

# Om Ah Hum

Music and movements: Dakini

The musical score is written in 4/4 time with a key signature of three flats (B-flat, E-flat, A-flat). It consists of three staves. The first staff is marked 'x4' and includes the lyrics 'Om ma-ni pe-me hung, Om ma - ni, Om ma - ni pe-me hung,' with chords am, dm, F, am, G, and em. The second staff is also marked 'x4' and includes the lyrics 'Om ma - ni pe - me hung, Om ma - ni,' with chords am, dm, F, am, G, and em. The third staff is marked 'x2' and includes the lyrics 'Om ah hum, \_\_\_\_\_ Om ah hum! \_\_\_\_\_' with chords am, dm, G, am, G, and em. The melody is primarily composed of quarter and eighth notes, with some rests and ties.

## Instructions and attunement

1. Om Mani Peme Hung Om Mani Om Mani Peme Hung x 4
2. harmony: Om Mani Peme Hung Om Mani x 4
3. Om Ah Hum Om Ah Hum
4. Om Ah Hum
5. Om Ah Hum

1. Hold hands in circle, sidestep left - prayer wheel, constantly moving, dispersing the mantra of compassion out to all beings (low voices)
2. as 1 (high voices)  
repeat 1. and 2., with low voices singing the harmony, high voices singing the first melody
3. Still facing centre, hands in prayer position, move from the crown (OM) to the throat (AH) to the heart (HUM), bow to the centre with hands in prayer position x 2
4. Face partner, touch the palms on heart level, create a small generator of blessing, sidestep to exchange places with partner
5. Repeat movements as in 3, but facing partner

It is said that all the teachings of the Buddha are contained in this mantra. Om Mani Peme Hum (Tibetan version of the mantra) can not really be translated into a simple phrase or sentence. OM is composed of three pure letters, A, U, and M. These symbolize our impure body, speech, and mind; they also symbolize the pure exalted body, speech and mind of a Buddha. All Buddhas are beings who were like ourselves and then by following the path became enlightened. MA NI, meaning jewel - the altruistic intention to become enlightened, compassion, and love. PE ME, meaning lotus, wisdom. Just as a lotus grows forth from mud but is not sullied by the faults of mud, so wisdom is capable of putting you in a situation of non-contradiction whereas there would be contradiction if you did not have wisdom. HUNG, indicates indivisibility. HUNG is that which cannot be disturbed by anything.

**OM** purifies pride - the god's realm  
**MA** purifies jealousy - the realm of demi-gods  
**NI** purifies desire / attachment - the human realm  
**PE** purifies stupidity - the animal realm  
**ME** transforms greed - the realm of hungry ghosts  
**HUNG** transforms hate and anger - the hell realm.

**Om Ah Hum** – OM purifies all the negative actions committed through your body, AH through your speech, and HUM through your mind. By purifying your body, speech, and mind, OM AH HUM grants the blessing of the body, speech, and mind of the Buddhas.

OM is also the essence of form, AH the essence of sound, and HUM the essence of mind. So by reciting this mantra, you are also purifying the environment, as well as yourself and all other beings within it. OM purifies all perceptions, AH all sounds, and HUM the mind, its thoughts and emotions.

OM - its the highest expression of consciousness; the perfection, eternal, infinite; it brings bliss, peace, clarity, strength; pure energy of the divine body of the Buddhas and bodhisattvas.

AH = primal state of spirit; female aspect, the emptiness; expression of wonder and direct awareness; brings energy, openness, expansion and empowerment. All conceptions and impure energy of speech are cleansed and purified.

HUM = the descent from universality into the human heart; infinite in the finite; eternal in the temporal; brings infinity, essence and oneness into the human being. All narrow thoughts disappear; all indecisive minds disappear; all obsessed minds disappear. Your whole body feels blissful. Filled with light, there is no room for fanatical, dualistic concepts.

Since you are often too busy to recite long mantras, you can recite this short one, which represents all other mantras: The All-encompassing expression (OM) of the flowering love (AH) This Divine seed at the heart of me (HUM).