

Shanti ॐ Omkara

6) Gate Gate

GATE GATE, PARAGATE, PARASAMGATE

BODHI SVAHA

(Traditional; Heart Sutra Mantra; music Shanti Omkara)

Translation:

Gone, gone, gone beyond, gone altogether beyond,
O what an awakening, all-hail !

Explanation:

Gate means gone. Gone from suffering to the liberation of suffering. Gone from forgetfulness to mindfulness. Gone from duality into non-duality.

Paragate means gone all the way to the other shore. Gone, gone, gone all the way over.

Sam In **Parasamgate** means everyone, the entire community of beings. Everyone gone over to the other shore.

Bodhi is the light inside, enlightenment, or awakening. You see it and the vision of reality liberates you.

And **svaha** is a cry of joy or excitement, like "Welcome!" or "Hallelujah!"

"Gone, gone, gone all the way over, everyone gone to the other shore,
enlightenment, svaha !"

Übersetzung:

Gegangen, gegangen, hinübergegangen

Ganz hinübergegangen

Oh welch ein Erwachen

Vollkommener Segen