

Buderim Yoga NEWSLETTER



Term 2, May 2023



Dear Yoga Family,

Thank you for a wonderful term of Yoga. I love those student choice sessions where I can repeat the things you love the most.

By the time you get this I will be on my way to Ireland. Usually it is you going and I stay....now finally it is my time to adventure off.

I thought it right and fitting to put in the details of the **OM MANI PADME HUM** mantra and what it means. Its worth knowing, and worth taking time to chant.

OM MANI PADME HUM



The literal meaning in English has been expressed as "praise to the jewel in the lotus", or as a declarative aspiration possibly meaning "I the jewel in the lotus". Padme is the Sanskrit for the Indian lotus, and mani for "jewel", as in a type of spiritual "jewel" widely referred to in Buddhism.

What is the real meaning of Om Mani Padme Hum?

According to the Dalai Lama therefore, Om Mani Padme Hum means that on the path of life, with intention and wisdom, we can achieve the pure body, speech and mind of a Buddha.

What is the use of chanting Om Mani Padme Hum?



Thus, when a person who has recited ten malas of OM MANI PADME HUM a day, goes into a river or an ocean, the water that touches the person's body gets blessed, and this blessed water then **purifies all the billions and billions of sentient beings in the water.**

Is the Om Mani Padme Hum mantra powerful?

Om Mani Padme Hum is **a powerful mantra for miracles**, which means “Hail to the Jewel in the Lotus”. This mantra is also known as the 'Six-syllable Mantra', and is one of the most well-known mantras in Tibetan Buddhism. It can be used for meditation, healing, and spiritual development.

What is the meaning of Om Mani Padme Hum in Pranic healing?

OM Mani Padme Hum **is the mantra of compassion and mercy**. If you have a busy schedule and you need peace and love, if you are emotionally disturbed and you need emotional healing, if you want to help your fellow men by becoming a channel of world peace, OM Mani Padme Hum mantra is for you.

How many times should you chant Om Mani Padme Hum?

One popular way of employing the mantra is to think compassionately towards all beings in the universe by slowly repeating the mantra at least **21 and preferably 108 times.**

What are the effects of listening to Om Mani Padme Hum?

By reciting OM MANI PADME HUM, you can achieve all your wishes for happiness, not only for the happiness of this life but for the happiness of all your coming future lives, and also for the ultimate happiness that comes with cessation of the oceans of sufferings and their causes, ie karma and delusion.

What is the anxiety mantra in Buddhism?

It goes “[Om Mani Padme Hum](#)” which translates as “hail to the jewel in the lotus.” This is the mantra of the Compassion of Buddha, and it is said to calm fears, soothe concerns, and even mend broken hearts.

Om Mani Padme Hum is a well-loved Buddhist mantra commonly translated as, "The jewel is in the lotus."

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.

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.

Mani

The *ma* syllable in mani is associated with dissolving jealousy and the attachment to fleeting pleasures.

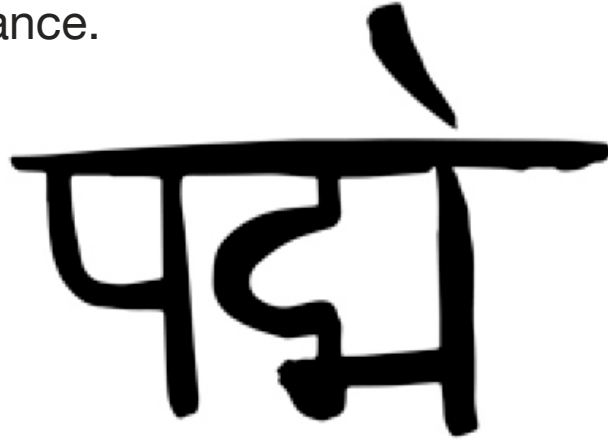


It lives within the realm of the jealous gods and reciting ma over and over helps us loosen our jealous attachments while cultivating ethical behavior.

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.

The image shows the Sanskrit word 'पद्मे' (Padme) written in a bold, black Devanagari font. The character consists of a horizontal bar at the top, followed by a vertical stem on the left, and a complex shape on the right that includes a small hook at the top and a larger, rounded base.

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. Together, *padme* means "[lotus](#)," and represents wisdom.

Hum

With the syllable, *hum*, we work to dissolve our attachments to aggression and hatred.

The image shows the Sanskrit character 'ह्रम' (Hum) written in a bold, black Devanagari font. The character is oriented vertically, starting with a small hook at the top, followed by a vertical stem, and ending with a large, rounded base.

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 unshakeable 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.”

ॐ मणि पद्मे हूँ

OM MANI PADME HUM
sanskrit

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 idea to recite this mantra over and over again, one must simultaneously meditate upon the meaning of each syllable.

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 the 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.

