

། ཤེས་རབ་སྣོད་པའི་བདུད་བརློག།

**Extensive Dispelling of Hindrances (according to the Heart Sutra)**  
(to be recited after the Heart Sutra)

I and all surrounding sentient beings go for refuge to the Buddha, go for refuge to the Dharma, go for refuge to the Sangha.

We prostrate to the Great Mother Prajnaparamita (Wisdom Gone Beyond).  
Surrounded by all the children, by the assemblies of buddhas and bodhisattvas of the ten directions, by depending on my prostrations to all of you, may these words of truth be actualized!

Just as in the past the deva king Indra reflected on the profound meaning of the wisdom gone beyond and recited the profound words in daily recitation, by depending on that, the maras (evil beings) were dispelled. In that same way I also reflect on the profound meaning of the Great Mother Prajnaparamita and recite the profound words in daily recitation.

May all diseases, spirit possessions, bad conditions, all the negative directions, that which happens due to past karma and immediate conditions, may all this be dispelled! (clap 1x)  
May it become non-existent! (clap 1x)  
May it be pacified! (clap 1x)

*Colophon:*

Translated by Lama Zopa Rinpoche and scribed by Ven. Holly Ansett on 9 November 2003 at Buddha Amitabha Pure Land, Washington, USA. After reciting many times the Heart Sutra for the success and to overcome obstacles for the Maitreya statue, Rinpoche translated this prayer, saying that it is extremely powerful to recite to pacify obstacles for projects or to obtain success. Rinpoche said that Kirti Tsenshab Rinpoche always recites this after reciting the Heart Sutra, before the Lion-Face Dakini prayer. Lightly edited by Ven. Constance Miller, FPMT Education Department, November 2003.