



INSTITUTE OF  
**AUTHENTIC TANTRA**  
*Holistic healing for body, mind & sex!* EDUCATION

# TANTRA PRACTICE FOR CLEARING BLOCKS AND CREATING BLESSINGS

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# DIRECTIONS FOR RELEASING LIVING BEINGS

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High Tibetan Lamas have explained that if you have any illness in this life, it is the result of harming or killing others in past lives. The good news is that one virtuous action can purify many negative actions. When we are currently ill, we need a lot of positive energy to heal. And releasing animals is one way to generate a tremendous amount of positive energy, quickly.

Animals and fish hardly possess ways to protect themselves, and no one thinks about protecting them. Their condition of existence is the consequence of bad karma accumulated in past lives. It is an act of great compassion to protect them by releasing captured animals and fish that are put up for sale in the marketplace, destined to be killed and eaten.

Releasing them into their natural habitat will preserve their lives. In addition, by reciting mantras for the released animals, simply hearing this has the power to lead them to liberation, and have a higher rebirth, in a human body.

There is great merit in saving a life, and this merit is even greater when we supplement it with spiritual protection by reciting mantra. It is said that even saving one being from death and suffering leads to longevity, health, wealth, and the absence of obstacles, and rebirths for hundreds of lives as a deva or a human being endowed with a good existence.

To do this even once is greatly beneficial. Believe, not believe, it's your choice. But we have experimented using this practice with many clients, and ourselves, and have noticed obstacles preventing better health are removed. Jacques had a neurological disorder as a result of having leukemia. Many healers, over the years, tried to correct this illness, without success. After releasing 10 fish one afternoon, the next morning the disorder was completely overcome, and has remained so to this very day.

## Kalu Rinpoche tells the following story:

*At the time of Shakyamuni Buddha, the king, “Lord of the Gods”, governed one of the many kingdoms of India. He had in his court a skillful physician whose young and good-hearted son enjoyed walking in the countryside. One day, the son was hiking in the hills, when, in the distance, he saw predatory birds flying in a circle at a low altitude. Approaching a pond on the point of drying up he saw birds feeding on fish that could no longer find refuge in deep water. Completely moved by what he saw, he thought, these poor fish are going to die. What can be done?*

*As fast as he could, he returned home and telling his father what he had seen, asked him to solve the problem. The physician understood that it was necessary to seek help from the king himself. He requested an interview with the king. He told his son’s story and of his solicitude for the fish and in his son’s name requested that his majesty intervene. The king was emotionally moved and ordered an elephant to be loaded with barrels of water for the pond, and that people recite mantra and the names of the Buddha’s.*

*However, later the pond dried up again from lack of rain, and 10,000 fish died. They all were reborn as devas in the “Sky of the Thirty-three Ones”, endowed with the power of clairvoyance particular to their present state. They could see that the Buddha was teaching in India, descended to hear him, and understood the nature of mind.*

*They then were curious about their past merit allowing them to be able to obtain such a fortunate destiny, being born as devas, meeting the Buddha, and receiving his teachings. Using their mental powers, they saw that, in their previous life, they had been the fish that had received water and the blessing of mantras. To express their gratitude to the physician’s son, they showered flowers on his house. Surprised, the physician’s son wanted to know the reason for this out-pour. He went to the Buddha and learned that the flowers were the token gratitude from the devas he had protected when they were only fish in a pond without water.*

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When doing this practice, you can use any critters, birds or fish, even crickets, just make sure that whatever beings you choose to set free, will not impact the environment where you live. In addition, when using fish try and use “feeder fish”, which are fed to bigger fish, because their fate is certain.

In the Sutra of the Medicine Buddha it states: “Also they can set free 49 living beings of various kinds. Due to this activity, the sick individuals are supported in overcoming danger and distress, and are immune to being held hostage by any evil spirit.” It states the number 49, but any number of fish or living beings is good.

This can be done for the benefit of anyone else who is sick or injured or suffering in any way. In order to do this for someone else, one just dedicates the merit to that individual, instead of to all beings.

# 1. First take Refuge

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Say "I take refuge in the Buddha, Dharma, and Sangha." 3 x's (say this with the feeling of trust, this connects you to the Buddha's)

## 2. Recite the names of the Medicine Buddha

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To the birds or fish or critters 3 x's. (The following is phonetic spelling, just sound it out)

*Namo Bhagavatay*

*Bekanzayguru-vaidurya*

*Prabha-radzaya*

*Tathagataya*

*Arhatay*

*Sameeya-chambuddhaya*

*Teyata*

*Om Bekanzay Bekanzay*

*Maha Bekanzay Radzaya Samoongatay Soha.*

3. Then recite: Om Mani Padme Hung (9 x's)

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4. Then recite: Om Ami Dewa Hri (9 xs)

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*(Lama Rinchen of the Shangpa Kagyu tradition, gave us personal instruction that you may want to recite each of these 108 times, but 9 is sufficient.)*

5. Release animal.

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Crickets, Fishing Worms and Feeder Fish are good choices.

6. Dedicate the merit

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By saying: *“I dedicate whatever merit and virtue there is from this action to the benefit and wellness of all sentient beings.”*

Or, if you are offering this for some one in particular, dedicate it to them directly:

*“I dedicate whatever merit and virtue there is from this action to the benefit and wellness of (the name of the person).”*