



Aum Ma-ni Pad-me Hum (Mantra explanation for guests)

Aum Mani Padme Hum is a heart Mantra. You have to sound it out. You actually cannot keep silent. You learn to give. You vibrate the sound out, you vibrate the energy out. When you are listening to it you are also giving the sound. The vibration of the sound energy has a lot of incredible merits in it. You can feel the energy in it.

The sound has the energy in it. So you do not have to understand. But if you know the meaning of it, it will be so much better.

Aum Ma-ni Pad-me Hum is a six syllable mantra.

It is believed that there are three basic sounds, the root sounds, the most important, the most energetic sounds in the universe. Aum, Ah and Hum.

AUM



Aum is the mother of all sounds.

Not by the throat but from the ocean of breath. Symbolically speaking. Deep down from the stomach/the abdomen.

Aum also means Listen! There is something extremely important to say or to learn. That is what follows it. Listen very attentively. This is the mother of all sounds, this is the most unimaginable sound, this is the most energetic sound, this is the most spiritual sound. It surpasses all sounds. And you have to listen to the reality of it, to the truth of it. It is the sound that leads to the truth.

Om or Aum is the primary *mantra* (*pranava mantra*) in Hinduism and the most sacred symbol in Hinduism. It represents the sound of the universe and the three deities in the Hindu trinity, the *trimurti* (“three images”), of Brahma, Vishnu and Shiva. The vibration of the three aspects of A-U-M represent the fullness of creation.

Existence in the entire cosmos vibrates with an energy that is audible to a mystic as a humming vibration. In Sanskrit this sound is called *Anahada Nada*. Literally this means “sound produced without striking.” It is an unstruck sound, which unlike ordinary audible sounds is not produced by two things striking one another. The hand strikes the guitar strings to produce sound, the wind brushes against leaves producing a rustling sound, the saxophonist’s lips press against the reed to produce a musical sound, or the most obvious the drum stick strikes the drum.

The unstruck sound occurs without a striking force, as vibrational atoms of the universe produce this sound through their pulsating “dance,” which is the sound of the primal energy of the universe. AUM represents this sound in its fullness from creation to eventual destruction.

The “A” represents beginning, start and emanation of the universe and life. “U” represents the sustenance of the universe and it is the middle between creation and destruction. “M” represents the ending, destruction, and death of life and the universe.

Besides the Hindu trinity, Om can also represent psychological states of consciousness.

“A” represents Waking Consciousness, conditioned by time and space. The conscious mind predominates this state, where the mind is under sway of thought impressions and desires. This state is expressed through the quality of activity, heat and energy (*rajas*).

“U” represents Dreaming Consciousness with the subconscious mind predominating awareness.

Dreams at this level can either be stimulated by nerve cells firing as our conscious mind loses awareness, or they can arise from deeper levels of the psyche and hold deep often symbolic meaning. The primary quality that represents this state is of sloth, ignorance and darkness (*tamas*), since in this state we are allured by the universe.

“M” is associated with Dreamless Sleep, which is a deep sleep state without any disturbance of dreams. The unconscious mind holds sway at this level. This state of mind is often experienced by



people with deep spiritual advancement. The ego has been left aside and a connection is experienced with the *atman* (soul), which gives a special experience of bliss. *Sattva*, purity, serenity and light is the main quality at this state.

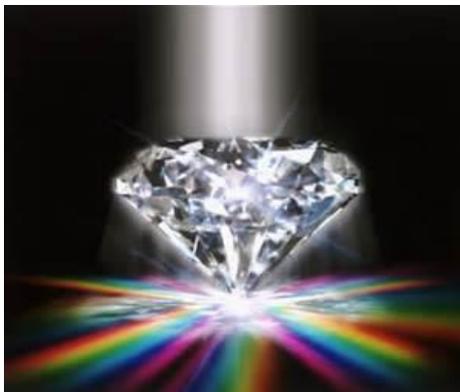
After the "M" we have silence, often called *turiya*, which is the transcendental fourth state of mind, where non-duality is experienced as our being is no longer disconnected. Superconscious mind predominates in this state and it is similar to what is often called cosmic consciousness.

AUM or Om is a common chant in Buddhism but without the association with Hindu deities. In Buddhism, Om is also viewed as the primal vibration out of which everything came into being and into which everything returns at the end of a cosmic cycle.

AUM symbolically connects the individual to the cosmos through a sound that represents all aspects of the creative energy from its inception to destruction. The hidden sound of silence hints at transcendent awareness hidden from conscious awareness through egoism and illusionary nature of the phenomenal world. For these reasons the Om sound has become an important aspect of sound meditation (Singing bowls) and chants.

In this mantra Aum is the leading. That's like rolling up the curtain for the show to start or to go on. If we do not roll up the curtain, how can the show go on? It's the most important thing to roll up that curtain.

Mani



What's the meaning of Mani?

Mani in the Sanskrit language is 'the most precious jewel', or in English 'Diamond'. That's more than gold.

Words carry meaning. Words are limited as word. The meaning gives more underlying understanding and purpose.

You have to borrow, metaphorically, from what appears in this world so that you can express the meaning. Mani is borrowing diamond and jewels. The most treasurable and valuable.

It says you have this most precious jewel in you! You have got that diamond in you since birth. Your uniqueness. Do you know about it? That most precious diamond in you that 'God' (do not think about God in relation to religion or believe) in you?

That most precious in you is not outside you. You do not have to look for God in heaven. That God is in you!

