

Mantras & Short chants

sabbe sattā sukhi hontu

May all beings be well (or happy)

**Om Namō Shakyamuni,
Buddhaya, Dhammaya, Sanghaya
Om Namō Shakyamuni,
Buddhaya, Dhammaya, Sanghaya
Om Namō, Namō, Namō
Shakyamuni**

Namō = Saluting you, Homage to...
“Shakyamuni” = epithete for the Buddha.
It means “sage of the Shākya,” Shākya
being the name of the clan to which the
Buddha (born Siddhārtha Gautama)
belonged.
Buddha = Awakened One
Dhamma = Teachings, or the way things
truly are
Sangha = Spiritual Community

oṃ maitri mahāmaitri maitriye svāhā

Maitri is the Sanskrit word for friendly,
benevolent, sometimes loving-kindness.
The Pali equivalent is metta. *Mahāmaitri*
means greatly friendly... This is also the
mantra of Maitreya, the Buddha of future
time.

**gate gate pāragate pārasaṃgate
bodhi svāhā**

"gone, gone, gone beyond, gone altogether
beyond, oh what an awakening, All hail!"
(Conze trans.)

oṃ tāre tuttāre ture svāhā

suffering; while **tuttāre** represents deliverance into the
spiritual path conceived in terms of individual salvation;
and finally **ture** represents the culmination of the
spiritual path in terms of deliverance into the altruistic
path of universal salvation.

A traditional explanation of the mantra is
that **tāre** represents deliverance from mundane

**Buddham, Buddham, Buddham Vande
Dhammam, Dhammam, Dhammam Vande
Sangham, Sangham, Sangham Vande
Buddham, Dhammam, Sangham Vande**

Homage to the Buddha, Dharma, Sangha

Syllable	Realm
oṃ	devas
ma	asuras
ṇi	human
pa	animal
dme	hungry ghosts
hūṃ	hells

oṃ maṇi padme hūṃ

A typical Tibetan understanding relates each of the six syllables to the six realms of conditioned existence. Avalokiteśvara, Bodhisattva of Compassion, appears in each realm offering what the inhabitants need in order to awaken from that state. The mantra then is seen as activating that quality in the universe which liberates beings in whatever realm they are in.

**oṃ svabhāva-śuddhāḥ sarva-dharmāḥ
svabhāva-śuddho 'ham**

All dharmas are pure / empty by nature;
I am pure / empty by nature.

oṃ a ra pa ca na dhīḥ

Mantra of Mañjuśrī, Bodhisattva of Wisdom

Ancestor Song

Calling all our ancestors
spiritual, land and blood
in all the many directions
of our lineage
We offer this practice to you
In gratitude.