

# the mantra Om Mani Padme Hum

Tibetan Buddhists believe that saying the mantra (prayer), Om Mani Padme Hum, out loud or silently to oneself, invokes the powerful benevolent attention and blessings of Chenrezig, the embodiment of compassion. Viewing the written form of the mantra is said to have the same effect -- it is often carved into stones (like the one on my little altar) and is usually placed where people can see them.



The six syllables of the mantra, as it is often pronounced by Tibetans -- Om Mani Padme Hum -- are written above in the Tibetan alphabet:

So, reading left to right the syllables are:

Om	Ma	Ni	Pad	Me	Hum
(ohm)	(mah)	(nee)	(pahd)	(may)	(hum)
			(peh)		(hung)

The vowel in the syllable Hu (is pronounced as in the English word 'book'). In Tibetan the final consonant in Hum is often pronounced 'ng' as in 'song' -- Om Mani Padme Hung. Also, the syllable Pad is pronounced Pe (peh) by many Tibetans: Om Mani Peme Hung.

"The mantra Om Mani Padme Hum is easy to say yet quite powerful, because it contains the essence of the entire teaching of the Buddha.

When you say the first syllable Om it is blessed to help you achieve perfection in the practice of generosity.

Ma helps perfect the practice of pure ethics, and

Ni helps achieve perfection in the practice of tolerance and patience.

Pad, the fourth syllable, helps to achieve perfection of perseverance,

Me helps achieve perfection in the practice of concentration, and

The final sixth syllable Hum helps achieve perfection in the practice of wisdom.

So in this way recitation of the mantra helps achieve perfection in the six practices from generosity to wisdom. The path of these six perfections is the path walked by all the Buddhas of the three times. What could then be more meaningful than to say the mantra and accomplish the six perfections?" -- *Gen Rinpoche*

**"The six syllables, Om Mani Padme Hum, mean that in dependence on the practice which is in indivisible union of method and wisdom, you can transform your impure body, speech and mind into the pure body, speech, and mind of a Buddha." -- His Holiness the XIV Dalai Lama**