

Chanting the Om Namō

Transcribed for Thai Healing Alliance International

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

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

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

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

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

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

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

3 na Pu ya na na na na tien
 2 mo ta von vien sa tit sa
 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 na ti
 1 a



Chanting the Om Namó

Most serious practitioners of *nuad boran* are familiar with the traditional prayer that is offered to the founding father, Jivaka Kumarbhaccha. This mantra, passed down over many generations in the Pali language, is often recited aloud by students, practitioners and teachers before the start of a Thai massage class or even silently before beginning a session.

But not many of us know the precise melody in order to chant this prayer. Many long term students and practitioners who have studied where this mantra is chanted (such as with Ajahn Pichet Boonthumme or at the Old Medicine Hospital) are familiar with the basic tones of inflection, but perhaps not the precise melody.

The Thai Healing Alliance has transcribed the melody so it can be made available to THAI members and the greater Thai massage community. It is transcribed from a version sung by Pichet Boonthumme, and is annotated in an easy, 3-line format that can be followed by everyone. The solid black lines guide you from one note to the next, and the dashed lines prepare you for the first note of the next line. The final syllable slurs slightly downward. Please photocopy these pages and share this traditional chant with your Thai massage teachers, colleagues and students.