

## Mantra

... as uttered in Darjeeling  
by the old man from Sikkim  
who turned his prayer wheel round  
and round upon the axis of the world  
with eyes of piercing mountain blue

These were his words  
that sunny morning  
thirty years ago  
when I asked for  
translation

*Om mani padme hum*  
*Om mani padme hum*  
*Om mani padme ...*  
*Om mani padme ...*  
*God – come – to – my – heart*

When the jewel of the mind – *mani*  
rests in the lotus of the heart – *padme*  
undivided – *hum*  
Blessed are the pure of heart  
for they shall see ...  
with eyes of piercing mountain blue

*Alastair McIntosh, associate member in Scotland*