

**CHEN DREN**  
*An Invitation to Enlightenment*  
**Lama Tashi**

Lama Tashi is one of the world's foremost Tibetan Chant Masters. He is the first Tibetan Monk nominated for a Grammy Award.

**The incredible follow up to the Grammy Nominated  
TIBETAN MASTER CHANTS**

Journey within for a new sound experience. This recording features the never before realized sound experience of a powerful mantra chanted in many different Tibetan Multi-phonetic "One Voice Chord" styles by Lama Tashi, then edited, layered, and engineered using powerful, psycho-acoustic techniques by Healing Sounds pioneer Jonathan Goldman.



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*Please note: This is not your typical recording of Tibetan Buddhist mantric chant. It features a totally new and totally different use of the many styles of Tibetan chanting. The result is a unique and nearly psycho-tropic sonic experience. For those interested in pursuing this aspect of listening, we certainly encourage your journeying with Lama Tashi on this recording. For those desiring a more traditional approach to Tibetan Chant, there are numerous other recordings currently available. The title “CHEN DREN” is Tibetan and means “Invocation”.*

About This Mantra

Maghadh Zangmo, a woman from central India during Buddha’s time, composed this verse. It is believed to be the most sacred and powerful Buddhist blessing. Maghadh Zangmo composed this mantra as a prayer to invite and invoke all the different buddhas and bodhisattvas into her home to generate their love, wisdom and compassion.

༩ །མ ལུས སེམས ཙན ཀུན གྱི མགོན རྒྱུར ཅིང།  
།བདུད ཟྱེ དཔུང བཅས མི བཟད འཇོམས མཛེད ལྷ།  
།དངོས རྣམ མ ལུས ཡང དག མཁྱིན རྒྱུར པའི།  
།བཅོམ ལྷན འཁོར བཅས བནས འདིར བཤེགས སུ བསོལ།

MA LUI SEM CHEN KUN GYI GON GYUR CHING.  
DUI DE PUNG CHE MI ZEY JOM DZE LHA  
NGOE NAM MA LUI YANG DAG KHYEN GYUR PAY  
CHOM DEN KHOR CHE NE DIR SHEG SU SOL.

**Protector of all sentient beings without exception,**

**Divine being who subdues innumerable evil and negative forces,**

**Perfect knower of the things without exception,**

**Glorious Holy One with attendants, I request your kind presence here.**

Maghadh Zangmo was a devout follower of the Buddha, and who had the most fortunate opportunity to be in the Buddha's presence. However, when she married, she and her husband and their family moved to a distant and remote region far from where the Buddha had yet to appear.

Maghadh Zangmo became deeply distressed. When asked by her father-in-law about the reason for her depression, she replied that she terribly missed being in the presence of the Buddha and his followers. She asked for permission to invite these enlightened beings to visit her. Her father-in-law agreed. Maghadh Zangmo became overjoyed. Her family became very busy making arrangements for this, doing what they thought to be the necessary preparations for the guests that were to arrive.

Maghadh Zangmo observed this work and told her in-laws that these preparations were not necessary. She said: "Dear In-Laws—it is very easy to invite my master, Buddha, and his followers here." Then, with incense in hand, she recited the verse requesting the presence of these enlightened beings. After several reverential repetitions of this mantra, the Buddha and his followers materialized out of thin air in front of them. This so impressed her father-in-law and other family members that they requested the Buddha give them guidance. The Buddha presented a powerful teaching to these people, which made them realize "The Truth", bringing prosperity to their lives and to their society.

Thus, the "Invitation" verse of Maghadh Zangmo is considered to be an extraordinarily sacred Buddhist invocation—perhaps the most powerful and blessed ever created. This mantra is an invocation to all the wonderful energies and entities in the Buddhist pantheon to come into your sacred space and be with you. It is a powerful sonic tool for use when you are preparing to do sacred work such as meditation or healing—you can literally feel the energy of any room fill with the extraordinary beings that are invited to come in.



### About This Recording

Since 1999, it has been my pleasure many times to host my dear friend, Ven. Nawang Tashi Bapu, as one of the teachers for my Healing Sounds Intensive, a 9 Day training that takes place in Loveland, Colorado each year. At the time, Lama Tashi was the Principal Chant Master (Umzey) of the Dalai Lama's Drepung Loseling Monastery as well as being Director of the Chant Master Society and founder of the Siddhartha Foundation. The Monastery is home is nearly 5,000 monks in India. The Chant Master Society is dedicated to the preservation of Tibetan Chant and Prayer. The Foundation is non-profit and assists Tibetan children, monks and nuns in leading a better life.

Lama Tashi is now a Geshe, the Tibetan equivalent of a Ph.D. He is also the director of the Department of Himalayan Cultural Studies—a center dedicated to preserving and assisting all aspects the Tibetan culture. In 2005, Lama Tashi was nominated for a “Best Traditional World Music” Grammy for the “Tibetan Master Chants” CD, a project I produced and that we recorded together in 2004.

Shortly before we began working on “Tibetan Master Chants”, I had been showing Lama Tashi the recording studio in my house. I recorded him in the Tibetan “Deep Voice” or multi-phonetic style of chanting doing one of his favorite mantras, the “Invitation to Enlightened Beings”. I asked him if there were other styles of Tibetan chanting. Lama Tashi replied that there were many. I then asked him if he would demonstrate the different styles and if I could record him while he did this. He agreed, adding another half a dozen different vocal styles to the original recording of the “Deep Voice” chant we had already recorded. The result was rather extraordinary.

