



YERU BÖN CENTER
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Minneapolis
Los Angeles

THE THREE ESSENTIAL MANTRA

SA LE ÖD

AH OM HUNG A AH KAR SA LE ÖD
AH YANG OM DHU

Essential Meaning:

Ah - Primordial State of Kuntu Zangpo

Om - Perfected Body (Dzogku)

Hung - Manifestation Body (Tulku)

A - Enlightened One of Compassion (Shen Lha Okar)

Ah Kar - Pure Nature of Bön (Bonku)

Sa Le Öd - Clear Light

Ah Yang - Unborn Wisdom

Om - Five Bodies and Five Wisdoms

Du - Remain As It Is, In Its Own Nature



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MA TRI

OM MA TRI MU YE SA LE DHU

This mantra consists of eight seed syllables. The first two represent Tönpa Shenrab and Sherab Chamma, the loving mother. The next six are seed syllables of the Enlightened Ones of the six realms. Each of these six is an emanation of Tönpa Shenrab, whose purpose is to liberate all sentient beings.

Essential Meaning:

Om - White; Tonpa Shenrab (who represents Compassion)

Ma - Red; Sherab Chamma (who represents Wisdom)

Tri - Purple; Mucho Dem Dug (who transforms anger and hate by means of love, purifying the hell realm)

Mu - Red; Sanga Ngang Ring (who transforms greed and desire by means of generosity, thus purifying the hungry ghost realm)

Ye - Blue; Tisane Rangzhi (who transforms ignorance and confusion by means of knowledge and wisdom, thus purifying the animal realm)

Sa - Yellow; Drajin Pungpa (who transforms envy and jealousy by means of openness and flexibility, thus purifying the human realm)

Le - Grey; Chegyal Parti (who transforms pride and arrogance by means of peacefulness, thus purifying the demi-god realm)

Dhu - White; Yeshe Tsugphud (who transforms laziness and sloth by means of diligence and vigor, thus purifying the god realm)



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DHU TRI SU

Before doing the recitation, recite the following prayer:

KHOR WE SEM CHEN THAM CHED THUK CHE THAR PA DEN PI
PAL SHENRAB TÖNPI KU LA CHA TSAL LO

[Translation: I offer prostrations to Tonpa Shenrab, the great being who liberates all sentient beings by means of compassion.]

A KAR AH ME DHU TRI SU NAG PO
ZHI ZHI MAL MAL SO HA

Essential Meaning:

A Kar - Pure state of mind

Ah Me - Clear aspect of wisdom

Duh Tri Su - Purifying the suffering of the lower three realms

Nag Po - Eliminating negative karma

Zhi Zhi - Pacifying the suffering of the cyclic world

Mal Mal - Bringing joy and happiness

So Ha - Removing all misunderstanding and discriminatory thinking



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*After finishing the Dhu Tri Su recitations,
recite the prayer of profound praise (Zab Tod):*

A KAR SEM NYID PAR DAK
AH ME YE SHE ÖD DU SAL
DU TRI SU YI NGEN SONG JONG
NAG PO LE KYI DHIG DRIB DAK
ZHI ZHI CHORE WE DUG GAL ZHI
MAL MAL THE WE SEM DANG DHEN
SO HA LOK TOK RU TA JOM

DUG NGAL AHI JED NYING PO DHI
KHOR WE NGEN SONG DONG TUK NE
DRO NAM BÖN NYID YING SU SANG GYE SHOK

A Kar is the pure state of mind
Ah Me is the clarity and radiance of wisdom
Du Tri Su purifies the suffering of the lower three realms
Nag Po eliminates non virtuous deeds and obscurations
Zhi Zhi pacifies the suffering of this cyclic world
Mal Mal brings joy and happiness
So Ha subdues misconceptions and discriminatory thoughts

This is the essential recitation to pacify suffering
By stirring the depths of the suffering of this cyclic world,
May all sentient beings be liberated