

# Sankara

Siva is Sankara is *sam* and *kara*, good and its doer, the doer of good, sweet Sankara.

Sankara is the cause of *sam* (samadhi), the one who is the cause of self-realization.

Siva is the *sam*, harmony, the one who brings unity within one and without. Of all *sankara*, of all doubt, he is the *hara*, the remover of all doubt so that one's wisdom is always luminous.

*Hara, Hara, Hara, Hara, Sankara Om*

# Buddha

The Buddha is the One who is Awakened. And thus bids others to do the same.

He is the doer of good - bringing knowledge of the Dharma. The knowledge of insight that leads to Samadhi. That leads to calm, peace, harmony and tranquillity.

That leads to the endless day of nirvana when, with the Buddha, one's doubt is removed. One remains magnificent; one remains luminous in wisdom.

*Om Buddham saranam, Om saranam gachami.*

- extract from *sivabuddha*

by Raj Arumugam