

Short Teaching on Shitro by Lama Tharchin Rinpoche

Shitro is an incredible and powerful accumulation that is dedicated to world peace and brings great benefit to all sentient beings whether dead or living, and especially those who are directly connected with it through participation and sponsorship. Shitro helps transform impure energy and increases long life for our teachers because it removes obstacles from damaged samaya in the sangha and purifies defilements that cause obstacles to enlightenment

When we do Shitro ceremony we all connect to true wisdom deity. We are doing this practice because all inconceivable wisdom deities **truly** pervade everywhere – including our own body. There are 42 peaceful deities in our heart chakra and 58 wrathful deities that reside naturally in our crown chakra but we are not aware of this. Shitro practice brings us recognition of these deities that are the ultimate wisdom deity. In the bardo after death, when the body and mind separate, you will see the mandala of deities in front of you. If you recognize them as your own wisdom phenomena you will wake up in the pureland.

Shitro is a special practice for all present and future bardos. It is especially good to dedicate to beings that have died. People ask me “What if someone has died a long time ago?” Because wisdom deity is non material wisdom and compassion, this practice and our pure intention can penetrate to any realm. Loved ones and all beings will receive benefit wherever they are, whether in the bardo or another life or realm. This wisdom and compassion pervades everything and everywhere like the sky.

I will pray that we will all reach enlightenment together and that peace and happiness will pervade for all beings.

With much love,
Your heart friend, Lama Tharchin