

The SA LE Ö Mantra

ཨ་ཨཱི་ཧཱུྃ། ཨཱཱ་ཨ་དཀར་ས་ལེ་འོད་ཨ་ཡི་ཨཱི་འདུ།

A OM HUNG A A KAR SA LE Ö A YANG OM DU

The Explanation of the Mantra

A is the mantra of the body of expanse, *bön ku*, the dharmakaya.

OM is the mantra of the body of perfection, *dzok ku*, the sambhogakaya.

HUNG is the mantra of the emanation body, *triil ku*, the nirmanakaya.

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The long **A** is the changeless essence.

The short **A** is the birthless nature.

KAR is freedom from errors of karmic tendencies.

SA LE is supreme wisdom free of doubts.

Ö liberates all misconceptions in wisdom.

A is the sacred space in which everything dissolves.

YANG is the pure wind that generates wisdom.

OM is the five bodies and the five wisdoms.

DU is the single sphere—oneness.

Ground, Path, and Fruition

The long **A** and the two small **A**'s of the mantra—the three **A**'s—show the foundation, the ground. These are the three sacred syllables of the abiding ground.

KAR SA LE Ö show the practice of awareness. These are the three sacred syllables of the path.

YANG OM DU show the essence of the ultimate meaning or realization. These are the three sacred syllables of the fruition.