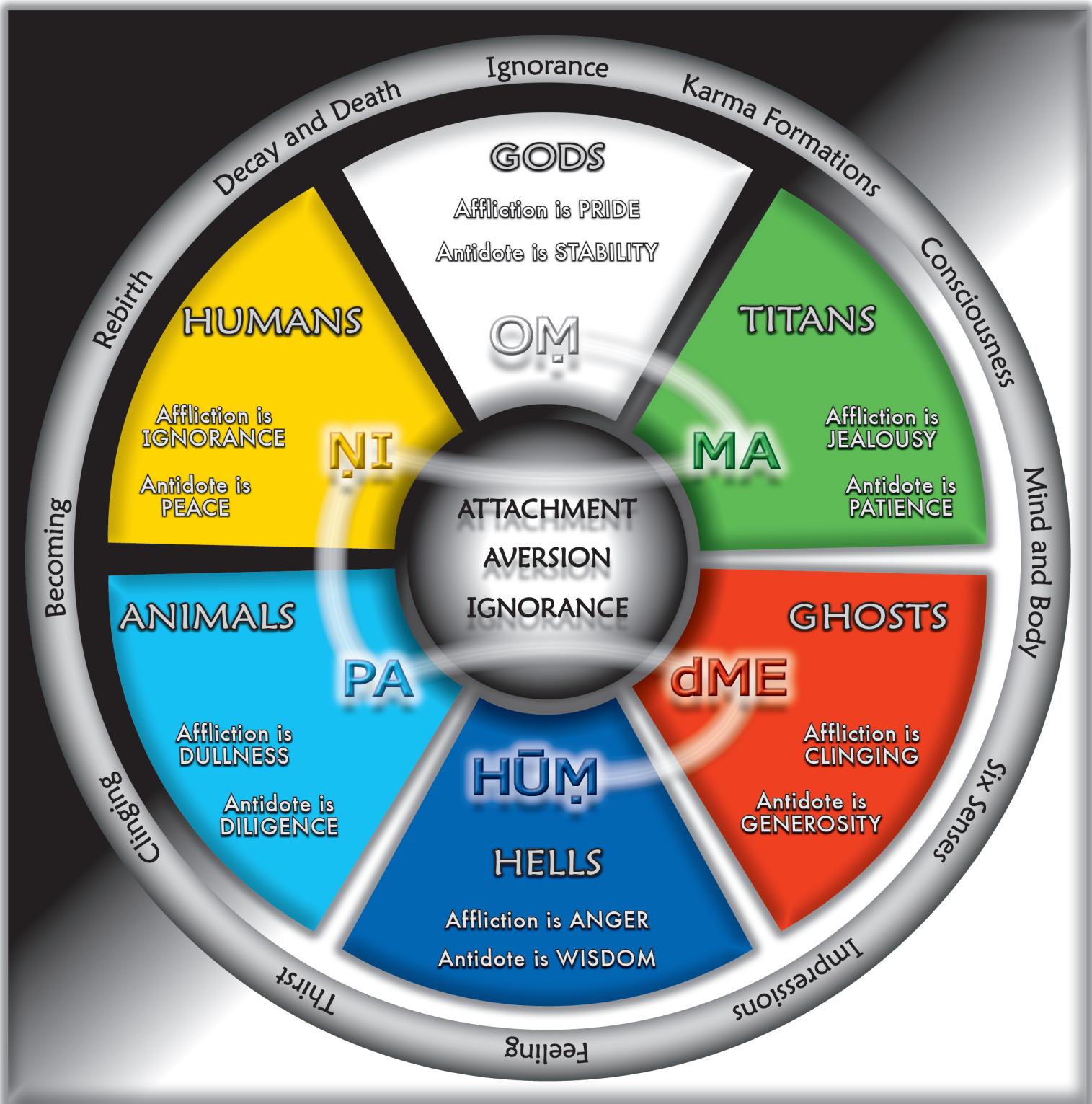


# The Six Sentient Realms of Samsara in Buddhist Cosmology with the Cycle of Interdependent Origination and the Three Root Poisons

CHENREZIG Mantra of Compassion and Liberation: OM MA NI PA dME HUM



by Chrys Antaya for Lama Lodro's Chenrezig Sadhana {Updated 2015 April 21}  
[www.lamalodro.ca/lodro-meditate.html#sadhana](http://www.lamalodro.ca/lodro-meditate.html#sadhana)

All merit arising from this meditation tool for mental cultivation is dedicated to His Holiness the 14th Dalai Lama and to Lama Karma Tsundulp Lodro.