

Om Mani Padme Hum Healing Dance



Open tuning: Capo 4

Om ma-ni pe-me hung Om ma-ni pe-me hung

Om ma - ni pe - me hung Om ma-ni pe - me

hung hri Om ma - ni pe - me hung hri

This dance is based on the self-healing exercises of Lama Gangchen, the Tibetan Healing Lama, who dedicates his life to inner and world peace.

While the literal translation of Om Mani Padme Hum is "Hail to the jewel in the lotus", there are many other layers of meaning. Lama Gangchen has written that the essential meaning of the mantra is that it is a way to overcome the two main delusions, obscuration to liberation and obscuration to omniscience. The mantra also helps to transform negative male and female energies into bliss and emptiness.

In this dance we use the Tibetan form of the mantra Om Mani Peme Hung Hri, where Hri is the seed syllable of the Buddha Amitabha and has a special meaning for realisation of the Bodhisattva way.

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|----------------------------|----------------------------|----------------------------|
| x x x x | x x x x | x x x x |
| 1. Om Mani Peme Hung | 2. Om Mani Peme Hung | 3. Om Mani Peme Hung |
| x x x x x x | x x x x x x | |
| 4. Om Mani Peme Hung Hri | 5. Om Mani Peme Hung Hri | |

First time through:

1. Join hands in a circle and move clockwise to the L. One step per beat, eight steps in all.
2. Still with hands joined, face the centre of the circle and take four steps into the circle, raising hands, starting on the R foot. Then 4 steps out of the circle, lowering hands, starting on the R foot.
3. Repeat 1.
4. Facing centre, take four steps in as in 2, but this time on the Hung Hri, raise hands and spin out to the R ending up in starting position.
5. Repeat 4, spinning out to the L on Hung Hri.

Second time through:

Face clockwise in the line of direction walking one step per beat as before.

Use 'clapping mudra' at each of the following five chakras. Begin with the R hand on top and clap hands together and alternate with the L hand on top. The 'x's above the mantras above correspond to the timing of the clapping and snapping mudras.

1. Clapping mudra at the level of the crown chakra just in front of the body.
2. Clapping mudra at the level of the throat chakra just in front of the body.
3. Clapping mudra at the level of the heart chakra.
4. Clapping mudra at the level of the navel chakra.
5. Clapping mudra at the level of the secret chakra, the sacral chakra.

Third time through:

1. Snapping mudra at the level of the secret chakra, the sacral chakra.
2. Snapping mudra at the navel chakra.
3. Snapping mudra at the heart chakra.
4. Snapping mudra at the throat chakra.
5. Snapping mudra at the crown chakra.

Fourth time through:

Having established partners at the start of the dance, partners now face each other.

1. Partners hold hands at shoulder level, arms wide. They then turn together clockwise one and a half times ready to meet their next partner.
2. Repeat 1 with a new partner.
3. Repeat 1 with a third partner, progressing past that partner ready to meet a new partner in the next cycle of the dance.
4. Dancers individually turn to the R in place.
5. Dancers individually turn to the L in place.

Repeat cycle as leader feels is appropriate. Dance should not be done too fast but pace can increase when dancers are comfortable with the movements.

Melody: Lama Gangchen

Movements: Mudras – Lama Gangchen; other movements: Philip Tansen O'Donohoe

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