

WAYS TO PURIFY NEGATIVE KARMA

Negative karma is what we all do not need. Yet, we continuously pile ourselves with more by not being mindful. The Rigzin Chenpo Padma Wangchen Rinpoche tells us how we can purify negative karma at a teaching session in 2018.

Question :

What is the fastest way to rid of negative karma?

Answer :

There are many good methods in both the non-esoteric and esoteric tantric practices which can help us rid of negative karma. And the most important ones are the Four Antidotes. Also note that repentance alone is not enough, as you will also need merits.

Repent

Repent for all your past, present and any future misdeeds. You have to fully understand that you may not be spared from extreme suffering under the principle of cause and effect when your karma ripens. Consequently, this will affect your chance to be accomplished in your practice. You should think about how terrifying negative karma can be, and then deeply regret and repent all your misdeeds.

Four Antidotes

The antidotes to your misdeeds are the very methods to clear your negative karma. They include chanting mantra, reciting sutra, praying and supplicating. Prior to realisation, the merits of anyone on the path to Bodhisattvahood are dependent on the vows that they have made. And Vajrasattva is the

most virtuous yidam for the purification of negative karma. You should therefore recite the Vajrasattva sutra and chant the mantra for your own purification.

Determination

Next, just thinking about not doing bad is not good enough. You need to stop doing bad totally and to emulate the Vajrasattva and other yidams. And then repent.

Vows

The vows you make are very important. Make a vow that you will not repeat any of your misdeeds. Also, constantly remind yourself not to commit the same mistakes again. Whenever you err, vow again as a reminder to yourself that you won't do it again as you are already tired of all the bad deeds that you have done.

After setting these conditions for yourself, chant the mantra of Vajrasattva (100-syllable), Vairocana or Akshobya.

Just for the record, Atisha's reply to a disciple who had asked him for the fastest method to purify karma had been, "*Akshobya's is the fastest, practice it.*" As such, we may say that the Akshobya practice is an alternative to the Vajrasattva practice for the purification of karma.

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