anyone who eats it to not get reborn in the lower realms, it blesses their mind and purifies negative karma. If one can, do it every time you feed them - recite the mantras and blow on the food. This is the biggest present you can give them: good rebirth, finish samsara, liberation, and the positive imprint of the Mahayana teachings and mantras also to lead to enlightenment.

## **Giving Dharma names to animals**

When you have a pet, it is very good to give the animal a Dharma name instead of a useless name that has no use for the animal. If you give your pet a Dharma name, such as the names of the path to enlightenment (*bodhicitta*, *renunciation* etc. they can be in English, Tibetan, Sanskrit or in your own language), it leaves a positive blueprint in the mind of the animal.

For example we called the dog in Kachoe Dechen Ling 'Om Mani Padme Hum'. Each time she hears her name it plants a seed for the entire path to enlightenment. It leaves a positive blueprint in her mind.

This is incredible; each time she hears her name, it brings her closer to enlightenment.

## **Especially for Buddhists who have animals**

Especially for Buddhists who have animals, when the animals die, it should be different for their future rebirth. So one should attempt to have a special rebirth for them.

So that's why I asked the people who take care of our dogs at Tushita in Dharamsala to recite prayers and mantras to the dogs. While holding a biscuit in the hand, all dogs are waiting, like listening to the teachings, their eyes looking at the biscuit and they are all humbly sitting, like respectfully listening to teachings, all their eyes looking for the biscuit, and at the same time their minds will receive a positive blueprint before they will get their biscuit.