

Om Mani Padme Hum Practice Card

FitInFlow.space · Educational resource on a Tibetan Buddhist practice. Not medical advice. October 2026.

1. Pronunciation

Sanskrit: om mani padme hum **Common Tibetan pronunciation:** om mani peme hung If you study with a teacher, follow their pronunciation.

Addressed to: Avalokiteshvara (Chenrezig in Tibetan), the bodhisattva of compassion.

2. The four parts, as taught by the 14th Dalai Lama (paraphrased)

Part	Meaning in the teaching
Om	Ordinary body, speech and mind, and the pure body, speech and mind of a Buddha
Mani (jewel)	Method: the wish to awaken for others, compassion and love
Padme (lotus)	Wisdom, especially insight into emptiness; clarity untouched by confusion
Hum	The indivisible union of method and wisdom

3. The six syllables in one common scheme (lineages differ)

Syllable	Om	Ma	Ni	Pad	Me	Hum
Perfection	Generosity	Ethics	Patience	Diligence	Concentration	Wisdom
Realm	Gods	Jealous gods	Humans	Animals	Hungry ghosts	Hell beings

4. A simple six-step practice (about 10 minutes)

1 Sit comfortably, on a cushion or chair. **2** Set a motivation: wish that the practice benefits others.

3 Recite at a natural pace, aloud, murmured or silent. **4** Count on a mala if you like (108 beads = one round).

5 Hold compassion in mind; return to the sound when your mind wanders. **6** Dedicate the merit to all beings; sit quietly.

5. Practice with care and respect

Use a chair if floor sitting hurts. Chant softly. Keep breathing natural; stop if dizzy. Take a break if difficult feelings arise.

Trauma, psychosis or severe anxiety: talk to a mental health professional before intensive meditation. Meditation does not replace medical care.

Many Tibetan Buddhists treat the written mantra as sacred: avoid placing it on floors, doormats or clothing worn below the waist.

6. 21-day practice tracker (tick each day you practice)

Week	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Week 1							
Week 2							
Week 3							

Sources: Dalai Lama, Kindness, Clarity, and Insight (1984); Studholme, The Origins of Om Manipadme Hum (SUNY, 2002); NCCIH, Meditation and Mindfulness.