

Kuan Yin & her mantra, Om Mani Padme Hum



Kuan Yin is a cross-cultural, non-denominational figure revered by many spiritual and religious traditions around the world. She serves the seekers of all spiritual heritages and paths. Many see her as an expression of the essence of compassion, or as a symbol of it.

- A deity most frequently seen on altars in China's temples and later in India. Kuan Yin is a shortened form of a name that means *One Who Sees and Hears the Cry from the Human World*. "Kuan Sri Yin Pusa"

- In Sanskrit, her name is *Padma-pâni*, or "*Born of the Lotus*". Kuan Yin, alone among Buddhist gods, is loved rather than feared and regarded by many as the goddess of mercy. Originally male until the early part of the 12th century and Kuan Yin evolved from Avalokiteshvara, an Indian bodhisattva, into the female form.

One of the several stories surrounding both Kuan Yin and Avlokiteshvara, who through great love and sacrifice during life, had earned the right to enter Nirvana after death. However, while standing before the gates of Paradise heard a cry of anguish from the earth below and could not turn their backs on the suffering.

Kuan Yin and Avalokiteshwara are considered *Bodhisattvas* - the embodiment of compassion, who have chosen to postpone the final stage of enlightenment to assist all sentient beings to help relieve suffering, attain wisdom and achieve liberation.

Kuan Yin, Bodhisattva of Compassion, is a calm in the storm, a beacon to the needy, the Mother who bends gracefully and willingly to respond to the fears of her children. She embodies fierce compassion to cut through delusion, expose Truth and insight to the practice of breaking habitual thinking & achieving spiritual breakthrough.

Om Mani Padme Hum is often called the *mani mantra* - a mantra of Kuan Yin

- **Om** is the primordial sound essence of the universe from which all creation is manifested, and is often used at the beginning of many mantras. Chanting it leads to an experience of universality and non-duality.
- **Mani** means Jewel, symbolizing the altruistic intention to become enlightened, compassion and love.
- **Padme** means Lotus, symbolizing wisdom, especially that of nonduality.
- **Hum** always comes at the end of a mantra and symbolizes unity/one consciousness and bringing together the wisdom/knowledge and intention to become enlightened, with compassion and love. It also functions as an imperative to "make it so" and bless the practitioner with the union of wisdom and compassion.



The jewel can refer to Avalokitesvara's presence in the heart, to Kuan Yin, or to the Divine Presence in the heart of the devotee. Chanting this mantra is an effective tool for generating compassion.

Thomas Ashley-Farrand author of "Healing Mantras" & "Mantra Meditation" states this mantra is the most often chanted mantra in the world, and it pulls energy from the lower chakras to upper ones, activating these centers, circulating energy around them so that the energy in the subtle body becomes more centered in the upper body.

OM MANI PADME HUM

- the mantra most often associated with Kuan Yin and is seen as the condensed form of all Buddhist teachings.

*May the Jewel of the flower unfolding be within your Soul.
To be the Jewel of the flower unfolding is the Highest Goal.*