

# **KaDhamPa Buddhist Society**

## **GOING FOR REFUGE**

All sentient beings and I will go for refuge to Buddha, Dharma and Sangha until we achieve enlightenment. (x3)

## **GENERATING BODHICITTA**

Through all the virtues and other perfections that I collect and give  
May I become a Buddha for the benefit of all sentient beings. (x3)

## **OFFERING THE MANADALA**

The ground sprinkled with perfume and spread with flowers,  
The Great Mountain, four lands, sun and moon,  
Seen as a Buddha Land and offered thus,  
May all beings enjoy such Pure Lands.

IDAM GURA RATANA MANADALA KAMU NELAYA DA YA MING

## **DEDICATION**

By this virtue, may I quickly  
Attain the enlightened state of the Buddha,  
And lead all sentient beings  
Without exception to that ground.  
Through my virtues from practicing with pure motivation,  
May all sentient beings,  
Never part from the peaceful Avalokiteshvara  
But always come under their care.

**Avalokiteshvara's Heart Mantra:**

***Om Mani Padme Hum***

**The Great Compassion Mantra:**

NA-MO RAT-NA TRA-YA-YA  
NA-MAH ARYA-GYA NA  
SA-GA-RA  
BEE-RU CHA-NA

BAYO-HA RA-JA-YA  
TA-THA GA-TA-YA  
A-RA-HA-TE  
SUM-YAK-SUM-BUDDHA-YA  
NA-MAH SA-WA TA-THA GA-TE-BAY  
A-RA-HA- TE-BAY  
SUM-YAK-SUM-BUDDHI-BAY  
NA-MAH ARYA-AVA-LO-KI-TE  
SHVA-RA-YA  
BODHI-SA-DOR-YA  
MA-HA SA-DOR-YA  
MA-HA KHA-RU-NI-KHA-YA

TA-DYA-THAH OM

DHA-RA-DHA-RA  
DHI-RI-DHI-RI  
DHU-RU-DHU-RU  
I-TEE-VI-TEE  
CHA-LAE CHA-LAE  
PRA-CHA-LAE-PRA-CHA-LAE  
KU-SU-MIN KU-SU-MA-VA-RAE  
ELI-MINLI CHE-TAE JAV-LAM  
APA-NA-YA SA-VA-HAH

## **THE MEANING OF: Avalokiteshvara's Heart Mantra**



**OM:** Auspicious

**MANI:** Bodhichitta, Jewel

**PADME:** Escape from samsara (renunciation)

**HUM:** Our mind enters the Buddha's dharma body

Reciting this mantra will bring us auspiciousness and let us realize the pain of being reincarnated in the six wheel of samsara. Understanding the importance of leaving the samsara generates renunciation and can also generate Bodhichitta- "I must attain the state of complete Buddhahood as quickly as possible for the sake of all mother sentient beings".

## **WORD TRANSLATION OF: The Great Compassion Mantra**

**NA-MO:** prostrate

**RAT-NA:** jewels

**TRA-YA:** three jewels (Buddha, dharma, sangha)

**YA:** in front of

**NA-MAH RAT-NA TRA-YA-YA:** prostrate in front of the three jewels

**SA-GA-RA:** ocean

**BEE-RU:** visible appearance

**CHA-NA:** action

**BAYO-HA:** attractive appearance

**RA-JA-YA:** leader

**TA-THA GA-TA-YA:** Buddha

**A-RA-HA-TE:** an Arhat (one who has eliminated all enemies from within i.e. worries, sufferings, egos, etc.)

**SUM-YAK-SUM:** purifying

**BUDDHA-YA:** Buddha

**NA-MAH:** name

**SA-WA TA-THA-GA-TE:** Buddha

**BAY:** respect, rely, refuge, prostrate

**A-RA-HA-TE:** an Arhat

**BAY:** respect, rely, refuge, prostrate

**SUM-YAK-SUM:** purifying

**BUDDHI:** Buddha

**BAY:** respect, rely, refuge, prostrate

**NA-MAH:** name  
**ARYA:** his holiness  
**AVA:** observe  
**LO-KI-TE:** world where sentient beings live  
**SHVA-RA:** Avalokiteshvara (Compassionate Buddha)  
**YA:** the holy Buddha  
**BODHI:** purifying  
**SA-DOR:** courageous warrior  
**YA:** the holy Buddha  
**MA-HA:** great  
**SA-DOR:** courageous warrior  
**YA:** the holy Buddha  
**MA-HA:** great  
**KHA-RU-NI:** compassionate  
**KHA-YA:** form of body  
**TA-DYA-THAH:** therefore  
**OM:** (at this point “om” is used to explain Avalokiteshvara’s vows and how we plead for him to come and help)  
**DHA-RA:** hold on to  
**DHA-RA:** hold on to  
**DHI-RI:** grasp tightly  
**DHI-RI:** grasp tightly  
**DHU-RU:** guard and help  
**DHU-RU:** guard and help  
**I-TEE:** this  
**VI-TEE:** that  
**CHA-LAE:** affect  
**CHA-LAE:** affect  
**PRA-CHA-LAE:** affect rapidly  
**PRA-CHA-LAE:** affect rapidly  
**KU-SU:** righteousness  
**MIN:** me  
**KU-SU-MA:** the triumph of righteousness  
**VA-RAE:** blossomed flower  
**ELI-MINLI:** others and myself  
**CHE-TAE JAV-LAM:** all the negativity from the body, speech and mind  
**APA-NA-YA:** eradicate  
**SA-VA-HAH:** strengthen all happiness forever

## **THE MEANING OF: The Great Compassion Mantra**

We prostrate in front of the three jewels- Buddha, Dharma and Sangha.

Avalokiteshvara Bodhisattva is formed from all the Buddha's compassion. Avalokiteshvara's dharma body is like the vast ocean.

We prostrate to this leader who has a solemn appearance like a King

We prostrate to Avalokiteshvara who has no worries and no frets

We prostrate to this completely enlightened one

We prostrate to our Avalokiteshvara.

We prostrate to this Great Bodhisattva. (Mahasattva)

He is a Buddha who has eradicated all obstacles, that is why we devote ourselves to him.

Avalokiteshvara transforms his appearance to infinite forms because he vows to relieve all sentient beings in this living world and to increase our merits. Others and I plead for him to help and protect us.

Avalokiteshvara, you must rescue us from our sufferings, you must hang on to us and not let go. Your vows were to relieve our pain and eradicate our two obstacles, so we pray for you to come bless us until we attain Buddhahood.

*These mantras correspond us with Avalokiteshvara's compassion hence purifies our body, speech and mind, eliminates all negative karma, fulfills all our wishes and protects us until Buddhahood.*

### ***The Benefits from reciting Avalokiteshvara's mantras:***

- *Sicknesses will be recovered quickly*
- *Work will be successful and fortunate*
- *Able to maintain good health*
- *Have good relationship with family*
- *Be peaceful*
- *Be prosperous*
- *Will not meet disasters*
- *Can avoid accidents*
- *Can obtain a long life*
- *Can speak persuasively*
- *Can be promoted for better opportunities*
- *Can easily forgive and no longer feel hatred*
- *Can obtain the six supernatural powers*
- *Wisdom can be increased immediately*
- *Easy to obtain kindness and compassion*

- *Understand that the three jewels are a permanent reliance*
- *Leave samsara to become a completely enlightened one*