

Miscellaneous Mantras

For washing

OM ARYAM SIRKAM BIMANASE UTSUMA MAHAKRODHA HUM
PHAT

The following mantras are recited to purify one's own negative actions or to enable spirits to benefit from those actions:

Spitting

OM AH SHALE SHAMA AH HA RE BHYA SVAHA

Throat mucus

OM AH KHRERA AH HA RE BHYA SVAHA

Nasal mucus

OM AH BIGHANA AH HA RE BHYA SVAHA

Breaking wind

OM AH MARA AH HA RE BHYA SVAHA

Excreting

OM AH BITRA AH HA RE BHYA SVAHA

Urinating

OM AH MUTRA AH HA RE BHYA SVAHA

Mantra to purify disrespecting holy objects

OM VAJRA BEGA MA AH KRA MA HUM

Mantra to offer food to pretas

OM UCCHISHTA PANDI AH SHI BHYA SVAHA

Mantras for Blessing Meat

Recite the following mantras, then blow on the meat. Due to the force of the karmic connection with the being whose body this meat was, the consciousness of that being will receive blessings.

Medicine Buddha mantra (short)

TADYATHA / OM BHAISHAJYE BHAISHAJYE MAHA
BHAISHAJYE [BHAISHAJYE] / RAJA SAMUDGATE SVAHA

Common pronunciation: ta ya ta / om bekanzay bekanzay maha
bekanzay [bekanzay] / radza samugatay soha

Mantra of Buddha Mitrugpa

NAMO RATNA TRAYAYA / OM KAMKANI KAMKANI ROCHANI
ROCHANI TROTANI TROTANI TRASANI TRASANI PRATIHANA
PRATIHANA SARVA KARMA PARAM PARA NI ME SARVA
SATTVA NANCHA SVAHA

Milarepa's mantra

OM AH GURU HASA VAJRA SARVA SIDDHI PHALA HUM

Mantra to bless meat

OM AH BIRA KHE CHARA HUM (7x)