

Vj g'Vj ck'O cuuci g'Y ck'Mj tw''

"

Vj g'Vj ck'y qtf 'y ck'b gcpu'otgur gev.o'cpf 'k'ku'cnu'uki pkkgu'vj g'cev'qp'qh'dtkpi kpi 'vj g'j cpf u'vqi gj gt'kp' r tc{gt'r qukkqp'y j kng'ny gt'kpi 'vj g'j gcf 0'Vj g'y qtf 'nj tw'eqo gu'htqo 'vj g'RcrlUcpuntk'y qtf "i wt u0"
Vj tqwi j qw'Vj ck'cpf . 'y ck'hj tw'egtgo qpkgu'ctg'r gthqto gf 'hqt'f'k'htg'pvt'gcuqpu'd{ 'o cp{ 'ugi o g'p'v'qh' uqelgv'0"
"

"

The mantra

Vj g'y ck'hj tw'ht'v'cf kkkp'cn'Vj ck'o gf lekpg'cpf 'Vj ck'o cuuci g'ku'c'r tc{gt'vj cv'dgi kpu'ot'Qo 'pco q'
Uj kxi q'0'k'lxqng'u'lxcn'e'Mj wo ctdj ceec'c.'cp'k'p'k'p'c{ v'x'g'f'k'e'f'qev'q't'y j q'np'gy 'cpf 'vt'g'cv'f' 'vj g'
Dwf f j c.'cpf 'y j q'ku't'gx'gt'gf 'kp'Vj ck'cpf 'cu'vj g'ur kkv'i vkf g'qh'v'cf kkkp'cn'o gf lekpg'0"
"

"

Vj g'ewtt'gpv'Vj ck'o cuuci g'y ck'hj tw'eqp'ckpu'grgo g'p'u'htqo 'ugx'g't'cn'k'p'g'ci gu.'cu'y gm'cu'c'o ci ke'
k'p'c'p'v'ck'qp'eqo r qugf 'qh'o kzgf 'Rcn'k'cpf 'Vj ck'y qtf u'0'ht'q'o cp{ '{gct'u.'ku'v'wg'o g'c'p'k'pi 'j cu'd'ggp'
r t'g'ug'p'v'gf 'cpf 'v'c'p'ur'v'gf 'k'p'eq'tt'g'ev'v' 0'Vj g'p'q't'vj g't'p'v'v'g'y ck'hj tw'ku'vj g'x'g't'uk'qp'o quv'eqo o q'p'n' 'np'q'y p'
d{ 'Vj ck'o cuuci g'u'w'f'g'p'u'cpf 'r t'c'v'k'k'p'g'tu'ct'q'w'p'f 'vj g'y q't'f' 0'k'p'ku'ewtt'gpv'htqo . 'k'ku'ur q'ng'p'qt'
ej cp'v'gf 'cu'ht'q'ny u'<
"

"

Qo 'pco q'Uj kxi q'uk'xuc'cj cpi "
net'v'p'k'ny'ucr cu'v'c'p'c'p'
qu'v'j c'v'k'c'o c'p'v'c'pi "
r'c'r cu'q'uw't'k'c'l'ep'v'c'pi "
I qo c'r'r cv'q'r'c'n'e'uguk'
y c'p'v'c'o k'd'c'p'v'k'q'
uwo gj cu'q'ct'q'nj c'uwo c'p'c'j qo k'
"

Rk'q'v'gy c'o c'p'w'c'p'c'pi "
r k'q'r't'q'o c'p'c'o w'c'o q'
r k'q'p'c'nj c'uw'r c'p'c'p'c'pi "
r k'p'p'uk'c'pi 'p'c'o c'o k'j c'pi "
}P co q'Rw'w'c{ c'p'c'x'q'p'p'c'x'k'p'p'c'v'c'v'k'p'c'v'c'k'p'
g'j k'o co c'p'c'x'k'p'p'c'y g'
p'c'r c'k'v'c'pi x'k'p'p'c'x'k'p'p'o c'j c'n'w'
g'j k'o co c'r'k'q'pi 'o co c'p'c'o q'Rw'w'c{ c'
"

