



**Everyone  
deserves  
to be rescued.**



## **Scenario 1**

Imagine this: you are down on your luck. Everyone in your life has abandoned you. You've tried praying many times, but nothing seems to change. Only a short while ago, you were safe and happy with a partner, but fights and horrible economic events brought you to your knees. Your relationship is over, and to make matters worse, you've even lost a place to stay at night. You put a cup out as you sit on the street, stewing in your troubles, hoping someone will give you enough money to eat a meal.

Then one day, you look up from the pavement to see a smiling face. They reach out with both hands, handing you a packet. You're not sure what to think, but you hurriedly open it as the person stands there.

Inside, you find enough money for a hot meal, a small bracelet, and a glossy brochure. "If I just give you money, it will be gone in a day, and I won't be able to help. But if I give you this, then you can find help even when I'm not here," they say, and then they are gone.

You browse through the leaflet. It contains fantastical images and stories with a promise of being able to call for specific help. A QR code loads explanations from excited and compassionate teachers. Anything is worth a try, since free time is something you have a lot of. So you begin chanting the mantra of Guanyin. The app on your phone reminds you of your commitment to give it a try.

The first day, you notice only some peacefulness. That night, you dream of a woman in white carrying you on a boat across a turbid sea to the safety of the shore. But you wake to the same circumstances. Day by day, however, your thinking begins to clear, and you find yourself chanting rather than worrying. People seem to treat you differently and stop to talk to you. And one day, a woman comes and offers you an empty room so you can get back on your feet.

# Giving Hope

When we give the gift of mantra to someone, we are offering them a ray of hope that is profoundly kind, effective, and skillful. Unlike ordinary prayer, mantra has the unique benefit of being a focus for concentration that drowns out other thoughts. Imagine your uncontrolled thoughts as a bully that fights, hits, and attacks you—this isn’t an inaccurate comparison. Mantra acts like a powerful protector, a strong figure who stands between you and the bully. As an added bonus—and this is something I encourage everyone to try—mantra truly works! It helps you connect with a specific energy, a certain kind of consciousness, that can greatly benefit you.

My personal experience with mantra was truly revolutionary. I was in a foreign country, alone as a woman, with no family support. My hopes and dreams had been crushed.

I didn’t find the love I had hoped for, I didn’t have anyone who truly cared for me, and I didn’t have the children I had prayed and dreamed of for my entire life. I often felt suicidal and thought about jumping from my high-rise building simply because my heart hurt so much.

One day, I came across a YouTube video with the Green Tara mantra as a recommendation. I wasn’t very open-minded and was even suspicious, given my Christian upbringing that taught me most things outside its framework were evil or harmful. But I listened to the mantra and hummed along a little. That night, I dreamt of myself passed out on a ship being carried across a turbulent sea, with Tara at the helm. The next day, I found the video again and began reciting the mantra. Quickly, I went from constant sorrow to a deep, heartfelt peace.

The people close to me were surprised. After chanting the mantra, I found myself capable of feats of unconditional love. Where before I viewed relationships transactionally and worried about what I could gain, I began seeing others as my own children—not separate from me. Many of my so-called “problems” remained, but I could now deeply appreciate them and feel gratitude instead of suffering. I saw the joy in being single, the freedom in not having children, and I made real peace with my body and my situation in life. Soon, I was joyfully wearing my mala all the time, reciting mantra whenever I had a free moment.

This is why I want to share this joy! Mantra is amazing. When we approach it with faith, the results can be transformative. Zasep Rinpoche shares a story in his book *Tara in the Palm of Your Hand* about a woman living through a famine. She didn’t know how she would survive since she had no food. She went to a temple, and the teacher there gave her a mantra, instructing her to chant it over a bowl of rocks, which she would then be able to eat as food. She believed him and did exactly as he said. Everyone was astonished that she remained fit, happy, and healthy despite having nothing but rocks to eat.

One day, her son, who was a monk living far away, returned to her village. He read the paper the teacher had given her and realized she had been saying the mantra incorrectly. He corrected her pronunciation, but after that, nothing they did could make the mantra work again—she had lost her faith.

