

**REGIONAL VIRTUAL MANI RETREAT  
SESSION 5: Sunday 30<sup>th</sup> July 2023**

***GESHE TENZIN ZOPA (Representing RINCHEN JANGSEM LING) : “MANI MANTRA”***

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- The Mani retreat is a particularly precious opportunity and practice, particularly in relation to guru yoga practice.
- I would like to remind each and every one of us how fortunate we are, to be able to dedicate this retreat to Kyabje Lama Zopa Rinpoche who is the embodiment of all buddhas past present and future; our Guru who blesses us in three ways and in all three times.
- This practice of great compassion is the heart practice of our most precious guru, Kyabje Lama Zopa Rinpoche. How fortunate we are to be able to honour him in this way.

Request to Chenrezig – This comes from the Nyung Nay practice

- “Arya Chenrezig” – Arya is referring to someone who has had direct realizations on emptiness.
- “Chenrezig” – Name of the Compassionate buddha
- Who is the treasure of compassion – As Chenrezig embodies the compassion of numberless buddhas in the past, present and future.
- “Together with his retinue” – Retinue referring to all the other buddhas and bodhisattvas surrounding Chenrezig, including Amitabha who is Chenrezig’s guru. So you are asking them all into your merit field.
- The supplication you make to the objects the merit field, are for the sake of all sentient beings who are as near and close to you as your own mother and father in your present life. The purpose of doing this is to free the oceans of sentient beings in all 6 realms from the suffering of cyclic existence – ie. the contaminated aggregates due to the power of karma and delusion.
- Request Chenrezig buddha and his retinue to bless us to ripen, nurture and bring us into the fully awakened state of conventional buddha nature and ultimate buddha nature, through the profound wisdom of emptiness and the altruistic attitude of bodhicitta. May it quickly ripen in our mindstream without even a moment’s delay, so that we can alleviate the sufferings of others. The urgency of this is great, to bring benefit and liberate all sentient beings as quickly as possible. To do this, we need to actualize the paths of merit and wisdom in our mindstreams.
- “With the water of your compassion, please cleanse our delusion and karma collected since beginningless time” – This refers to the blessing of the dharma nectar - the antidote to cleanse and overcome the causes of samsara which are delusions and karma.
- With the skillful means of your compassion, please inspire and help me to travel through the 5 paths in order to actualize perfection so that I can liberate all the transmigratory beings to also achieve the same blissful pure land as Chenrezig and Amitabha.
- Make supplication and request Guru Amitabha and Chenrezig to forever be our spiritual guru, form lifetime to lifetime, and show us the unmistakable path.

Note:

*Kyabje Lama Zopa Rinpoche has also added to this prayer – as read out by GTZ and included in the sadhana. There was no time to go into further details, so GTZ requested for the following statements to be included in these notes. He had also read them out in class as they sum up the meaning of KLZR’s praises to Chenrezig:*

- *From the Avatamsaka Sutra* : “When the moon rises, numberless reflections appear wherever there is water in this world. That is how Chenrezig manifests. Effortlessly, naturally, Chenrezig manifests in all kinds of forms, even as medicine, a bridge or water. Chenrezig, manifesting to sentient beings in whatever form benefits them, does inconceivable work for sentient beings.”
- *From Shantideva’s Bodhicharyavatara* : “May I become at all times, both now and forever: a protector for those without protection; a guide for those who have lost their way; a ship for those with oceans to cross; a bridge for those with rivers to cross; a sanctuary for those in danger; a lamp for those without light; a place of refuge for those who lack shelter; and a servant to all in need.”