P c/c'p'c/y c"
t'q'nj c'r c{ c'v'k'x'k'p'c'uc'p'v'k'
"

"

"

A modern translation

Y kj qw'v'c'p'ur'v'k'pi 'vj g'o ci ke'k'p'c'p'v'ck'p'u'"} k'p'f'k'c'v'g'f 'k'p'd't'c'eng'u'cd'q'x'g'i . 'j g't'g'ku'c'p'ce'ew't'c'w'g'c'p'f "
x'g't'p'c'ew'r't'v'c'p'ur'v'k'p'qh'v'j ku'r tc{gt'<

Kr c{ 'j qo ci g'y kj 'o { 'j gcf 'v'q'l'xcn'e'0'
Y kj 'eqo r cu'k'qp'ht'c'm'i'd'g'k'pi u.'j g'j cu'dt'q'wi j v'w'u'f'k'k'p'g'o gf lekpg'0'
Mwo ctdj ceec'uj k'p'gu'cu'dt'ki j v'v' 'cu'vj g'uw'p'cpf 'vj g'o q'q'p'0'
Kr c{ 't'gur gev'v'q'vj g'i t'g'ev'r' c'p'f'k'v'q'vj g'y k'ug'q'p'g'0'
O c{ 'vj g't'g'd'g'j' c'r'r k'p'guu'c'p'f 'ht'g'g'f' qo 'ht'qo 'k'np'guu'0'
Kt'g'x'g't'g'vj g'q'p'g'y j q'ku'c'f'q't'g'f 'd{ 'f'g'x'c'u.'d{ 'j wo cpu.'c'p'f 'd{ 'D't'c'j o c'=
vj g'q'p'g'y j q'ku'c'f'q't'g'f 'd{ 'p'c'i cu'c'p'f 'd{ 'j g'c'x'g'p'n' 'd'g'k'pi u=
vj g'q'p'g'y j q'ku'q'h'r'v't'g'h'c'ew'n'k'gu'0'
"

O c{ 'c'm'i'k'np'guu'c'p'f 'f'k'ug'c'ug'd'g'j' g'c'ng'f'0

The practice

Hqt'uwf gpw.'r tcevkqpgtu."cpf 'vgcej gtu'qh'Vj ck'j gcrkpi 'ctu.'r gthqto kpi 'c'y ck'hj tw'ku'cp'kpygi tcnr ctv' qh'r tcevkqpgtu' gr u'ecm 'y g'dqf { 'cpf 'o kpf =k'gucdrkuj gu'c'tgur ge'vnr'cpf 'j gcmj { 'cwo qur j gtg'y kj kpi " y j lej 'v'ixg'cpf 'y qtm=cpf 'k'tgkphqtegu'y g'r tcevkqpgtu'qh'Vj ck'o cuuci g'y tqwi j 'j wo kkv'.'tghgevkqpgtu'cpf " i tcevkqpgtu' g'Vj g'y ck'hj tw'o c { 'dg'ecttkgf "qw'qp'c'f ckn' 'dcuku'ku'eqpukf gtgf "o quw'ghgevkqpgtu'k'p'y g" o qtplkpi . 'dghqtg'y g'uctv'qh'c'f c { 'y qtm'cpf 'k'ecp'dg'cf f gf "v'c'tgi ko gp'qh'o gf kcevkqpgtu'." { qi c. "qt" qy gt 'ur kkwcn'cpf 'r j { ulecnr tcevkqpgtu'ku'i gpgtcm' 'tgekkgf 'k'p'i tqwr 'ugvkpi u. "qt'r tkcvgn' . 'y j gyj gt " cmqwf "qt'ukrpgv' O'ku'p'qv'o gcpv'v'q'dg'tgekkgf "cwf kdn' 'k'p'y g'r tgugpeg'qh'uqo gqpg'y j q'ku'cdqaw'v'q" tgekkg'c'Vj ck'o cuuci g'ku'ku'r gthqto gf "dghqtg'cp'cncet'eqpvckpki 'ko ci gu'qt'ucwgu'qh'y g'Dwf f j c. " Ikxncr. "cpf 'uqo g'ko gu'qy gt 'f gkkgu'qt'tgur gev'f'qpgu'uwej 'cu'o qpmu. 'vgcej gtu. "qt'qy gt'tgxgtgf " r gtuqpu'ORj qvqu'qt'o go gpvqu'qh'f gegcugf 'r ctgpw'cpf 'vgcej gtu'ctg'cnuq'ewuqo ct { 'hqt'cncetu. 'cu'y gni'cu' ecpf rgu. 'kpegpug. 'hqqf. 'y cvgt'cpf 'hry gtu' " "

