

# Thai Massage wai khru - "Om Namō Shivago"

3 Om Na mo Shi va go si la sa hang  
2  
1

3 ru-ni pa  
2 ko ta-nang o-sa-ta  
1 ka sa sa

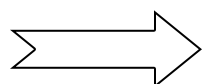
3 ti so ri  
2 man-tang pa ya-jan-tan  
1 pa pa su

3 pa se mi  
2 Go-ma-la to ka wan-ta  
1 pa ka si

3 ta-so ma mi  
2 ban to me ro-ha na  
1 ti su a su ho

3 wa ma-nu na-mu  
2 yo-te nang yo-pro-ma mo  
1 pi sa pi ta

3 ha si na mi  
2 yo-nak pa-na-nang pi-nin ang ma hang  
1 pi su



3	na	Pu	ya	na	na	na	na	en
2	mo	ta	von	vien	sa	tit	sa	ti
1								
3			na	na-we	na			
2	e	ma-ma	vien		pai-tan-vien			
1	hi							
3	na	ha			ma-ma	na	Pu	ya
2	vien-ma	ku	e	ma-ma	yong	mo	ta	
1			hi		pi			
3	na	na-wa		pa	ti	vi	san	
2			ro-kha	ya				
1	a					na	ti	

I pay homage with my head to Jivaka. With compassion for all beings, he has brought us divine medicine.  
 Kumarabhaccha shines like the sun and the moon. I pay respect to the great pandit, to the wise one.  
 May there be happiness and freedom from illness.

I revere the one who is adored by devas, by humans, and by Brahma;  
 the one who is adored by nagas and by heavenly beings; the one who is of pure faculties.  
 May all illness and disease be healed.

### *Chanting the Thai massage wai khru - "Om Namó"*

Most serious practitioners of traditional *nuad boran* are familiar with the traditional prayer that is offered to the patron of Thai medicine, Jivaka Kumarabhaccha. This mantra is often recited aloud by students, practitioners and schools before the start of a Thai massage class, and is silently invoked before beginning a session.

Many long term students and practitioners who have studied where this mantra is chanted may be familiar with the basic tones of inflection, but perhaps not the precise melody. This *wai khru* was annotated in an easy to use, 3-line format that can be followed by everyone.

- translation and transcription by Bob Haddad. Share freely.

