

ཨ་དཀར་ཨ་མེད་དུ་ཉི་སུ་ནག་པོ་ཞི་ཞི་མལ་མལ་སྐྱེ་

A KAR A MÉ DU TRI SU NAK PO ZHI ZHI MAL MAL SO HA

explanation of the mantra:

A KAR represents the pure state of mind

A MÉ represents the luminous wisdom mind

DU TRI SU represents the three negative emotions—ignorance, hatred, attachment

NAK PO represents negativity

ZHI ZHI purifies

MAL MAL obtains a blissful state of mind

SO HA removes all negativities of lack of understanding/misunderstanding