Listen very attentively. You have that God nature, that creating nature in you! Mani, the most precious, it's so rare. How can we call it? Mani. The most precious treasure.

What's in language is not enough. You borrow a symbol. How do you describe diamond? You can use a whole book to describe diamond. The density of the diamond, the brightness of the diamond, the value of the diamond. Geologists used volumes of books, thousands of words just to describe diamonds.

Do you know about that most precious, that most uniqueness in you? Or do you not care? Do you know about it? How do we know it? How do we get close to it? What is that 'God' in us? You have got to know more and learn more about that uniqueness, that God in you.

If you do not use it carefully, it becomes the devil in you. Because God and devil is just like the two sides of your hand. You swing the other, the palm of your hand and you swing the other, the back of your hand. That God in you is also your mind. Your mind is just life fire. It can be your master, it also can be your user. If you use fire properly, you use it with merit. If you use fire improperly, you use, destroy and burn. So that's your mind.



When you subject yourself to sadness, to depression, to jealousy, to hatred, to anger, to ignorance, to melancholy etc., you turn your god into devil. And you continue to do it.

A thought originates from your mind, is the thought from devil. Not from God, it's from you. You turn that God into devil. You are attached to it and you turn that thought into action (bad Karma). That thought of anger in you has dominated you and turned your God into devil. What do you do? What does this anger comes from? It comes from the slandering of the mouth of another person. You are attached to that language and you react with it. You react with violence, with hatred, with revenge. You could hurt, you could kill. You can do anything to satisfy just the anger of that devil in you. And you carry out the action. You committed the defence, the Karma. Just the mental affliction of anger. This all will subject you to a lot of sufferings. You create causes for suffering and you do not know about it.

Our mind is so habitually used to create this kind of response. There are 51 so called Mental afflictions. 11 Of them are wholesome, 26 unwholesome and 14 neutral. This mental afflictions are our 'good' companions for many ages and probably lives. It's just our natural response, without even knowing, that we first react out of this 26 unwholesome ones. He/she is too fat, walks too slow, is not nice smelling, is always late, etc.. How can we get rid of this devilry 'friends'.

You can see your response as ongoing waves that want to go home. The waves are tired. The waves wants to go home to peacefulness. A wave does not have to do anything. It just need to calm down. Come home to the water. The wave is the water. You do not have to look for that home or heaven. You are water, you are one with water. You are not a wave. Get a permanent 'home run'. Come home to yourself. You will be at peace. One with the water. In equanimity (balance) with the water.

How do you feel if there is no suffering, if there is no hatred, no jealousy, no depressions, nothing to that. And not only that, you are not attached to joy and happiness either. I hate those unhappy things but I am looking for happiness. What follows joy and happiness later is another kind of suffering. Sadness and joy are two sides of the same coin. In other words, if you are attached to joy you create suffering too.

How do you make sure that the God in you is actually God? How do you turn that devil into God? Padme gives the understanding.

Padme



Padme in the Sanskrit language is Lotus. Lotus stands for purification, reconciliation / reunion, equanimity, peace. And again they have to use a symbol to express it. A lotus flower comes out of the mud. Mud symbolizes the world of suffering. The Lotus shows how we can escape that world, how to raise above. You have to grow on top of suffering. You have to get purification. You have to purify your mind first to get away from suffering.

Padme, purification. Purify yourself. Like a lotus flower, not attaching to the water. Like the sun and the moon not attaching to the sky. They always move. They do not attach.

No attachment. Can you be like that? No attachment?



Water droplets on a lotus leaf show you how it works. They are not clinging. No attachment.

No attachment to greediness, not attachment to hostility, no attachment to ignorance, no attachment to egoism, no attachment to egoistic feelings.

So we have to purify ourselves. But how to do it?



In general: By your **behavior**, your **speech** and your mind (**meditation**).

Specific: There are many ways to purify ourselves.

In the sutra (canonical scripture, regarded as records of the teaching of Gautama the Buddha) six perfections/methods are called to purify ourselves.

1. Generosity (to give)
2. Morality
3. Endurance (tolerance)
4. Diligence (apply efforts to it)
5. Meditation (not sitting doing nothing, hard working on the inside, training him/herself in nine ways / stages)
6. Wisdom

The nine Mental stages:

1. Mental placement, or fixing the mind
2. Continuous placement or fixation with some continuity
3. Patched placement or correcting
4. Close placement or Good fixation
5. Taming, Subduing, or Becoming disciplined
6. Pacification or Becoming peaceful
7. Complete pacification
8. One-pointed attention
9. Balanced placement

Meditation is a way to purify your mind. You see yourself more properly. You bring your mind at peace. When your mind is at peace, your wisdom level goes up. Because when your mind is at peace, all this mental afflictions that clouded you in your unclear thinking disappear. The mist is gone. You can see clear and for miles/kilometres distance again. When everything in front of you is clean, your wisdom level automatically increases.

In your daily live, when your wisdom level increases... you do everything right (good Karma). You know in a proper way how to interact with people. With your colleagues, with your family members, in the right way.

Hum



Hum is planting a seed. A Bodhi seed is planted in your consciousness.

When a seed is planted there, somewhere in the future that seed will sprout into a plant. A plant of insight and enlightenment. A mind of compassion to all beings.

In chanting Om Mani Padme Hum you are not receiving, you are giving. You give out the energy. You purify your compassion.



During chanting the mantra many times people turn the Tibetan Prayerwheel (including the text of the mantra) clockwise. To spread the seed, the good news. To bring their uniqueness (just be yourself, everybody else is already taken) in the world. To grow and to share.

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