According to others within the Tibetan Buddhist tradition, the six syllables of the mantra, represent the purification or achievement of the six perfections, or six realms of existence, or the accomplishing perfection in the six practices. Therefore each of the six syllables represents one of the perfections, which are the six noble qualities of the character of an enlightened being. By repeating the mantra, you will achieve these 6 noble characteristics on your journey to enlightenment. The related syllable and characteristic are as follows:

- Om – generosity
- Ma – ethics
- Ni – patience
- Pad – diligence
- Me – renunciation
- Hum – wisdom

There is ultimately no complete correct, or definitive translation, of the mantra Om Mani Padme Hum, or of what you will achieve by repeating it. Its meaning, and what practitioners would like to accomplish by using it in meditation, is very personal. However, reducing the translation to 'the jewel in the lotus of the heart' really does not do it any justice. For meditation it can be repeated in silence, aloud, using mala beads, and ideally a minimum of 108 times. At the very least, it is a point of focus in meditation for you to return to each time you get distracted. What effect it has on

you, what it means for you, and what you achieve by repeating it is for you and only you, to experience. Do this as often as possible and recognise the peace and compassion you feel after doing this,

So this month, get your mala beads out (108 beads) and chant

OM MANI PADME HUM

Before we know it, next term will be with us. Here are the details for you to put into your diary:

TERM 3, 2023

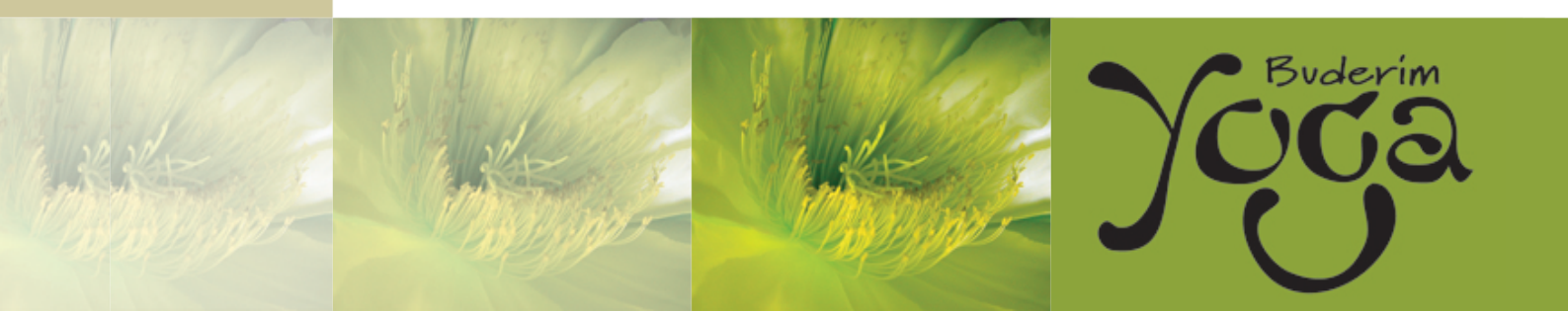
YOGA CLASS TERM 3 is 10 weeks Term Fee \$170.00

Monday 6pm to 7.30pm 10th July to 11th September

Tuesday 9.30am to 11am 11th July to 12th September

MEDITATION CLASS TERM 3 is 10 weeks Term Fee \$200.00

Tuesday 11.15am to 12.30pm 11th July to 12th September



BUDERIM YOGA CLASSES 2023

Classes are held at
Buderim Girl Guides Hall
111 Burnett Street, Buderim
Phone Lyn Moes (07)54453315

Yoga Classes 2023

2 Yoga Classes per week

Monday 6pm and Tuesday 9.30am

There are 4 Terms of Yoga per year

You are welcome to any yoga class on a drop in basis.

Yoga Casual Drop in Fee = \$20

Term Fees are encouraged to make a commitment.

Meditation Classes 2023

1 Meditation Class per week

Tuesday 11.15am to 12.30pm

There are 4 Terms of Meditation Class per year

Meditation Class is Term Fee only (not a drop in class)

For further information

please contact **Lyn Moes**

p. (07) 54453315.

e. loosenuplyn@iprimus.com.au

www.buderimyoga.com

EVERYONE IS WELCOME TO BUDERIM YOGA

BUDERIM YOGA 2023

YOGA CLASS: Term 1 is 10 weeks Term Fee \$170.00

Monday 6pm to 7.30pm 30th January to 3rd April
Tuesday 9.30am to 11am 31st January to 4th April

MEDITATION CLASS: Term 1 is 10 weeks Term Fee \$200.00

Tuesday 11.15am to 12.30pm 31st January to 4th April

YOGA CLASS: Term 2 is 10 weeks Term Fee \$170.00

Monday 6pm to 7.30pm 17th April to 19th June
Tuesday 9.30am to 11am 18th April to 20th June

MEDITATION CLASS: Term 2 is 10 weeks Term Fee \$200.00

Tuesday 11.15am to 12.30pm 18th April to 20th June

YOGA CLASS: Term 3 is 10 weeks Term Fee \$170.00

Monday 6pm to 7.30pm 10th July to 11th September
Tuesday 9.30am to 11am 11th July to 12th September

MEDITATION CLASS: Term 3 is 10 weeks Term Fee \$200.00

Tuesday 11.15am to 12.30pm 11th July to 12th September

YOGA CLASS: Term 4 is 11 weeks Term Fee \$187.00

Monday 6pm to 7.30pm 2nd October to 11th December
Tuesday 9.30am to 11am 3rd October to 12th December

MEDITATION CLASS: Term 4 is 11 weeks Term Fee \$220.00

Tuesday 11.15am to 12.30pm 3rd October to 12th December