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Om mane padme hum significato

Il mantra Om Mani Padme Hum scritto in diversi colori su una roccia fuori dal Potala in Tibet, le lettere rosse sulla destra sono un altro mantra. Insegnamento di Sua Santità il Dalai Lama sul significato del mantra OM MANI PEDME HUM. E' molto positivo recitare il mantra OM MANI PEDME HUM, ma, mentre lo fate, dovreste pensare al suo significato, perché il significato delle sei sillabe è grande e vasto. La prima, OM, è composta da tre lettere, A U, M. Queste simbolizzano il corpo, la parola e la mente impuri del praticante; sono anche il simbolo di corpo, parola e mente puri e splendenti di un Buddha. Il mantra Om Mani Padme Hum in tibetano. Possono il corpo, la parola e la mente impuri essere trasformati in puri corpo, parola e mente, o sono del tutto separati? Tutti i Buddha sono degli esseri che erano come noi e che, in dipendenza al sentiero, sono diventati illuminati; il Buddhismo non stabilisce che esista qualcuno che fin dall'inizio sia libero dai difetti e che possieda tutte le buone qualità. Lo sviluppo di corpo, parola e mente puri si consegue dal graduale abbandono degli stati impuri e dalla loro trasformazione in puri. In che modo? Il sentiero è indicato dalle successive quattro sillabe. MANI, che significa gioiello, simbolizza il metodo, l'intenzione altruistica di diventare illuminato, la compassione e l'amore. Proprio come il gioiello è in grado di rimuovere la povertà, così la mente altruistica dell'illuminazione è in grado di rimuovere la povertà, o difficoltà, dell'esistenza ciclica e della pace solitaria. Similmente, proprio come un gioiello esaudisce i desideri degli esseri senzienti, l'intenzione altruistica di diventare illuminato esaudisce i desideri degli esseri senzienti. Le due sillabe, PEDME, che significano loto, simbolizzano la saggezza. Proprio come un loto cresce dal fango ma non viene macchiato dalle sporcizie del fango, così la saggezza è in grado di mettersi in una situazione di non contraddizione, ovunque ci sarebbe contraddizione se non avesse saggezza. C'è saggezza che realizza l'impermanenza, saggezza che realizza che le persone sono vuote dell'essere autosufficienti o sostanzialmente esistenti, saggezza che realizza la vacuità della dualità - cioè della differenza di entità fra soggetto e oggetto - e saggezza che realizza la vacuità dell'esistenza inerente. Sebbene ci siano molti tipi diversi di saggezza, la principale è la saggezza che realizza la vacuità. La purezza deve essere ottenuta attraverso un'unità indivisibile di metodo e saggezza, simbolizzata dalla sillaba finale HUM, che indica indivisibilità. In accordo al sistema del sutra, questa indivisibilità di metodo e saggezza si riferisce a saggezza affetta da metodo e metodo affetto da saggezza. Nel veicolo del mantra o vajrayana, si riferisce ad una coscienza nella quale ci sia la piena forma sia di metodo che di saggezza, come entità una e in differenziabile, nei termini della sillaba seme di Akshobhya - l'inamovibile, il non fluttuante, ciò che non può essere disturbato da niente. Quindi le sei sillabe OM MANI PEDME HUM, significano che in dipendenza dalla pratica di un sentiero che è un'unione indivisibile di metodo e saggezza, voi potete trasformare i vostri corpi, parola e mente impuri, nei puri splendenti corpo, parola e mente di un Buddha. E' detto che non dovreste ricercare la Buddhià fuori da voi stessi; le sostanze per l'ottenimento della Buddhià sono all'interno di ciascuno di noi. Come dice Maitreya nel suo Sublime Continuum del Grande Veicolo (Uttaratantra). "Tutti gli esseri hanno illuminati; il Buddhismo non stabilisce che esista qualcuno che fin dall'inizio sia libero dai difetti e che possieda tutte le buone qualità. Lo sviluppo di corpo, parola e mente puri si consegue dal graduale abbandono degli stati impuri e dalla loro trasformazione in puri. In che modo? Il sentiero è indicato dalle successive quattro sillabe. MANI, che significa gioiello, simbolizza i fattori del metodo, l'intenzione altruistica di diventare illuminato, la compassione e l'amore. Proprio come il gioiello è in grado di rimuovere la povertà, così la mente altruistica dell'illuminazione è in grado di rimuovere la povertà, o difficoltà, dell'esistenza ciclica e della pace solitaria. Similmente, proprio come un gioiello esaudisce i desideri degli esseri senzienti, l'intenzione altruistica di diventare illuminato esaudisce i desideri degli esseri senzienti. Le due sillabe, PEDME, che significano loto, simbolizzano la saggezza. 