

TIBETAN BUDDHISM CENTER FOR WORLD PEACE
San Antonio, Texas

“The Essence of Causation” mantra (“*Ye dharma hetu*”), and stanza 5 from Chapter 18 of Nagarjuna’s *Fundamental Wisdom of the Middle Way*

Below is the “Essence of Causation” mantra (“*Ye dharma hetu*”), and stanza 5 from chapter 18 of Nagarjuna’s *Fundamental Wisdom of the Middle Way*, both of which His Holiness the Dalai Lama regards as very important and frequently quotes when he talks about emptiness. Geshe Nima has suggested that we recite this mantra and stanza during the sacred month of Saka Dawa, as well as before teachings on emptiness.

Ye dharma hetu

Om ye dharma hetu-prabhava

Those dharmas¹ which arise from a cause,

Hetu tesham tathagato hyavadat

The Tathagata² has declared their cause,

Tesham cha yo nirodha

And that which is the cessation of them.

Evam vadi mahashramananah

Thus the Great Renunciant³ has taught.

Svaha

May a blessing rest on it!

Stanza 5, 18th chapter of Nagarjuna’s *Fundamental Wisdom of the Middle Way*

By extinguishing actions and afflictions, there is liberation.

Actions and afflictions arise from misconceptions

And misconceptions arise from elaborations.

Elaborations will cease through cultivating emptiness.

¹ phenomena

² one gone beyond suffering, i.e. the Buddha

³ the Buddha