

Mantras and Sacred Phrases Often Used in the Dances of Universal Peace

*These translations are offered as an aid to attunement to the Dances.
Your own realization of a phrase may transcend any verbal description.*

Buddhist

Om Mani Padme Hum - Hail to the Jewel in the Lotus. The Tibetan Sanskrit is *Om Mani Peme Hung*. The sound of this mantra is said to be the vibration of compassion itself.

Gate Gate, Paragate, Parasamgate, Bodhi Svaha - Gone, gone, gone beyond, everyone gone completely beyond, awake enlightened, so be it.

Metta, Karuna, Mudita, Upekkha - Loving kindness, Compassion, Sympathetic Joy (the ability to share another's happiness), and Equanimity (the ability to be centered and calm in the midst of any experience). Known as the Four Immeasurables, these are states of consciousness equated with being a skillful human being.

Om Tare, Tutare, Ture Soha - A tribute to the goddess Tara, the embodiment of wisdom and compassion. "Om" – All that exists; "Tare" – Great Mother; "Tutare" – Remover of all fear; "Ture" – Bestower of good fortune; "Soha" – So be it (this is the Tibetan pronunciation of Svaha).

Tat Tvam Asi - You are That.

Kwan Zeon Bosai - The Korean name for Kwan Yin, she who witnesses the distress of beings in the world, who hears their cries, and accords them mercy.

Christian

Abwoon D'Bashmaya - First line of the Lord's prayer in Aramaic, historically translated as "Our Father who art in Heaven". Another translation would be "Oh Birther, Father-Mother of the Cosmos, you create all that moves in light."

Ave Maria, Gratia Plena - Hail Mary, full of grace.

Ubi Caritas et Amor, Deus ibi Est - Wherever there is love and compassion, there God is.

Kyrie Eleison, Christe Eleison - Lord have mercy, Christ have mercy.

Hindu

Om Sri Ram Jai Ram Jai Jai Ram - God who at once is Truth and Power, impersonal and personal, victory to Thee, victory, victory to Thee.

Om Nama Shivaya - Homage to Shiva, Master Yogi and Dancer, Master of Change and Silence.

Hare Krishna - Praise to the God of Love and Divine Ecstasy.

Gopala, Gopala, Devakinandana Gopala - "Gopala" literally means "cowherd" and is one of Krishna's names. Devaki was Krishna's mother. "Nandana" means rejoicing or son. A possible translation is "Krishna is the joy of his mother."

Ganga Ki Jai Jai, Jumna Ki Jai Jai Sarasvati Trivayni Ki Jai Jai - Hail to the Ganges, hail to the Jumna, which together form the three-veined Sarasvati. These rivers are three of India's seven holy rivers whose names are invoked in a prayer before bathing.

Islamic/Sufi

As-Salaam Aleikum, Wa-Aleikum As-Salaam - Peace be with you and with you be peace.

Bismillah ir-Rahman ir-Rahim - We begin in the name of God, who is mercy and compassion. All suras of the Koran begin with this phrase.

La ilaha il Allah - There is no God but God. There is no reality but Unity. There is no separation from the One Being. This is the most sacred phrase in the religion of Islam.

Muhammad ar-Rasulillah - Muhammad is the Prophet (or Messenger) of God.

Hu - Hu is the spirit of all sounds and of all words and is hidden under them all, as the spirit in the body.

Ishq Allah Mahbud Lillah - God is Love, Lover and Beloved; God is all aspects of Love.

Subhan Allah - Praise be to the Divine in all its purity; Glory to the pure Oneness.

Alhamdulillah - All praiseworthiness is in God.

Allah Ho Akbar - There is no power nor might save in God; in the One is all strength.

Estafurullah – I seek refuge in the purifying presence of Allah; I seek God’s forgiveness.

Allah Huma Salle Ala, Miftahi Darussalame - Oh, Allah, grant us the key to the door of peace. Salle here is pronounced “swallee” meaning “grant”; miftah means key; dar means door; salaam means peace.

Ya Hayy, Ya Haqq - Oh Life, Oh Truth.

Ya Fattah - Oh Opener of the Way.

Ya Shafee, Ya Khafee - Oh Healer, Oh Remedy.

Jewish

Shalom Aleichem - Peace be with you.

Shabat Shalom - Greetings of peace to the Sabbath.

Shema Yisrael, Adonai Eloheynu, Adonai Echad - Hear, O Israel, the Lord our God, the Lord is One. Most sacred phrase in Judaism. Shema - listen with every fiber of your being. Yisrael - all who wrestle with God.

Hinay Ma Tov Uma Nayim, Shevet Achim Gam Yachad - How good and pleasant it is for brothers and sisters to dwell as one, to live together in peace. From Psalm 133.

Sikh

Ek Ong Kar Sat Nam Siri Wahe Guru

There is but one God, Truth is its name, great is its indescribable wisdom.

Zoroastrian

Ahura Mazda

Lord of Wisdom, Wise Creator. “Ahura” is masculine and means Creator, Bestower of Life; “Mazda” is feminine and means Wisdom.

Humata, Hukhta, Huvarshata, Svah - True thoughts, true words, true actions - grow! Be nourished!

Ashem Vohu - The light of truth found in the heart of every being (Asha) is identified with the ultimate principle, the source of that light (Vohu).