

# Buddha's Mantra

To create safety and overcome fear

OM MUNI MUNI MAHA MUNIYE SOHA



OM - The All-Knowledge of the three bodies of a buddha and of the infinite Buddha's Holy Body, Speech and Mind. The knowledge of the two paths to enlightenment (Method and Wisdom), and of the two truths (Absolute and relative) that contain all existence within them.

MUNI - Control over the suffering of the three lower realms and over the wrong conception of the self-existent I.

MUNI - Control over the suffering of all samsara and over self-cherishing thoughts.

MAHA MUNIYE - Great control over the suffering of subtle illusions and over the dualistic mind.

SOHA - May my mind receive, absorb and keep the blessings of the mantra, and may they take root

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# Chenrezig Tibetan Buddhist Center of Philadelphia

Chenrezig Tibetan Buddhist Center of Philadelphia 954 N. Marshall Street Philadelphia, PA 19123

*Thank you for joining our Prayers for Peace event as a part of  
Peace Day Philly!*



The Chenrezig Tibetan Buddhist Center of Philadelphia (CTBC) was founded in 1991 as a non-sectarian, non-profit organization, open to Buddhists and non-Buddhists alike.

The main goal of our Center is to cultivate compassion and loving-kindness, based on the philosophy and methods taught by His Holiness the 14th Dalai Lama, Tenzin Gyatso.

Losang Samten (above) is the Founder and Spiritual Director of the Chenrezig Tibetan Buddhist Center. He is an accomplished Tibetan scholar and former Buddhist monk and continues to bring his warm and open hearted nature, deep understanding of Tibetan Buddhism, and fascinating personal experiences and practice to the Chenrezig Tibetan Buddhist Center of Philadelphia.

## *Interested in learning more?*

### ***Join us for our weekly and upcoming events:***

Weekly Sangha – Sundays 9:30a-11:30a

Green Tara Practice – Tuesdays 6:30p-8p

Tonglen Teaching – Saturday Oct. 6 10a-1p

Tara Sand Mandala – Oct. 7-14 (Times TBD)

Tibetan Medicine – Sunday 10/28 10a-12p

# Padmasambhava Mantra

To remove obstacles and create a field of protection

OM AH HUNG BENZA GURU  
PEME SIDDHI HUNG



OM AH HUNG purify obscurations arising from the three mental poisons -- desire-attachment, aversion, and ignorance

BENZA purifies obscurations which stem from anger GURU purifies obscurations which stem from pride PEMA purifies obscurations which stem from desire and attachment

SIDDHI purifies obscurations which stem from envy and jealousy

HUNG in a general way purifies obscurations which stem from all emotional afflictions

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Chenrezig Mantra  
Peace through compassion  
OM MANI PADME HUNG



OM is the antidote of ignorance  
MA is the antidote of hatred  
NI is the antidote of miserliness  
PAD is the antidote of attachment  
ME is the antidote of jealousy  
HUNG is the antidote of negative pride

ཨོཾ་མ་ཎི་པདྨེ་ཧུང་།

# Tara Mantra - wish fulfilling

OM TARE TUTTARE TURE SOHA



OM – Tara’s enlightened body, speech and mind

TARE – Liberation from true suffering, the suffering of samsara

TUTTARE – Liberation from fear and delusion

TURE – Tara is willing to provide all that is required to become free from suffering

SOHA – may the meaning of the mantra take root in my mind

ॐ तरे तुतरे तुरे सोहा

<https://www.tibetanbuddhist.org/green-tara>

# Medicine Buddha Mantra

## Healing Yourself & Others

TAYATA OM BHEKANDZE BHEKANDZE MAHA  
BHEKANDZE RANDZA SAMUNGATE SOHA



TAYATA - Gone beyond (beyond Samsara and Nirvana)  
OM - jewel holder, wish fulfilling one, auspicious one  
BHEKANDZE BHEKANDZE - calling Medicine Buddha twice  
MAHA BHEKANDZE - Greatness of Medicine Buddha  
RANDZA SAMUNGATE - Perfectly liberated or awakened  
SOHA - Dissolve in me



# Vajrasattva Mantra – Purification

OM VAJRASATTVA SAMAYA TENOPA  
TISHTHA DRIDHO ME BHAWA  
SUTOKHAYO ME BHAWA  
SUPOKHAYO ME BHAWA  
ANURAKTO ME BHAWA  
SARWA SIDDHI ME PRAYACCHA  
SARWA KARMA SU TSA ME  
TSITTAM SHREYANG KURU HUNG  
HA HA HA HA HO BHAGAWAN  
SARWA TATHAGATA  
VAJRA MA ME MUNCA  
VAJRA BHAWA MAHA SAMAYASATTVA  
AH HUM PHEH

