

Chenrezig Meditation



Chenrezig is the Buddha of Compassion. Visualizing Chenrezig and saying his mantra is a technique to increase the power of compassion in one self.

Chenrezig is usually depicted as a being with one head and four arms. He has 4 arms so he can reach out in all directions to aid all sentient beings. The hands of the upper two arms are joined together in prayer; the hands of the other two arms hold a white lotus – the symbol of compassion -- and a crystal mala (prayer beads). His back is supported by a stainless moon. He is the essence of refuge for all sentient beings who are drowning in the sea of suffering – samsara.

In your meditation, visualize that light rays emanate from Chenrezig's body and they enter into you and purify your mind of all impure karma and deluded thoughts,. Now visualize that your purified mind emanates blessings in all the ten directions to heal the sufferings of all other sentient beings.

Next, say the Mantra of Compassion: OM MANI PADME HUM 108 times. This mantra is in the Sanskrit language and as with all mantras it has no direct translation. It is explained in a variety of ways, but you can think of the syllables in this fashion:

Om:	Stands for Body, Speech, and
Mani:	Mind Stands for Compassion
Padme:	Stands for Wisdom
Hum:	Stands for Interdependence

ॐ मणि पद्मे हुँ