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Noi abbiamo dentro i semi della purezza, l'essenza di Uno Andato così (Tathagatabarba) da essere trasformato e pienamente sviluppato nella Buddhià. OM generosità, abbandono dell'avarietà, mente che beneficia gli altri, abbandono della rabbia. MA moralità , non danneggiare gli altri esseri senzienti. NI pazienza, abbandono della rabbia, della gelosia, abbandono dell'ego e dell'attaccamento a sé stessi. PE sforzo entusiastico, elimina la pigrizia ed è rivolto allo studio per eliminare la sofferenza. ME concentrazione, meditazione, concentrazione sulle virtù senza distrazione. OM saggezza conoscenza di tutti i fenomeni. Fiducia verso il Maestro. Da un insegnamento conferito da Sua Santità il Dalai Lama al Kalmuck Mongolian Buddhist Center, New Jersey, OM MANI PEDME HUM E' il più noto e diffuso tra i numerosissimi mantra facenti parte del patrimonio culturale del buddhismo. Mantra letteralmente significa strumento per pensare, anzi, protezione della mente, ed è formato da una sequenza di sillabe sacre che vengono pronunciate dal praticante, profondamente concentrato sull'essenza della divinità che sta per invocare. I mantra, in realtà, non possiedono di per sé alcuna potenza magica, ma sono unicamente i mezzi per concentrare forze già esistenti in ciascuno di noi e, con un'azione simile a quella di un catalizzatore, consentono al credente di entrare nello spazio mistico. Om mani padme hum è formato da quattro sillabe-germe che, nell'ordine, hanno il seguente significato: sentiero dell'unificazione e della pace interiore, sentiero della visione creativa, sentiero dell'integrazione. La traduzione più diffusa, anche se solo approssimativa, è Salve o Gioiello nel fiore di Loto. Nelle regioni ricadenti sotto l'influenza della religione buddhista, questo mantra si ritrova dappertutto: inciso sulle rocce, scolpito nelle pietre votive che i viandanti depongono sui caratteristici muri di preghiera, dipinto sulle bandiere (chattar) che garriscono nel vento e distribuiscono parole di amore e di pace al mondo intero. L'amore per tutte le creature vivente, anche quelle più semplici e più primitive, è infatti la base filosofica e morale del buddhismo; l'amore che ognuno di noi deve manifestare verso il prossimo per giungere alla liberazione dal dolore ed alla definitiva redenzione di tutto il genere umano. E1%#B9#63. Ma%1E%#B9#63. Padme H#C5%#A#B%1E%#B9#63. There's a good reason why the Om Mani Padme Hum mantra is at the heart of many Buddhist traditions. It is because every one of the Buddha's teachings is believed to reside within this one powerful mantra. It is repeated over and over again to invoke the loving and unconditional qualities of compassion. Whether said out loud or silently to oneself, this is one mantra you'll want to practice to connect with your innately loving and compassionate nature. Using a Mani with the Mantra Across Northern India, Nepal and Tibet, you'll often see this beloved mantra etched in stone. Modern seekers like to buy rings with the mantra engraved on them because it is said that even the simple act of gazing upon the mantra will bring about the same benevolent effects. Prayer wheels of various sizes, also called mani, are used for the meditation of Om Mani Padme Hum as well. Buddhist practitioners spin these large prayer wheels or small hand wheels while meditating upon or chanting the mantra. Simultaneously receiving its many blessings, Tibetan Buddhists believe that each time a prayer wheel makes a complete rotation, it is equivalent to the merit gained from completing a year-long retreat. Understanding its Meaning To really know our intentions and motivations behind any mantra practice we must know exactly what the mantra means. This makes our practice more meaningful and personal. Many people refer to this mantra simply as the Mani mantras as it's the most beloved and widely used among followers of the Buddha. (Learn more in 5 Powerful Mantras and Their Sacred Meanings.) According to the Dalai Lama, Om Mani Padme Hum has the power to: "transform your impure body, speech and mind into the pure body, speech and mind of a Buddha." Tibetan culture tells us that to deeply know this phrase – to bring it into your very depths of one's being – is to attain enlightenment. Now, that's saying a lot! If this is the case, we'll all want to practice this mantra with great discipline and devotion. Breaking Down the Mantra Translating Sanskrit into English is challenging as there are many levels of meaning within the language. Below is a basic