

Practice on Buddha Multiplying Days

On Buddha Multiplying Days, karmic results are multiplied by one hundred million, as cited by Lama Zopa Rinpoche from the Vinaya text *Treasure of Quotations and Logic*.

- Monlam — Days 1—15 of Month 1: Lord Buddha performed many miracles; the 15th, Chotrul Duchen, is Day of Miracles.
- Saka Dawa — Day 15 of Month 4: Lord Buddha's birth, enlightenment and parinirvana (Or, according to Geshe Dakpa et al, only the latter two).
- Chokhor Duchen — Day 4 of Month 6: Lord Buddha's first teaching.
- Lhabab Duchen — Day 22 of Month 9: Lord Buddha's actual descent from God Realm of Thirty-three.

On lunar and solar eclipses, Lama Zopa Rinpoche advises that the merit generated is multiplied by 700,000 and 100 million, respectively, and any beneficial practices can be done including but not limited to:

- Recitation of the names of the Thirty-five Confession Buddhas
- Vajrasattva mantras

Practices specifically recommended by Rinpoche for Buddha Multiplying Days include:

- Taking the Eight Mahayana Precepts
- Doing Nyung Näs
- Performing the Guru Shakyamuni Buddha puja
- Reciting the Sutra for Remembering the Three Jewels

Of course, any other meritorious activities often advised by Lama Zopa Rinpoche are also good to do on these days, such as recitation of the *Sanghata Sutra*, *Sutra of Golden Light*, etc. with extensive dedications. These texts are available on our [sutras page](#).

In addition, you might consider including children in your Buddha Multiplying Day celebrations and reading Eight Plays for Children. This book of charming and easily produced plays for children contains tales of wisdom and kindness from his past lives as animals as well as his life as Prince Siddharta.

The ceremony for taking the Eight Mahayana Precepts can be found in the "Morning Prayers" section of Essential Buddhist Prayers, Vol. 1, or in the text The Direct and Unmistaken Method. We have a beautiful color cover glossy booklet for Nyung Nä, complete with instructions for how to do the practice.

LOSAR TIBETAN NEW YEAR

Days one through fifteen of the first month of the Tibetan calendar mark a period when Lord Buddha performed many miracles, beginning with Losar (the Tibetan New Year) on the first day and culminating on the fifteenth day, Chotrul Duchen (the Day of Miracles). On Buddha Multiplying Days, karmic results are multiplied by one hundred million, as cited by Lama Zopa Rinpoche from the vinaya text *Treasure of Quotations and Logic*.

Losar took place this year on Monday, February 27 and the Fifteen Days of Miracles continues through Chotrul Duchen on Sunday, March 12.

Lama Zopa Rinpoche has taught extensively on benefits of engaging in Vajrasattva practice for purification.

“Vajrasattva practice is so important generally, and especially nowadays in the world, when there is not only global warming, but many other problems,” Rinpoche explained in *The Benefits of Vajrasattva Practice*. “There are so many other dangers—of war and sicknesses, cancer, and so many people whom you know are dying. There are so many sicknesses and other conditions for dying.

“This Vajrasattva practice and other purification practices are the ultimate answer, so everything in the world—what you see, every situation—tells you to practice Vajrasattva. To purify and do Vajrasattva practice is the ultimate answer, to stop the cause to be reborn in the lower realms and the immediate [result] is to have a higher rebirth, to make preparation for death and then to meet the Dharma, to meet the virtuous friend who reveals the path to enlightenment. Then to achieve ultimate happiness, to be free from samsara and to achieve enlightenment for the numberless sentient beings and to free them from the oceans of samsaric sufferings and bring them to full enlightenment.”