

Om Mani Padme Hung



The mantra *Om Mani Padme Hung* is easy to say, yet quite powerful because it contains the essence of the entire teaching. When you say the first syllable *Om* it is blessed to help you achieve perfection in the practice of generosity. *Ma* helps perfect the practice of pure ethics, and *Ni* helps achieve perfection in the practice of tolerance and patience. *Pad*, the fourth syllable, helps to achieve perfection of perseverance. *Me* helps achieve perfection in the practice of concentration, and the final sixth syllable *Hung* helps achieve perfection in the practice of wisdom.

—Dilgo Khyentse Rinpoche,
Heart Treasure of the Enlightened Ones



Because of the prayers and photographs this card contains, please treat it with respect. If you wish to dispose of it, please burn it rather than throw it away.

Om Muni Muni Mahamunaye Svaha



By calling the mighty Buddha and his entourage by name, the connection with Buddha's heart-mind is stimulated. In future lifetimes, the practitioner will be born wherever the Buddhas are dwelling and become disciples. By constantly receiving blessings, one's mind will be happy; negative forces will have no effect, and the obscurations of negative karma will be purified. In addition, the intellect will be sharpened, awareness increased, and love and compassion will arise. The practitioner will have the ability to greatly benefit sentient beings.

*Seeing that the one great need
at this time is to supplicate directly
the Buddha, Guide of the World,*

*I compiled and translated
a concise practice of Buddha Shakyamuni,
"The Path of the Sugatas,"
in order to clear up the evils of this
troubled time, and increase
the good fortune and merit of beings.*

—Shamar Rinpoche
Santa Fe, New Mexico,
November 19, 1980