

Nyung Ne Dhāraṇi Mantra

NAMO RATNA TRAYĀYA / NAMA ĀRYA JÑĀNA SĀMGARA VAIROCHANA
BHŪHA RĀJAYA / TATHĀGATĀYA / ARHATE SAMYAKSAM BUDDHĀYA /
NAMAḤ SARVA TATHĀGATE BHYAḤ / ARHATE BHYAḤ / SAMYAKSAM
BUDDHĒ BHYAḤ / NAMAḤ ĀRYA AVALOKITE ŚHVARĀYA /
BODHISATVAYA / MAHĀ SATVAYA / MAHĀ KĀRUṆIKAYA / TADYATHĀ
/ OM DHARA DHARA / DHIRI DHIRI / DHURU DHURU / EṢṬI VAṬṬE /
CALE CALE / PRACALE PRACALE / KUSUME KUSUMA VARE / ILI MILI
CITE JVALA MAPANAYA SVĀHĀ.

Recite the long dhāraṇi three times, seven times, twenty-one times, or as many times as you can.

南無 惹那札雅呀 南嘛 阿呀佳拿 桑噶惹 貝若雜拿

布哈 惹雜呀 大他嘎大呀 阿哈喋 桑呀桑 布達呀

南嘛 薩哇大他嘎喋 貝 阿哈喋貝

桑呀桑 布喋貝 南嘛 阿呀阿哇羅給喋

秀惹呀 菩提薩埵呀 瑪哈薩埵呀 瑪哈嘎如尼嘎呀

爹雅他 喻 達惹達惹 迪日迪日 都如都如

依哲威哲 雜咧雜咧 布惹雜咧 布惹雜咧

固速美 固速瑪哇瑞 伊哩米哩 吉喋鄒拉 瑪巴那呀 娑哈

如是長咒 三、七、廿一 儘力唸。