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Great Stupa
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The practice of circumambulating stupas

By Lama Zopa Rinpoche (2024)



This precious teaching was given by Kyabje Lama Zopa Rinpoche to a group of Taiwanese students in Kopan, just two days before Rinpoche manifested passing away. Rinpoche stated, *Circumambulating the stupa just once will liberate one from the lower realms. If we do more circumambulations, we will accumulate the merit to take rebirth in a pure land, as well as the extensive merit to become a Buddha.* To achieve that we must understand how to do preliminary practices, and the actual practice of circumambulating a stupa. This teaching explains this in detail in an easy-to-follow way.



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