

~ *Vajra Recitation* ~

Mingyur Rinpoche

The vajra recitation is really beneficial and effective.

They are three syllables, three mantras. *OM* is wisdom. *AH* is empty. So *OM* is the clarity aspect, the consciousness aspect. *AH* is the openness, empty, spacious – the openness aspect. *HUNG* is the union of openness and clarity.

These three are the essence of all mantras. *OM* is the mantra of the body, *AH* is the mantra of speech, and *HUNG* is the mantra of the mind. So these are the root of all mantras.

And this mantra, these three syllables, we say already exist within you. When you breathe in, that is *OM*. When the breath is between the in and out-breaths – when it stays in the body – it is *AH*, and when you are breathing out, that is *HUNG*. We say that these exist within you, spontaneously.

Then, we focus on that: on the breath with the mantra. The breath and mind work together. And that is really beneficial for developing awareness and to make your mind calm and peaceful, and eventually pliable and workable. It is like the horse and the rider working together.