

THE GREAT MANTRA

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ཨོཾ་མ་རྩི་མུ་ཡེ་ས་ལེ་ར་དུ།

OM MA TRI MU YÉ SA LÉ DU

Translation of the Great Mantra:

The Great Mantra is the invocation of the Buddha Tonpa Shenrap and his consort Sherap Chamma, as well as the six manifestations of Tonpa Shenrap who appear in the six lokas (*kham*), or six realms of cyclic existence, in order to alleviate the suffering of the beings in those lokas. Tonpa Shenrap and Sherap Chamma together with these Six Subduing Shen guide all beings of the six lokas and correspond to the syllables as follows:

OM ~ represents skillful means or method and compassion. The deity is Tonpa Shenrap.

MA ~ represents wisdom and vast space. The deity is Sherap Chamma.

TRI ~ transforms anger and hatred into love, purifying the hell realms. Deity: Mucho Demdrug.

MU ~ transforms greed and desire into generosity, purifying the hungry ghost realm. Deity: Sangwa Ngangring.

YÉ ~ transforms ignorance and confusion into knowledge and wisdom, purifying the animal realm. Deity: Tisang Rangzhi.

SA ~ transforms envy and jealousy into openness, purifying the human realm. Deity: Drajin Pungpa

LÉ ~ transforms pride and arrogance into peacefulness, purifying the demigod realm. Deity: Chegyal Barti.

DU ~ transforms indolence and self-absorption into diligence and vigor, purifying the god realm. Deity: Yeshe Tsugphu.