understanding of the mantra agreed upon by the majority of Buddhist practitioners. Om (or Aum) The sound, Om, is believed to be the primordial sound of all creation. The universe was created with Om and it holds within it all that is, was and ever will be. Buddhists believe that the sound vibration of Om cleanses away pride. They also believe that the syllable of Om lives within the samsaric realm of the gods. Om helps us dissolve our ego and cultivate kindness and generosity whenever we recite it. (Learn more in 5 Benefits of Chanting Om.) Mani The ma syllable in mani is associated with dissolving jealousy and the attachment to fleeting pleasures. It lives within the samsaric realm of the jealous gods and reciting ma over and over helps us loosen our jealous attachments while cultivating ethical behavior. (Learn more in the Freedom in Letting Go.) The ni syllable in particular is believed to dissolve our attachments to desire and passion while cultivating our ability to be patient with ourselves and others. It resides within the samsaric realm of the human being. The entire word, mani, means "jewel." Padme Pad is a syllable that dissolves our attachments to the many prejudices and judgmental notions we have while cultivating the quality of perseverance. It lives within the samsaric realm of the animals. This me syllable helps dissolve our attachments to being possessive while also cultivating our powers of concentration. (Learn more in Practicing Aparigraha (Non-Attachment).) Hum Hum resides within the samsaric realm of the hungry ghost. Together, padme means "lotus," and represents wisdom. Hum With the syllable, hum, we work to dissolve our attachments to anger and hatred. We instead cultivate our own innate wisdom. Hum is said to lie within the samsaric realm of hell. Hum also indicates that which cannot be disturbed by anything. It is unshakable and unmoveable. The Jewel is in the Lotus As you can see, this is a powerful mantra with a lot of meaning behind it. The one phrase that is said to sum it all up is this: "The jewel is in the lotus," or "Praise to the jewel in the lotus." This is to say that within all of us is the lotus flower, it's just covered up by a lot of mud and muck. Reciting this mantra over and over again, with the right intention, is believed to get rid of the mud and muck until we are as sparkling, pure, compassionate and wise as the lotus flower itself. According to a lecture given by the Dalai Lama, while it's a good draft to recite this mantra over and over again, one must simultaneously meditate upon the meaning of each syllable. In other words, we have to practice with the appropriate intention and understanding of the mantra. (Learn more in Svadhyaya: Spend a Lifetime Getting to Know Yourself & Deepening Your Yoga Practice.) Intention is everything. To help you bring attention to your doshas and to identify what your predominant dosha is, we created the following quiz. Try not to stress over every question, but simply answer based off your intuition. After all, you know yourself better than anyone else. Share This Article Om Mani Padme Hum is a mantra deeply rooted in the spiritual traditions of Buddhism, particularly in Tibetan Buddhism. This six-syllable mantra is not just a collection of words but a powerful invocation with profound spiritual significance. It is often chanted, recited, or meditated upon by Buddhists and individuals seeking inner peace, enlightenment, and a deeper connection with the universe. In this blog, we will explore the spiritual meaning of Om Mani Padme Hum and how it can be applied in meditation practices.Before delving into the spiritual aspects, let's break down the mantra itself- OM (ॐ): This is the most sacred sound in Hinduism and Buddhism, representing the essence of the ultimate reality or consciousness. It signifies the beginning and end of all things, the universal sound. - MANI (མ་): Translates to "jewel" or "bead." In the context of the mantra, it symbolises the jewel of compassion. - PADME (པདྨ་): Translates to "lotus," representing wisdom. The lotus grows in the mud but rises above it, symbolising the path to enlightenment. - HUM (ཧཱུྃ): This represents indivisibility and purity, signifying the union of wisdom and compassion.1. Compassion and Loving KindnessAt its core, Om Mani Padme Hum embodies the spirit of compassion and loving-kindness. The mantra calls upon the divine qualities of Avalokiteshvara, the Bodhisattva of Compassion, who is believed to embody boundless compassion for all sentient beings. Chanting or