

Om Namō Shivago

3 Om Na mo Shi va go si-la sa a hang
2
1

3 ru-ni ko pa ta-nang o-sa-ta
2 ka sa sa
1

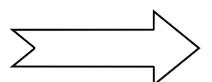
3 ti man-tang so ri ya-jan-tan
2 pa pa su
1

3 Pa to se mi
2 Go-ma-la ka wan-ta
1 pa si

3 ta-so mi
2 ban to me ro-ha ma-na ho
1 ti su a su

3 wa ma-nu na-mu
2 yo-te nang yo-pro-ma mo
1 pi sa pi ta

3 ha na mi hang
2 yo-nak pa-na-nang pi-nin-si-ang ma
1 pi su



3 na Pu ya na na na na tien
 2 mo ta von vien sa tit sa
 1

3 na na-we na
 2 e ma-ma vien pai-tan-vien
 1 hi

3 na ha ma-ma na Pu ya
 2 vien-ma ku e ma-ma yong mo ta
 1 hi pi

3 na na-wa pa ti vi san
 2 ro-kha ya na ti
 1 a

Chanting the Om Namó

The official THAI transcription

Most serious practitioners of traditional *nuad boran* are familiar with the traditional prayer that is offered to the founding father, Jivaka Kumarbhaccha. This mantra, passed down over many generations in the Pali language, is often recited aloud by students, practitioners and schools before the start of a Thai massage class, or even silently before beginning a session.

But how many of us know the precise melody in order to chant this prayer? Many long term students and practitioners who have studied where this mantra is chanted (such at the Old Medicine Hospital and with Pichest Boonthumme) are familiar with the basic tones of inflection, but perhaps not the precise melody.

The Thai Healing Alliance has transcribed the melody so it can be made available to THAI members and the greater Thai massage community. It is prepared from a version sung by Ajahn Pichest Boonthumme, and is annotated in an easy to use, 3-line format that can be followed by everyone.

- transcribed by Bob Haddad

