

Avalokiteshvara

Great Compassion Dharani

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We Dedicate the Merit to the Benefit of All Sentient Beings.

Great Compassionate Heart Dharani of Avalokiteśvara

Helpful for Health, Blessings and Protection



According to Sutra, chanting this great Heart Dharani of Avalokiteśvara ekadaśamukha, 1000-armed, 11-faced Chenrezig Guanyin brings benefits of health, blessings, wealth, no fear, compassion, protection and boundless love. The Benefits of the Dharani in Avalokiteshvara's words from Sutra:

“Bhagavan, I have a mantra of Great-Compassionate Heart Dharani and now wish to proclaim it, for comforting and pleasing all living beings; for healing all illness; for living beings to attain additional lifespan; for living beings to gain wealth; for extinguishing all evil karma and weighty sins; for keeping away from hindrance and disasters; for producing merits of all Pure Dharmas; for maturing all virtuous-roots; for overcoming all fears; for fulfilling all good wishes.”

-- Great-Compassionate Heart Dharani Sutra

Suggestions for Practice

1. As a Mahayana Buddhist mantra, it is critical to always first take Refuge in the Three Jewels, the Buddha, the Dharma, and the Sangha. These are your Triple Refuge. We take refuge in every Buddha and Enlightened Bodhisattva as our examples. We take Refuge in the Dharma of the Buddhas as sacred, infallible teachings, which is the true Refuge. We take Refuge in the supporting Sangha, who kindly support us. A simple Refuge statement is usually made, silently, or out loud, while bowing our heads or prostrating with respect:

“I take Refuge in the Three Jewels, the Buddha, the Dharma, and the Sangha until I reach Enlightenment for the benefit of all sentient beings.”

2. After taking Refuge, chant the mantra, ideally while visualizing the Buddha as glowing light, with healing light entering your body. Since this is a Mahayana Practice, we also visualize the light going out to all sentient beings in the universe and healing them. The Mahayana Buddhist always has compassion for all sentient beings, even those who try to harm us.

3. After chanting mantras it is vital to dedicate the merit at the end. A short Mahayana Buddhist dedication is:

“I dedicate the merit of this practice for the cause of Enlightenment, for the benefit of all sentient beings.”

You can embellish your dedication with specific goals of your recitation, but always at least end with the dedication for the merit of all sentient beings.



Great Dharani

Namō Ratna Trayāya
 Namaḥ Ārya Jñāna Sāgara
 Vairocana Vyūha Rājāya
 Tathāgatāya Arhate
 Samyaksam Buddhāya
 Namō Sarva Tathāgatevyah
 Arahatevyah
 Samyaksam Buddhevyah
 Namō Arya Avalokiteśvarāya
 Bodhisattvāya Mahasattvāya
 Mahakarunikāya
 Tadyathā. Ōṃ
 Dhara Dhara, Dhiri Dhiri, Dhuru Dhuru
 Iṭṭe Vatti Jvale Jvale
 Prajvale Prajvala
 Kusumē, Kusuma Dhare
 Ili Mili Chitre Chite Jvalamapanaya.
 Parama Suddha Sattva
 Mahakarunikāya Svaha



Great Dharani

नमो रतनत्रयाय, नमो आर्य ज्ञाना, सागरा, वैरोचना,
 व्यूहाराजय, तथागताय, अरहते, सम्यक सम् बुद्धाया॥ नमो
 सर्व ताथगतेभ्य, अरहतेभ्य, सम्यक सम् बोधभ्या। नमो आर्य
 अवलोखतिश्वराय, बोधसित्वाय, महासत्तवाय महाकरुणकाया।
 तद्यथा, ॐ धरा, धरा, धीरी, धरी, धुरू धुरु, इतवित्वी, ज्वले
 ज्वले, प्राजवले, प्राजवले कुसुमे कुसुमःधरे, इरमिरी, चतिरेछ्ते
 चरम अपनाय, परमांसुत्त सत्त्व महाकरुणका स्वाहा॥



MEDICAL DISCLAIMER:

Always seek the advice of your medical professionals for health conditions!

We dedicate the merit of this Dharma publication to the cause for
 Enlightenment for the benefit of all sentient beings.

TRANSLATION OF MANTRA:

Namo Ratna Trayāya (Homage to the Triple Gem)

Namaḥ Ārya Jñāna Sāgara (Homage to the ocean of noble wisdom)

Vairocana (The Luminous One or The Illuminator)

Vyūha Rājāya (To the King of the Manifestations.)

