## 10 Minute Community (Sangha) Sit Chanting Om Mani Padme Hum ~ Shinzen Young

```
00:02:00 Om
00:02:06 Mah
00:02:11 Ki
00:02:16 Mah
00:02:19 Me
00:02:23 Om
00:02:26 Om
00:02:31 Mah
00:02:33 Ki
00:02:35 Mah
00:02:37 Me
00:02:39 Om
00:02:41 Mah
00:02:43 Ki
00:02:45 Mah
00:02:47 Me
00:02:49 Om
00:02:51 Mah
00:02:53 Ki
00:02:55 Om
00:02:57 Mah
00:02:59 Ki
00:03:01 Mah
00:03:03 Me
00:03:05 Om
00:03:07 Mah
00:03:09 Ki
00:03:11 Mah
00:03:13 Me
00:03:15 Om
00:03:17 Mah
00:03:19 Ki
00:03:21 Mah
00:03:23 Me
00:03:25 Om
```

00:03:27 Mah

- 00:03:29 Ki
- 00:03:31 Mah
- 00:03:33 Me
- 00:03:35 Om
- 00:03:37 Mah
- 00:03:39 Ki
- 00:03:41 Mah
- 00:03:43 Me
- 00:03:45 Om
- 00:03:47 Mah
- 00:03:49 Ki
- 00:03:51 Mah
- 00:03:53 Me
- 00:03:55 Om
- 00:03:57 Mah
- 00:03:59 Ki
- 00:04:01 Mah
- 00:04:03 Me
- 00:04:05 Om
- 00:04:07 Mah
- 00:04:09 Ki
- 00:04:11 Mah
- 00:04:13 Me
- 00:04:15 Om
- 00:04:17 Mah
- 00:04:19 Ki
- 00:04:21 Mah
- 00:04:23 Me
- 00:04:25 Om
- 00:04:27 Mah
- 00:04:29 Ki
- 00:04:31 Mah
- 00:04:33 Me
- 00:04:35 Om
- 00:04:37 Mah
- 00:04:39 Ki
- 00:04:41 Mah
- 00:04:43 Me
- 00:04:45 Om
- 00:04:47 Mah
- 00:04:49 Ki
- 00:04:51 Mah

- 00:04:53 Me
- 00:04:55 Om
- 00:04:57 Mah
- 00:04:59 Ki
- 00:05:01 Mah
- 00:05:03 Me
- 00:05:05 Om
- 00:05:07 Mah
- 00:05:09 Ki
- 00:05:11 Mah
- 00:05:13 Me
- 00:05:15 Om
- 00:05:17 Mah
- 00:05:19 Ki
- 00:05:21 Mah
- 00:05:23 Me
- 00:05:25 Om
- 00:05:27 Mah
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- 00:05:31 Mah
- 00:05:33 Me
- 00:05:35 Om
- 00:05:37 Mah
- 00:05:39 Ki
- 00:05:41 Mah
- 00:05:43 Me
- 00:05:45 Om
- 00:05:47 Mah
- 00:05:49 Ki
- 00:05:51 Mah
- 00:05:53 Me
- 00:05:55 Om
- 00:05:57 Mah
- 00:05:59 Ki
- 00:06:01 Mah
- 00:06:03 Me
- 00:06:05 Om
- 00:06:07 Mah
- 00:06:09 Ki
- 00:06:11 Mah
- 00:06:13 Me
- 00:06:15 Om

- 00:06:17 Mah
- 00:06:19 Ki
- 00:06:21 Mah
- 00:06:23 Me
- 00:06:25 Om
- 00:06:27 Mah
- 00:06:29 Ki
- 00:06:31 Mah
- 00:06:33 Ki
- 00:06:35 Mah
- 00:06:37 Ki
- 00:06:39 Mah
- 00:06:41 Ki
- 00:06:43 Mah
- 00:06:45 Mah
- 00:06:47 Ki
- 00:06:49 Mah
- 00:06:51 Ki
- 00:06:53 Mah
- 00:06:55 Ki
- 00:06:57 Ki
- 00:06:59 Ki
- 00:07:01 Ki
- 00:07:03 Ki
- 00:07:05 Ki
- 00:07:07 Om.
- 00:07:14 Om.
- 00:07:21 Om.
- 00:07:28 Om.
- 00:07:38 Om.
- 00:07:48 Om.
- 00.07.10 0....
- 00:08:18 Om. 00:08:28 Om.
- 00:08:38 Om.
- 00:08:48 Om.
- 00:08:58 Om. 00:09:08 Om.
- ....
- 00:09:18 Om.
- 00:09:28 Om.
- 00:09:38 Om.