

BENEFITS OF THE MANTRA OM MAṆI PADME HŪM

OM MAṆI PADME HŪM. OM is the leader of the mantra. MAṆI is the jewel. PADME is the lotus flower. HŪM is the seed syllable of compassion. Further, as the three sounds A, O and M come together in OM, that syllable will refine away the three doors' defilements. So establish yourself as the body, speech and mind of the Victorious Ones! Calling the name of Exalted Avalokita with the words MAṆI PADMA or PADMA MAṆI, one rouses his mindstream. Thus, the mantra is a supplication. The extensive teachings on the *maṇi* mantra should be understood from the *Sūtra Arranged Like a Jewel Chest*, the *Maṇi Kambum*, and the like. As the six benefits of the *maṇi* mantra and their six subdivisions have been arranged below without mixing them up, please understand them in detail.

	OM	MA	NI	PAD	ME	HŪM
The six transcendent perfections are completed.	Generosity	Discipline	Patience	Diligence	Concentration	Transcendent awareness
The doors of birth among the six classes are blocked.	Prevents god births and frees from the sufferings of transition and falling	Prevents demi-god births and frees from the sufferings of fighting and strife	Prevents human births and frees from the sufferings of hunger, poverty and the like	Prevents <i>preta</i> births and frees from the sufferings of hunger, thirst, fatigue, fear and the like	Prevents animal births and frees from the sufferings of stupidity and dumbness	Prevents hell births, frees from the sufferings of heat and cold and gives rise to birth in The Delightful realm
The six <i>siddhis</i> are attained.	The supreme <i>siddhi</i>	The common <i>siddhis</i>	The <i>siddhi</i> of pacifying disease-causing spirits	The <i>siddhi</i> of enriching life-force and merit	The <i>siddhi</i> of magnetizing people, wealth and food	The <i>siddhi</i> of annihilating enemies, obstructers and hamdoers
The six afflictions are purified.	Delusion	The obscuration of hatred	Avarice	Desire	Jealousy	Pride
The Exalted One's body and other five dimensions are attained.	The body of Exalted Avalokita	His speech	Mind	Attributes	Activities	Deeds
The attributes of the six paths are attained.	The path of accumulation	The path of connection	The path of seeing	The path of cultivation	The path of no further training	The path of knowing all aspects

This was written and arranged in the foreign year 1992, the water-monkey year, by Geshé Jamyang Gyatso of Ganden Monastery. At the request of Kyabje Garchen Triptrül Rinpoché, it was translated into English by the disciple Ari-ma. © 2004 The Gar Chöding Trust, 4th ed. All rights reserved. More information at: GARTRUST.ORG.

༡ དགའ་ལྷན་དགོ་བཤེས་འཇམ་དབྱངས་རྒྱ་མཚོས་ཚཱི་ག་གནང་བའི་མ་ཆེད་ཡན་ལོན།