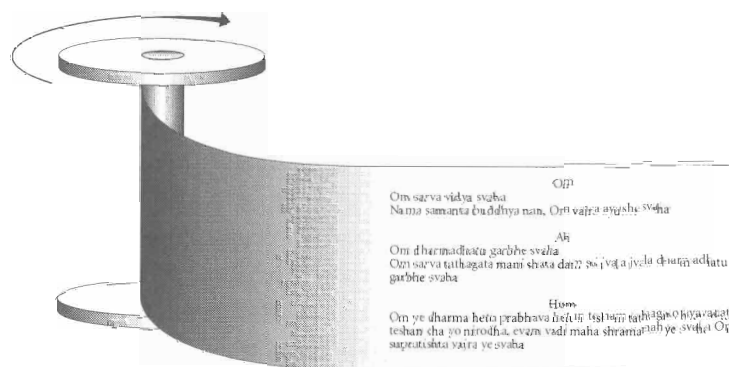
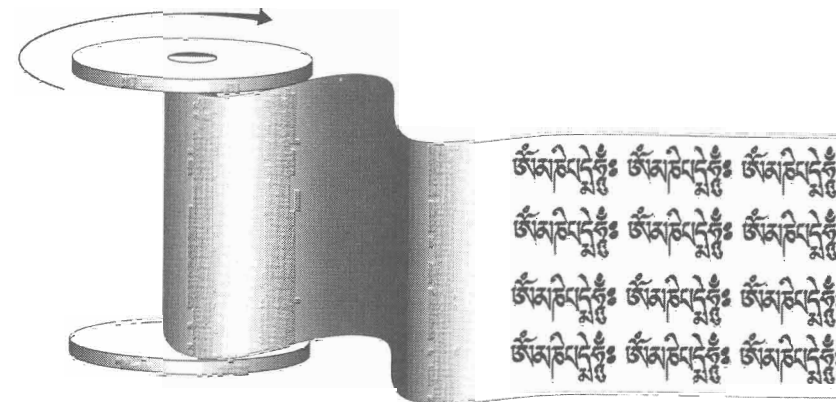


Filling the mani wheel—Step 1: Place the earth wheel inside the wheel, on the bottom facing up. The central shaft or “life-tree” of the prayer wheel passes through the circle at the center of the earth wheel. Similarly, attach the sky wheel inside to the top facing down with the central shaft passing through its center. [Earth and sky wheels prepared by Lama Zopa Rinpoche; see pp. 90–91.]



Filling the mani wheel—Step 2: Bless the central shaft or “life-tree” of the prayer wheel by writing *Om*, *Ah*, and *Hum* on it and then writing the appropriate mantras beneath each of these syllables. These mantras can be written in Sanskrit, Tibetan (see page 92), or romanized script (see page 44). Also, they can be written on the central shaft or on paper and then wound on clockwise, facing out, as pictured here.



Filling the mani wheel—Step 3: Begin winding the pages of mani mantras into the prayer wheel. Following the method of the Fourth Panchen Lama, connect the side with the *Om* to the central shaft, with the mantras facing out, and then wind the mantras on clockwise until the prayer wheel is filled. At the end, one can wrap the mantras in cloth or paper of various colors as described in the commentaries.

