

Heart-Songs from Nyangrel Nyima Ozer (1124-1192)

The antidote to the five poisons is the six syllables; by saying *oṃ maṇi padme hūṃ*

oṃ causes the defeat of the five poisons in general due to the five aspects of primordial gnosis;

ma causes the defeat of indignation;

ṇi causes the defeat of ignorance;

pad causes the defeat of desire;

me causes the defeat of pride;

hūṃ causes the defeat of jealousy.

Via recitation of the six syllables, the six afflictive emotions are eradicated and the obscurations are not retained. The afflictive emotions are destroyed in their own locus. The 84,000 afflictive emotions are defeated by this antidote, [recitation of] *oṃ maṇi padme hūṃ*. And since the root of the 84,000 afflictive emotions is the five poisons, just so those five are neither renounced nor transformed; they aren't purified, rather when they naturally arise, they are inserted into innate liberation.

oṃ maṇi padme hūṃ

If you conjoin the mantra with the six cleansings of the abodes,

the *oṃ* purifies the abode of the gods;

the *ma* purifies the abode of the demi-gods;

the *ṇi* purifies the abode of humanity;

the *pad* purifies the abode of animals;

the *me* purifies the abode of hungry ghosts;

the *hūṃ* purifies the abode of the hell realms.

Cleansing the abodes of the six types of transmigrators also occurs from reciting the six syllables!

oṃ maṇi padme hūṃ

If you conjoin the mantra with overcoming the sufferings of the six transmigrations,

the *oṃ* cleanses the sufferings of transmigration and downfall in the god realm;

the *ma* cleanses the sufferings of contentious strife in the demi-god realm;

the *ṇi* cleanses the sufferings of death and transmigration in the human realm;

the *pad* cleanses the sufferings of stupidity and ignorance in the animal realm;

the *me* cleanses the sufferings of hunger and thirst in the hungry ghost realm;

the *hūṃ* cleanses the sufferings of heat and cold in the hell realms.

Purifying the abodes of suffering within the six realms of transmigration also occurs from reciting the six syllables!

Furthermore, if you roll [the six transmigrations] up as a single [dilemma], when you realize that unborn, unimpeded, non-dual mind within the continuum of sentient beings that is the resolve of the deity, Our Vast Noble Heart, you'll understand the mentalities of the six kinds of transmigrators as errant manifestations and, by understanding the mind as the core of awareness, the three divine bodies, you'll automatically release the natural dawning of cyclic existence. From that, Awakening [occurs] without generating the three bodies; this is the resolve of Our Vast Noble Heart.

This is the liberative system for those with the highest faculties.

Those with middling or lesser faculties recite this six-lettered lightning bolt which thoroughly razes the six realms of transmigration: *OM maṇi padme hūṃ!*

The *om* thoroughly razes births in the god realm and achieves the divine Reality body.

The *ma* thoroughly razes births in the demi-god realm and achieves the divine Enjoyment body.

The *ṇi* thoroughly razes births in the human realm and achieves the divine Emanation body.

The *pad* thoroughly razes births in the animal realm and achieves the divine Essence body.

The *me* thoroughly razes births in the hungry ghost realm and achieves the divine body of Manifest Awakening.

The *hūṃ* thoroughly razes births in the hell realm and achieves the divine Adamantine body.

All you fortunates, count your *maṇi padmes!*

om maṇi padme hūṃ

The *maṇi* cleanses obscurations just so.

Here are the great blessings of the *maṇi*:

by invoking this *om*, the naturally emergent primordial gnosis,
from within its state of great wisdom

the taint of indecision is utterly purified;

hence, the surpassing perfection of wisdom is consummated.

All you fortunates, count your *maṇi padmes!*

om maṇi padme hūṃ

By invoking this *ma*, the great affection,

with unwavering concentration and meditative absorption

the taint of fluctuation is utterly purified;

hence, the surpassing perfection of concentration is consummated.

All you fortunates, count your *maṇi padmes!*
oṃ maṇi padme hūṃ
By invoking this *ṇi*, the source of all,
the afflictive obscurations are entirely quelled and
the taint of hesitation is utterly purified;
hence, the surpassing perfection of discipline is consummated.

All you fortunates, count your *maṇi padmes!*
oṃ maṇi padme hūṃ
By invoking this *pad*, brilliant and stainless,
You make supreme effort for the benefit of beings and
the obscuration of laziness is utterly purified;
hence, the surpassing perfection of effort is consummated.

All you fortunates, count your *maṇi padmes!*
oṃ maṇi padme hūṃ
By invoking this *me*, that affects ripening,
enjoyments become inexhaustible and needs and wants arrive
and the taint of avarice is utterly purified;
hence, the surpassing perfection of generosity is consummated.

All you fortunates, count your *maṇi padmes!*
oṃ maṇi padme hūṃ
By invoking this *hūṃ*, that affects unification,
sufferings are understood as bliss and
the stain of anger is utterly purified;
hence, the surpassing perfection of forbearance is consummated.

(Translated by Dr. Bryan Phillips, Charlottesville, Virginia, USA)