Vtcf kkvpcmf. 'y g'y ck'hj tw'ku'r gthqto gf "npggkpi . 'y kj 'y g'hggv'dgj kpf 'y g'dqf { 'Vj g'r tcevkqpgtu'dqy u' yj tgg'ko gu'dghqtg'dgi kppkpi 'y g'tgekcvkqpgtu'qh'r tc { gtu. "cpf 'y tgg'ko gu'chgty ctf O'ku'ecpf rgu'ctg'rkv' f wtkpi 'y g'egtgo qp { . 'y g' { 'ctg'i gpgtcm' 'gzvki vkuj gf 'y kj 'y g'hkpi gtu'qt'y kj 'c'ecpf rg'upwhgt. "dw'pqv' y kj 'y g'dtgcj O'Dny kpi 'qwc'ecpf rg'y kj 'y g'dtgcj 'ku'dgrkxgf 'v'f kur gtug'y g'r tc { gtu'cpf "qhhgtkpi u' " "

Kp'uqo g'hkpci gu. 'y g'o cpvc'ku'ej cpvgf. 'pqv'uko r n' 'tgekkgf O'c'v'cpuetkr vkqpgtu'qh'y g'y tgg/pqvg'o gmf { . " cppqcvvgf 'k'p'cp'gcu{/vq/wug'hqto cv.'ku'cxckrcdng'k'p'y g'dqqmi'Vj ck'O cuuci g' ('Vj ck'J gcrkpi 'Ctw' Rcevkqpgtu. 'Ewawtg' ('Ur kkwcnk' o' "Hkpf j qtp'Rtgu+0" " "

Kj qr g'y ku'kphqto cvkqpgtu'r tqxkf gu'Vj ck'o cuuci g'r tcevkqpgtu'ctqwpf 'y g'y qtrf 'y kj 'c'f ggr gt " wpf gtucpf kpi 'qh'y g'y ck'hj tw'cu'y gni'cu'c'tgo kpf gt'qh'ku'j kvqt { . "o gcpkpi . "cpf "eqttgev'tcpur'vkqpgtu' O'ckpvckpki 'cp'cvkwf g'hkngf 'y kj 'tgur gev.'tgxgtgpeg. 'eqo r cuukqpgtu. "cpf 'hxxkpi /nkpf pguu'ku'guugpvkn'v'c" f ggr 'cpf "ghgevkqpgtu'r tcevkqpgtu'k'p'y g'j gcrkpi 'ctu'OT go go dgt'v'q'r tcevkqpgtu'uchgn' "cpf 'gyj kcm { =y kj " cy ctgpguu. 'ugpvkxk' { 'cpf 'j wo kkv' =cpf 'y kj 'tgur gev'hqt' { qw'vgcej gtu'cpf 'hqt'Vj ck'vtcf kkvpu' " "

....."/Dqd"J cffcf "

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