The meaning of the long dharani:

- This is the common long dharani in the sadhana; there is actually an extremely long version as well (but it is not in this sadhana)
- Meaning (Refer to Appendix 2 in the sadhana):

- I bow to the 3 rare sublime ones
- I bow to the oceans of the Arya's transcendental wisdom
- The king of marvelous manifestations of Vairochana, the Thus Gone, Foe Destroyer, Perfectly Completed Buddha.
- I bow to all the thus gone, foe destroyer, perfectly completed buddhas.
- I bow to Arya Chenrezig, the bodhisattva, the great heroic being endowed with great compassion.
- It is thus:
- You will hold, will hold.
- Do hold, do hold, hold, hold, hold!
- I request power; move, move!
- Thoroughly move, thoroughly move!
- You hold a flower, hold an offering flower; method and wisdom, supreme Guru;
- Burned with mind, may it be removed; arrange it!

The meaning of the 6-syllable mantra “OM MANI PADME HUM”:

- (Refer to Appendix 2 in the sadhana) – The ultimate goal of this mantra is to liberate all sentient beings from oceans of samsaric sufferings and its causes, karma and delusions, and bring them to full enlightenment.
  - OM = Comprises the letters, A, U, M.
    - Purifies our ordinary body, speech & mind and transforms them into Chenrezig's holy body, speech and mind.
  - MANI PADME = Chenrezig's holy name.
    - MANI = Method
    - PADME = Wisdom
    - MANI PADME includes all 84,000 teachings of the buddha, as set out in the Hinayana, Mahayana paramita and Mahayana tantra vehicles.
    - MANI PADME includes tantra path of the lower tantras, 6 deities, yoga with sign, yoga without sign.
    - MANI PADME includes the generation and completion stages of tantra.
    - So MANI PADME includes the method and wisdom of all three vehicles.
  - HUM = Like saying “Hey!” to persuade the holy mind to pay attention to you.
    - HUM is like blessings in our heart. It makes your mind like fertilized earth.
  - This life is not long enough to learn the meaning of this mantra. To learn everything about this mantra, it will take us until we achieve enlightenment. Until then, there will always be some subtle points we cannot see.
  - We are really the most fortunate people to be able to recite this mantra. It brings unbelievable purification, and we collect skies of merit that bring us closer to enlightenment.
  - This is the heart mantra (or name mantra) of Chenrezig, the Compassionate Buddha.
  - **IT IS COMPASSION, MANIFESTED INTO LETTERS.**
  - OM – Symbolises the body, speech and mind of the practitioners. This is the base. It also symbolizes the body, speech and mind of the resultant enlightened being, which can be achieved on the basis of cultivating the path of method (MANI) and wisdom (PADME)
  - HUM – Union of wisdom and method. So, in training your body speech and mind, you cultivate the path of union and wisdom to realize the resultant state of Compassionate Buddha.
- As for the 6 letters (syllables) themselves : OM – MA – NI – PETH – ME - HUM
- They carry the meaning of the 6 paramitas (6 perfections – Generosity, Morality, Patience, Joyful effort, Concentration, Wisdom) of the Mahayana path.
  - Each letter is an antidote to each of the 6 samsaric realms (God, demigod, human, animal, hungry ghost, hell being).
  - They also symbolize the different types of wisdoms.
  - They also symbolize the different pure lands.
  - They symbolize the basis to actualize the 5 dhyani buddhas.
  - Each letter comes in a different colour and this relates to each of the dhyani buddhas.

Specifically (adapted from GTZ’s notes) – It will be good if you can visualize all these features & benefits when you recite each syllable!

