

OM MANI PADME HUM



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

Jewel in the heart of the lotus.

"It is very good to recite the mantra Om mani padme hum, but while you are doing it, you should be thinking on its meaning, for the meaning of the six syllables is great and vast.

Om symbolises the practitioner's impure body, speech, and mind; it also symbolises the pure exalted body, speech, and mind of a Buddha."

"The path of the middle way is indicated by the next four syllables. Mani, meaning jewel, symbolises the factors of method: (the) altruistic intention to become enlightened, compassion, and love."

"The two syllables, padme, meaning lotus, symbolise wisdom."

"Purity must be achieved by an indivisible unity of method and wisdom, symbolised by the final syllable hum, which indicates indivisibility."

"Thus the six syllables, om mani padme hum, mean that in dependence on the practice of a path which is an indivisible union of method and wisdom, you can transform your impure body, speech, and mind into the pure exalted body, speech, and mind of a Buddha."

~ H.H. Tenzin Gyatso, 14th Dalai Lama

"Regarding mani padme, "Jewel Lotus" or "Lotus Jewel" is one of the names of the noble Avalokitesvara. The reason that he is called by that is that, just as a lotus is not soiled by mud, so the noble Avalokitesvara himself has, through his great wisdom, abandoned the root of samsara, all the stains of the conception of true existence together with its latencies. Therefore, to symbolise that he does not abide in the extreme of mundane existence, he holds a white lotus in his hand...He joins the palms of his two upper hands, making the gesture of holding a jewel to symbolise that, like a wish-granting jewel, he eliminates all the oppression of suffering for all sentient beings and bestows upon them all temporary and ultimate benefit and bliss." ~ Trijang Rinpoche (1901-1981), tutor to present Dalai Lama