MATERIAL 2

BUDDHA FORMS EXPRESSING COMPASSION AND WISDOM



The Buddha form **"Loving Eyes"** (sanskr. Avalokiteshvara / tib. Chenrezig) expresses the compassion of all Buddhas of all times. He is a Bodhisattva of the highest level. The four immeasurable wishes are included in many meditations. His mantra liberates beings in all realms of existence.

OM MANI PEME HUNG (sanskr. OM MANI PADME HUM)

Love: May all beings have happiness and the cause of happiness.
Compassion: May they be free from suffering and the cause of suffering.
Sympathetic joy: May they always experience happiness, which is totally freee from suffering
Equanimity: May they remain in the great equanimity, which is without attachment and free from aversion.



Liberatrice (sanskr. Tara / tib. Dölma) is a female Buddha aspect of love and compassion. Meditation on her and her mantra protects against fears, strengthens confidence and develops the inner qualities.

OM TARE TUTTARE TURE SOHA



Wisdom Buddha (sanskr. Manjushri / tib. Jampelyang), his wisdom sword cuts through basic ignorance. The book on the lotus flower on his left contains wisdom texts. His mantra works against confusion and helps learning.

OM ARA PADSA NA DI