

## **Instructions for conceiving a child**

A lot of people ask me what they can do to conceive a child. In the past, after people had requested my prayers, many babies were born. That might also be the blessing of the clan I am from—the Marse (མཚེས་ལོ།) Clan. Historically, the Marse Clan was known for bringing forth a lot of children. In any case, there is a simple method.

The *Prayer of the Benefits of Reciting the Praises to the Twenty-one Taras* mentions that supplicating to Tara is a method to improve your chances of conceiving a child: “If you wish for a child, you will get a child; if you wish for wealth, you will receive wealth. All your wishes will be fulfilled and all obstacles pacified.” Therefore, cultivate faith in Tara, supplicate her, and recite her mantra. Ideally, accumulate 200,000 to 300,000 Tara mantras, or at least recite a mala round of mantras every evening, without skipping a day.

There are also Tara wheels to wear, but that alone is unlikely to produce any results if you do not also recite the mantra.

I personally do not supplicate many deities. My entire life I have relied whole-heartedly on Tara. I also spin a prayer wheel constantly, day and night. In this way, I am sending out millions of Tara mantras each minute, and you are receiving them. In addition, I am also reciting the Tara mantra most of the time. If you, too, recite her mantra, then I will be able to help you.

If the reason you haven’t conceived is that your subtle channel-element constitution has been weakened, it can be restored by eating blessing pills, such as Mani pills, and so forth. You should take these blessing pills daily, in the evening before going to sleep.

Moreover, those who want to be parents should not get angry but give rise to great love and compassion for another. Keep your vows to each other purely. Do not argue, and be kind to each other.

If you recite 200,000 to 300,000 Tara mantras, take the blessing pills every day, and maintain loving relations with each other, you will conceive a child without any doubt. And not only that, it will also be a good child. Then it won’t be necessary to ask me this again and again.

~ *H.E. Garchen Rinpoche, in Arizona on April 9, 2018.*

*Translated by Ina Trinley Wangmo and edited by Kay Candler in 2018.*