

DEVA PREMAL
and
THE GYUTO MONKS OF TIBET
Tibetan Mantras for Turbulent Times

Deva Premal:

It is a very great honour that Sonam Dorjee, Gelek, Tenzin and Passang agreed to create this album with me. It originally arose out of a desire of mine to chant mantras together with Gyuto monks – those precious souls who have devoted their whole lives to the practice. Their incredible voices and the intense vibration they create, infused with such a deep immersion into the holy sound, has always inspired and intrigued me.

Together we chose eight mantras that we felt to be most helpful in daily life. We also took into consideration which mantras would be most comfortable for our Western ears, so that we would be able to remember and pronounce the sacred sounds correctly.

Each track starts with an invocation by the monks themselves, and when the bell rings we begin the voyage together, into the 108 repetitions. Sometimes the pace is quite fast and you will need to take a breath in between. Don't worry if you miss a round or two, just stay connected and continue as and when you can.

I want to thank Kit Walker and David Darling for their beautiful musical contributions. Their gifts honour the space, and enhance the sound and the silence that the mantras carry.

A special thank you to Maureen Fallon and Sonam Rigzin, who have been working tirelessly for many years to bring the wisdom and blessings of the Gyuto Monks to the West. I extend my deep gratitude to them for their help in birthing this project.

With love, Deva

The Gyuto Monks (Sonam Dorjee, Passang Gyamtso, Gelek Gonpo, Tenzin Jigme):

Buddhism takes the view that the nature of everything in its most restful state is the blissful union of wisdom and compassion.

This is symbolized in Tibetan tantric practice in the union of male and female energies. Within this state resides our pure consciousness.

Mantra is its sound. Therefore, reciting a mantra while concentrating on its meaning acts as a mechanism to stimulate the feelings which relax the body and mind. This then enables pure consciousness to materialise. To give shape and substance to such awareness, it is visualized as a tantric deity, a metaphor for our Buddha Nature.

As the word 'mantra' suggests, it becomes a technology, or tool, that holds the mind together. The power thus generated in this concentrated affirmation is believed to cut through the vision of impure self-perception, which is regarded as the root of all suffering. When this is not recognized, as generally is the case, the stream of energy within our chakras becomes polluted and clogged up. This manifests in the symptoms of psychological and physical disorders.

The eight mantras offered here allow us to release all negative thoughts and address specific problems which habitually cloud our basic purity.

1. INVOCATION

The classic sound of the Gyuto Monks invites us to open our hearts to others in preparation for recitation of the mantras. The invocation sets intention and motivation according to Tibetan Buddhist practice.

2. COMPASSION

OM MANI PADME HUM

Hail to the Jewel in the Lotus.

Our potential is cultivated through confidence that the suffering of others can be eradicated. This produces unshakable self - belief and inner beauty.

3. PURIFICATION

OM BENZA SATTO HUNG (*chanted 108 times by Deva*)

Om Benza Satto Hung is the short version of the 100 syllable mantra (chanted by the monks):

**OM BENZA SATVO SA MA YA MA NU PALA YA BHENZA SATTO TENO PA TISHTHA
DRIDHO ME BHAWA SUTOKHAYO ME BHAWA SUPOKHAYO ME BHAWA
ANURAKTO ME BHAWA SARVA SIDDHI ME PRAYACCHA SARVA KARMA SUTSA ME
TSITTAM SHREYANG KURU HUNG HA HA HA HA HO BHAGWAN SARVA
TATHAGATA BENZA MA ME MUCCHA BHENZE BHAWA MAHA SAMAYASATTVA
AH HUNG PHET.**

Buddha of Purification within me, embodying all the Buddhas, please protect my resolve to purify all my karmas and always bestow on me the ability to make my mind good, virtuous, auspicious and immeasurably loving with the indestructible strength of a diamond.

Even though our potential remains obscure in the darkness of negativity, it need not be permanent. This mantra helps transform negative karma created over many lifetimes.

4. BUDDHA

OM MUNI MUNI MAHA MUNI SOHA

To the teacher, teacher, the great teacher, I pay homage.

Shakyamuni, the historical Buddha, cast as the overall teacher of the tradition, illustrates the point that without a good teacher in the beginning there can be no success in spiritual training. Reciting this mantra therefore helps us find a good teacher to lead us towards clarity of mind and ultimately discovery of our own pure consciousness, which is the real guru.

5. WHITE TARA

OM TARE TU TARE TURE MAMA AH YUH PUNE JANA PUTIM KURU SOHA

The liberator of suffering shines light upon me to create an abundance of merit and wisdom for long life and happiness.

Long life and good health for oneself and others is sought through recitation of this mantra, thus making one's life and particularly the spiritual journey meaningful.

6. PERFECTION

TEYATA GATE GATE PARAGATE PARA SAMGATE BODHI SOHA

Gone, gone, gone far beyond to the awakened state.

The path that takes us to enlightenment comprises the six arts of perfection. This mantra helps us to be generous, patient, conscientious, diligent, focused and wise.

7. WISDOM

OM AH RA PA TSA NA DHI DHI DHI.....

Amidst the chaos, everything is pure by nature.

The pinnacle of spiritual success is to achieve enlightenment. This depends on recognition of our potential. The mantra confirms that each of us has the capacity to replace ignorance with wisdom.

8. HEALING

TEYATA OM BEKANZE BEKANZE MAHA BEKANZE BEKANZE RADZA SAMUT GATE SOHA

I invoke the healing Buddha inside me by going all the way to the supreme heights to remove the pain of illness and spiritual ignorance.

The practical purpose of spirituality is to help others deal with their various life issues. Sickness represents a major problem. Reciting this mantra may contribute to healing on many levels, adding to the effectiveness of medical treatment and medicines.

9. PROSPERITY

OM ZAMBALA ZA LEN DRAH YEH SOHA

I pay homage to the god of fortune.

Without material comforts humans face difficulty in finding happiness, so this mantra calls for wealth energy to be created. It can help one to find success in work or business.

10. DEDICATION

Wishing others to enjoy the benefit of one's work is the way one's spiritual practice concludes in the Tibetan Buddhist tradition.

All proceeds of this CD are directed to the Gyuto Monastery in Dharamsala, India; the Phowa Project; and Veggiyana.

Chanting: Deva Premal and The Gyuto Monks:
Sonam Dorjee, Passang Gyamtso, Gelek Gonpo, Tenzin Jigme

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Bansuri: Manose

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