meditating on this mantra is a way to invoke and cultivate these qualities within oneself. It reminds us to treat all beings with compassion, empathy, and love.2. The Jewel in the LotusThe lotus flower is a symbol of purity and transformation. In the same way that the lotus grows from the muddy waters but remains unstained, we can rise above the impurities and challenges of life through spiritual practice and inner purification. Chanting or meditating on this mantra is believed to help purify negative emotions, thoughts, and actions, leading to personal transformation.4. Liberation from SufferingBuddhism teaches that suffering is an inherent part of life. Om Mani Padme Hum is seen as a path to liberation from suffering. By reciting or meditating on the mantra, one can develop a deeper understanding of suffering's root causes and work towards transcending it. It is a reminder that suffering can be transformed into enlightenment through the application of compassion and wisdom.Now that we've explored the spiritual meaning of Om Mani Padme Hum, let's delve into how it can be effectively applied in meditation practices:1. Mantra MeditationOne of the most common ways to use Om Mani Padme Hum in meditation is through mantra meditation. Here's a simple guide to get you started:- Find a quiet and comfortable place to sit in a row.- Close your eyes and take a few deep breaths to relax.- Begin chanting or mentally repeating the mantra: "Om Mani Padme Hum." Focus your attention on the sound and vibration of the mantra. Let it resonate within you.- Your mind wanders, gently bring your focus back to the mantra.- Continue for a predetermined time, such as 10, 20, or 30 minutes. This practice can help calm the mind, reduce stress, and foster feelings of compassion and inner peace.2. Transcendental Meditation (TM)Transcendental Meditation (TM) involves a specific technique of repeating a mantra silently. The mantra used in TM is often a variation of Om Mani Padme Hum. The practice involves sitting in a comfortable position, closing your eyes, and repeating the mantra silently. The mantra is repeated in a specific rhythm and intonation, which helps to induce a state of deep relaxation and inner peace.3. Visualization and Mantra ChantingVisualization is another powerful technique for using Om Mani Padme Hum in meditation. It involves creating a mental image of the mantra's meaning while chanting or repeating it. For example, you can visualize a lotus flower in bloom, with a jewel in its center, and a person in a state of compassion and wisdom. This visualization can help to deepen your understanding of the mantra's meaning and its transformative power.4. Mantra Chanting and MindfulnessMindfulness is a practice of paying attention to the present moment without judgment. It can be combined with Om Mani Padme Hum chanting or repetition. By focusing on the sound and vibration of the mantra while being fully present in the moment, you can cultivate a state of deep awareness and inner peace.5. Mantra Chanting and Loving-Kindness MeditationLoving-Kindness Meditation (LKM) is a form of meditation that focuses on cultivating feelings of love and compassion for oneself and others. It can be combined with Om Mani Padme Hum chanting or repetition. By repeating the mantra while practicing LKM, you can deepen your feelings of love and compassion for all beings.6. Mantra Chanting and Transcendental Meditation (TM)Transcendental Meditation (TM) is a form of meditation that involves repeating a mantra silently. The mantra used in TM is often a variation of Om Mani Padme Hum. The practice involves sitting in a comfortable position, closing your eyes, and repeating the mantra silently. The mantra is repeated in a specific rhythm and intonation, which helps to induce a state of deep relaxation and inner peace.7. Mantra Chanting and Vipassana MeditationVipassana Meditation is a form of meditation that focuses on observing the present moment with mindfulness. It can be combined with Om Mani Padme Hum chanting or repetition. By repeating the mantra while practicing Vipassana, you can deepen your understanding of the present moment and its impermanence.8. Mantra Chanting and Zen MeditationZen Meditation is a form of meditation that focuses on achieving a state of deep concentration and inner peace. It can be combined with Om Mani Padme Hum chanting or repetition. By repeating the mantra while practicing Zen, you can deepen your understanding of the present moment and its impermanence.9. 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