Syllable	Colour	Arises from:	Contains:	Is in the essence of:	Purifies:	Actualizes:
<b>OM</b>	White	<b>5 wisdoms</b> of the Great Compassionate One	The <b>wisdom of all knowledge</b>	The Perfection of <b>Concentration</b>	Causal delusion of <b>(EGO) PRIDE</b> & its general karmic consequences & in particular, the suffering of <b>GODS</b>	Southern pure land of Buddha Ratnasambhava called འཕོ་ལྷན་ལྷོ་དང་ལ་ ( Lho, Pal Dang, Den Pei, Shing) manifested from the power of wisdom of <b>equanimity</b> of the great compassionate one and enlightened in Buddha Ratnasambhava.
<b>MA</b>	Green	<b>Immeasurable love</b> of the great compassionate one	The <b>blessing power of activities</b>	The Perfection of <b>Patience</b>	Causal delusion of <b>JEALOUSY</b> & its general karmic consequences & in particular, the suffering of <b>DEMIGODS</b>	Northern pure-land of Buddha Amoghasiddhi called འཕོ་ལྷན་ ལྷོ་ ལས་ རབ་རྩོགས་པའི་ཞིང་ ( Jang, Ley Rab, Zog Pei, Shing) manifested from the power of wisdom of <b>accomplishment</b> of the great compassionate one and enlightened in Buddha Amoghasiddhi.
<b>NI</b>	Yellow	<b>Effortless power</b> of the great compassionate one	The <b>one entity of vajra wisdom</b> of body, speech, mind, knowledge and blessings; and antidote to limitations of both samsara and nirvana.	The Perfection of <b>Morality</b>	Causal delusion of <b>DUALISTIC APPEARANCE</b> and its tendencies, & its general karmic consequences, & in particular, the suffering of <b>HUMANS</b>	Pure land of Buddha Shakyamuni called འཕོ་ལྷན་ འོག་མེན་ ཚོས་ཀྱི་དབྱིངས་རྣམ་པར་དག་པའི་ ཞིང་ ( Wog Min, Choe Kyi, Ying, Nam Par, Dag Pei, Shing) manifested from the power of <b>innate wisdom</b> of the great compassionate one and enlightened in Buddha Vajradara.

Syllable	Colour	Arises from:	Contains:	Is in the essence of:	Purifies:	Actualizes:
<b>PETH</b>	Blue	<b>Immeasurable equanimity</b> of the great compassionate one as a letter of <b>body</b>	The <b>wisdom of dharmakaya</b>	The Perfection of <b>Wisdom</b>	Causal delusion of <b>IGNORANCE</b> & its general karmic consequences & in particular, the suffering of <b>ANIMALS</b>	Pure land of Buddha Vairocana called འཕོ་ལྷན་ དབྱེ་ལྷན་ལྷན་ལྷན་ བསོད་པའི་ཞིང་( Uoe Chog, Tug Po, Koe Pei, Shing)- manifested from the power of wisdom of <b>Dharmakaya</b> of the great compassionate one and enlightened in Buddha Vairocana.
<b>ME</b>	Red	<b>Immeasurable joy</b> of the great compassionate one as a letter of <b>speech</b>	The <b>wisdom of discrimination</b>	The Perfection of <b>Generosity</b>	Causal delusion of <b>ATTACHMENT</b> & miserliness & its general karmic consequences & in particular, the suffering of <b>HUNGRY GHOSTS</b>	Pure land of Buddha of Boundless light called འཕོ་ལྷན་ ལུབ་ལྷན་ བདེ་བ་ཅན་གྱི་ཞིང་( Nup Chog, Dey Wa, Chen Gi Shing) manifested from the power of wisdom of <b>discrimination</b> of the great compassionate one and enlightened in Buddha Amitabha.
<b>HUM</b>	Black	<b>Immeasurable compassion</b> of the great compassionate one as a letter of <b>heart</b>	<b>Mirror-like wisdom</b>	The Perfection of <b>Wisdom</b>	Causal delusion of <b>HATRED</b> & its general karmic consequences & in particular, the suffering of <b>HELL BEINGS</b>	Pure land of Buddha Aksobhya called འཕོ་ལྷན་ མངོན་པར་དགའ་བའི་ ཞིང་( Ngon Par, Gah Wei, Shing) manifested from the power of <b>mirror-like wisdom</b> of the great compassionate one and enlightened in Buddha Aksobhya.

The above is a very brief explanation of the Mani mantra. If you want to learn the entire meaning, you will need to learn the entire 84,000 teachings of the Buddha!

*These are notes only in brief, for internal reference.  
Checked with Geshe Tenzin Zopa, 02.08.23.*

*All mistakes are mine alone / Selina Foong*