

## The Path to Enlightenment



OM MANI PÄDME HUM

In the pursuit of enlightenment, practitioners of Tibetan Buddhism pray directly to Buddha. They recite mantras, or phrases that are repeated out loud, to purify their thoughts. Prayer flags, Prayer Wheels and Prayer stones are tools to improve one's karma, or consciousness, and develop compassion toward all living beings.

The Mani Mantra is easy to say, yet quite powerful, because it contains the essence of the entire teaching.

The six syllables and colours are said to correspond to one of the six realms of existence and purifies the vice associated with that realm:

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| <b>OM</b> (white) -      | Purifies bliss and pride (realm of the gods)                             |
| <b>MA</b> (green) -      | Purifies jealousy and need for entertainment (realm of the jealous gods) |
| <b>NI</b> (yellow) -     | Purifies passion and desire (human realm)                                |
| <b>PAD</b> (blue) -      | Purifies ignorance and prejudice (animal realm)                          |
| <b>ME</b> (red) -        | Purifies poverty and possessiveness (realm of the hungry ghosts)         |
| <b>HUM</b> (dark blue) - | Purifies aggression and hatred (hell realm)                              |

So in this way recitation of the mantra helps achieve perfection in the six practices from generosity to wisdom. The path of these six perfections is the path walked by all the Buddhas of the three times. What could then be more meaningful than to say the mantra and accomplish the six perfections?

"Thus the six syllables, **Om Mani Padme Hum**, mean that in dependence on the practice which is in indivisible union of method and wisdom, you can transform your impure body, speech and mind into the pure body, speech, and mind of a Buddha." **H.H. The Dalai Lama**