

The Mantra Om Ah Hum



OM AH HUM

This Tibetan mantra helps us to purify our Body, Speech and Mind.

The mantra Om Ah Hum helps us to purify our intentions as expressed by our body, speech and mind. We ask ourselves while chanting to let go the parts of our being that put up blocks and barricades. To redirect them to acceptance as well to change them into good intentions.

OM stands for our body, **AH** for our speech, **HUM** (or **HUNG**) for our mind. They represent the possibility of transformative blessings of body, speech and mind - together shaping our heart - from all the Buddhas, past, present, and future.



By chanting OM (color white) we ask ourselves to purify our body, to release all guilt and shame, caused by all the negative actions done by our body. We commit ourselves to the intention to do better in the future.



By chanting AH (color red) we ask ourselves to purify our speech, to release all guilt and shame, caused by all the negative actions done by our speech. We commit ourselves to the intention to do better in the future.



By chanting HUM (color blue) we ask ourselves to purify our mind, to release all guilt and shame, caused by all the negative actions done by our mind. We commit ourselves to the intention to do better in the future.

OM is also said to be the essence of form, **AH** the essence of sound, **HUM** the essence of mind. So by reciting this mantra, you are also purifying the environment as well as yourself and all other beings within it. OM purifies all perceptions, AH all sounds, HUM the mind.

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