When we share the gift of mantra, we can also share the incredible experiences and faith that come from the miracles we’ve seen. By giving thoughtfully and with kindness, we can bring true blessings to those who are suffering. Through mantra, we help them connect with the bodhisattvas who can guide them to overcome both spiritual and material barriers to happiness.

Yes, our wishes come true but more important is the personal transformation that it allows.



# How Can I Do It?

There are two ways you can participate. The first is to create your own gift packs to give to friends, people in need, coworkers, and family. This can be done thoughtfully and artfully. If your friend is wealthy and less religious, you might consider purchasing an auspicious mala that conveys the weight and value of the practice to them. On the other hand, small malas of many kinds and colors can be purchased for as little as 25 cents. This kit guide includes instructions for preparing two different kinds of gift malas and how to assemble them. Prepare both types and enjoy the process! If you're short on time, we also offer lovingly made pre-packaged gift packs from Dharma Protectors that are ready to give.

## Pack 1: Auspicious Mala

First and foremost, deeply considering your friend's situation would be a wise decision if possible. However, since we don't always know what may arise, having a few bodhi seed malas or jade malas on hand is a thoughtful choice for any occasion. If you know the mantras well and can recommend a specific practice, it will likely be greatly appreciated. For example, if your friend is struggling with anxiety, lust, or depression, a Guanyin practice might be suitable. In that case, gifting a pearl mala, quartz crystal mala, or moonstone mala could be a good fit. If it's a medical issue, recommending the Medicine Buddha practice along with a lapis lazuli, blue glass, blue quartz, or turquoise mala might be more appropriate.

Thoughtful and kind intentions are always appreciated, and praying or reciting mantras while contemplating the best gift for your friend's situation is a wonderful way to prepare. If you are fortunate enough to have a relationship with a qualified teacher, seeking their advice could be the best solution. If time allows, after purchasing the mala, you can chant mantras with it while holding the intention of wishing your friend well and spreading positive intentions for the benefit of all beings.

## Pack 2: Simple Mala

Finding simple and inexpensive malas is not difficult. For instance, I was able to find simple malas for about 25 cents each on Lazada. For these, you can select specific colors for certain practices if you plan to give them in particular situations, though this is not necessary. For example, you might give a green mala when recommending the Green Tara mantra, or if your friend is seeking love, you could give a red mala and suggest the Kurukulla Red Tara mantra.

When selecting a mala, ensure it is of good enough quality that the recipient will want to keep it, has beads large enough to use functionally, and is made of a material that will not fall apart easily. You can buy an entire set and offer them on your altar with the intention of blessing those to whom you will give them. If time allows, you can also use the malas to recite your daily mantras, dedicating the merit and blessings to the beneficiaries and all beings.



# Print Instruction Sheet

Once you have the malas, you can select one of two different instruction formats to include. The first option is a single business-card-sized printable QR code that directs the recipient to the website and guides them on installing the app. This method uses less paper, costs less, and provides access to video guides on recitation made by qualified teachers.

The second option is a larger single-page booklet that includes the eight core mantras featured on the website. Each mantra has a QR code for instruction. This method is ideal for people who may not have consistent internet access or only have transient connectivity. Additionally, it can make the gift feel more auspicious, adding a sense of importance and significance, making it more likely to stick in their mind and remain among their belongings.

Remember, giving this gift has the potential to utterly change a life and multiply merit in countless ways! You may even give the mala to a truly great bodhisattva who would never have been connected to the lineage without your kindness. PDF links are at the QR and URL below.



## Select Packaging

For the simple mala packs, a paper envelope works very well and is an inexpensive option. If you are giving an auspicious gift, consider putting extra thought into how you want to present it.

## Put It All Together

Gather your supplies and prepare the malas to give. You might keep one auspicious mala ready for special friends in need, acquaintances, or even neighbors. It's a great joy to give the inexpensive malas freely to those in need, alongside regular dana (charitable giving). This is a gift that can provide much more than a meal or even a lifetime of meals.

Prepare the inexpensive malas in advance and keep them near your altar. You can also keep one in your purse, bag, or glove compartment, ready to give at a moment's notice.

