


BENEFITS OF THE MANTRA ‘OM MANI PADME HUM’

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 defilements of your three doors. [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,’ you rouse 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 so forth. 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	Hum
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 transferring 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 hungry ghost births and frees from the sufferings of hunger, thirst, fatigue, fear and so forth	Prevents animal births and frees from the sufferings of stupidity and dumbness	Prevents hell births, frees from the sufferings of heat & cold, and gives rise to birth in the realm of Sukhāvati
The six siddhis are attained.	The supreme siddhi	The common siddhis	The siddhi of pacifying disease [-causing] spirits	The siddhi of enriching life force and merit	The siddhi of magnetizing people, wealth and food	The siddhi of annihilating enemies, obstructors and harmdoers
The six afflictions are purified.	Delusion and	The obscurations of hatred	Avarice	Desire	Jealousy	And 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 linking	The path of seeing	The path of cultivation	The path of no [further] learning	The path of knowing all aspects

This was written and arranged in the foreign year 1992, the water-monkey year, by Geshe Jamyang Gyatso of Ganden [Monastery].
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