Om

Om is a sacred sound and mantra used in chants and meditation by Hindus, Buddhists, Sikhs, and Jains. One can truly say that Om is a universal sound.

Tibetan Buddhists believe that saying the mantra (prayer), Om Mani Padme Hum, out loud or silently to oneself, invokes the powerful benevolent attention and blessings of Chenrezig, the Tibetan Buddha who is the embodiment of compassion. Viewing the written form of the mantra is said to have the same effect. it is often carved into stones or out of wood, such as this one, and placed where people can see them.

Spinning the written form of the mantra around in a prayer wheel is also believed to give the same benefit as saying the mantra out loud. Prayer wheels containing millions of copies of the mantra are found everywhere in the lands influenced by Tibetan Buddhism.

The Om Mani mantra is the most widely used of all Buddhist mantras, and open to anyone who feels inspired to practice it and does not require prior initiation by a lama (meditation master).

Om	Ma	Ni	Pad	Me	Hum
(ohm)	(mah)	(nee)	(pahd)	(may)	(hum)