

Om Mani Padme Hum Partners Dance



Om ma - ni Pe - me Hung Om ma - ni
Pe - me Hung Om ma - ni Pe - me Hung

Om Mani Padme Hum is the mantra of Compassion pronounced by Tibetans as Om Mani Peme Hung. Literally translated, it means "Hail to the jewel in the lotus" but the definitions and benefits of this mantra are innumerable. Each of the six syllables has its own powerful effect in transforming the different levels of our being. It embodies the compassion and blessings of all the Buddhas and Bodhisattvas, particularly the blessing of Chenrezig who in the Tibetan tradition is the Bodhisattva of compassion. Chenrezig is often depicted seated with four arms. Two of his hands are joined together at the heart, holding the precious jewel which fulfils the wishes of all sentient beings. The other right hand has a crystal mala symbolising this being's ceaseless activity in the world and the left hand has a lotus flower symbolising compassion.

Use the Tibetan pronunciation of the mantra Om Mani Peme Hung.

Establish partners and join hands in a circle. The dance is in 3 distinct parts.

1. Om mani peme hung
2. Om mani peme hung
3. Om mani peme hung

Part 1

1. Grapevine to the left. First step crossing right foot over left. Two full grapevines for the phrase.
2. Hands on heart centre in prayer position, as if holding the precious jewel of liberation for all sentient beings. Turn right in place gradually opening palms outward spreading compassion.
3. Join hands in circle. Move in 4 steps, slightly raising hands and move out 4 steps lowering hands. Continue this part until it feels that the power of the mantra is established among the dancers.

Part 2 with partners - partners face each other in line of direction.

1. Hands on heart in prayer position facing partner again with feeling of holding the precious jewel. Partners' hands are close but not touching and they slowly open outwards ending up just wide of shoulders at shoulder level. The opening of the hands takes the whole length of the phrase.
2. Partners' hands touch and partners turn together in open butterfly hold. Full clockwise turn.
3. Hands in prayer position at heart centre. Partners bow for the first part of the phrase (4 beats) and progress to next partner on second 4 beats, ready to begin with this partner. This part continues until it feels right to finish.

Part 3

Call out 'last time with partners'. having mentioned at the start of the dance that there is no need to progress beyond the last partner. This gives more time for joining hands in the circle and preparedness for beginning the grapevine.

Dance ends with a few repetitions of the first part of the dance.

Words and melody: traditional

Movements: Philip Tansen O'Donohoe

Originator-approved version, provided by DUP UK, October 2011