Tathāgatāya (To the Tathāgata)

Arhate (To the Arhat)

Samyaksam Buddhāya (To the perfectly awakened one)

Namo Sarva Tathāgatevyah (Homage to all Tathāgatas)

Arahatevyah (To the Arhats)

Samyaksam Buddhevyah (To the fully and perfectly awakened ones)

Namo Arya Avalokiteśvarāya (Homage to Noble Avalokiteśvara)

Bodhisattvāya (To the Bodhisattva)

Mahasattvāya (To the Great)

Mahakarunikāya (To the Greatly Compassionate one)

Tadyathā. Ōṃ (Thus. Om)

Dhara Dhara, Dhiri Dhiri, Dhuru Dhuru (Sustain us , Sustain us, Sustain us)

Iṭṭe vatti (May we have the strength)

Jvale Jvale (or some transliterate cale cale or Itte cale) (To move forward, to move forward)

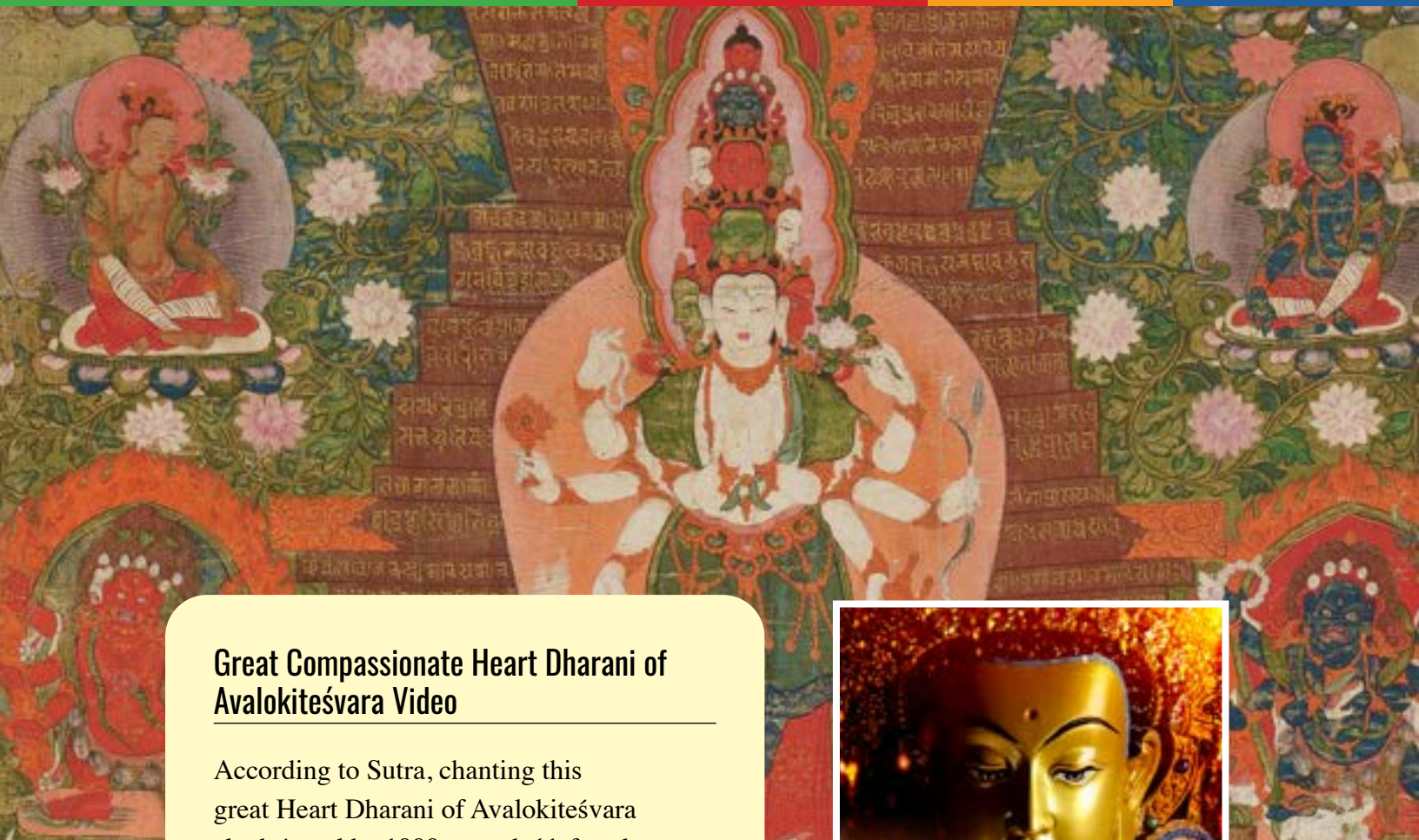
Prajvale Prajvala (some transliterate Prachale) (To move forward further, to move further along the path)

Kusumē, Kusuma Dhare (Where to pick the fruits)

Ili Mili Chitre Chite Jvalamapanaya. (Who bring the blazing understanding).

Parama Suddha Sattva (Pure Wholesome Perfection

Mahakarunikāya Svaha (To the Greatly Compassionate one I prostrate. Well said.)



Great Compassionate Heart Dharani of Avalokiteśvara Video

According to Sutra, chanting this great Heart Dharani of Avalokiteśvara ekadaśamukha, 1000-armed, 11-faced Chenrezig Guanyin brings benefits of health, blessings, wealth, no fear, compassion, protection and boundless love.

To recite along with us, see our video recitation:



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