I was impressed. Not only with the variety of textures and timbres that the different styles evoked, but at how nicely they blended. I asked Lama Tashi what he thought. He listened and nodded his head approvingly, but then acknowledged that normally the styles were never blended like that.

Some days later, I returned to the vocal tracks we had recorded. In truth, I don’t really remember much of the experience that followed, but feel I was guided by some powerful sacred beings to produce this recording. I had a vision of many different monks chanting the mantra that had been recorded in the various techniques Lama Tashi had demonstrated. To the listener, the resultant sound would be as though there were, almost, what could be called a canon (or “round”) of Tibetan chanting in different styles in an amazing acoustic temple. I placed the voices apart, separating them both in time and in space. I added reverb and echo. I mixed it. The result was unlike anything I had ever heard. I really enjoyed it and found it profoundly transformational. People who listened to it were almost immediately transfixed by its power and energy.

Later, when I saw Lama Tashi again, I played him the recording. Upon first listening, he had seemed perplexed—he had never heard anything like it. As mentioned, the different styles are normally not blended—and the heavy amount of effects that were used is also unusual for Tibetan chanting. Then, it grew on him. Perhaps as Tibetan Chanting continues to manifest to the public, new levels of sonic interpretation of this style will also be allowed to manifest. To my knowledge, through the mixing of the various chanting styles on the recording as well as the use of many different recording and mixing techniques “CHEN DREN” represents a new level of presentation of Tibetan Sacred Chant. Lama Tashi has given his permission to release this recording to the

public. I trust you will resonate with “CHEN DREN” as much as many others and I have.

All sounds on this recording were created by Lama Tashi. They were recorded, mixed and mastered by Jonathan Goldman

### **Lama Tashi**

Venerable Ngawang Tashi Bapu is the first Tibetan Monk to be nominated for a Grammy for his work on “TIBETAN MASTER CHANTS”. He has been Umzey or Principal Chant Master of the Dalai Lama’s Drepung Loseling Monastery in India—one of the largest Tibetan Buddhist monasteries in the world with over 3,000 monks. He has traveled extensively throughout the planet, teaching, performing, and recording with monks from his Monastery.

Lama Tashi entered Drepung Loseling Monastery in June 1983. This monastery was one of the largest and most important in Tibet. After the Chinese invasion of the 1950’s, the Drepung Loseling Monastery relocated to South India, where it was slowly rebuilt and now flourishes as a major center for Tibetan Buddhism.

An excellent student, Lama Tashi began to formally study in 1985, at the age of 17. He later perfected the Tibetan “Deep Voice”, a multi-phonetic singing technique utilized in sacred prayer. Fourteen years later, his extraordinary

abilities lead to his enthronement as *Umzey*, or Principal Chant Master, of Drepung Loseling Monastery. While at the Monastery, he became Director of the Department of Multi-phonetic, assisting the preservation and archiving of sacred Tibetan Chants through use of modern digital Western recording and storage techniques, insuring that generations to come would be able to share in the rich Tibetan sound heritage.

Lama Tashi is among the great multi-phonetic chanters currently active and has performed with many well-known musicians. Throughout Lama Tashi’s world travels, he has taught extensively and performed and recorded both independently (“THE LOST CHORD”, “CHANT MASTERS”, “MEDICINE BUDDHA”, “TIBETAN MASTER CHANTS”), and with monks of the Drepung Loseling Monastery (“SACRED TIBETAN CHANTS”, “SOUNDS OF THE VOID”, “SACRED MUSIC/ SACRED DANCE” and “COMPASSION”)

Lama Tashi is currently Principal Director of the Institute of Himalayan Cultural Studies—a center dedicated to preserving and assisting all aspects of the Tibetan culture.

In 2005, Lama Tashi became a Geshe, the Tibetan equivalent of a Ph.D. In 2005, Lama Tashi was nominated for a “Best Traditional World Music”

Grammy for the “TIBETAN MASTER CHANTS” CD, a project we recorded together in 2004.

One of Lama Tashi’s most heart felt workings is through the Siddhartha Foundation, a charitable organization that he founded and is dedicated to preserving and invigorating the Tibetan Buddhist Culture. Lama Tashi has dedicated his life to the Buddha’s teachings, assisting all those he encounters with wisdom and compassion.

Lama Tashi may be contacted at his website: [www.chantmaster.org](http://www.chantmaster.org)

### **Jonathan Goldman**

Jonathan is a writer, musician and teacher. He is an authority on sound healing and a pioneer in the field of harmonics. Jonathan is the author of HEALING SOUNDS and creator of “CHAKRA CHANTS”. He is the founder and director of the Sound Healers Association and president of Spirit Music, Inc. in Boulder, Colorado. Jonathan may be contacted at [www.healingsounds.com](http://www.healingsounds.com)

For information on Lama Tashi, or Jonathan Goldman workshops, Spirit Music recordings, and other pertinent material, contact him at Healing Sounds, P.O. Box 2240, Boulder, CO 80306. Tele: (800) 246-9764. Fax: (303) 443-6023. email: [info@healingsounds.com](mailto:info@healingsounds.com). web: [www.healingsounds.com](http://www.healingsounds.com).

## **CHEN DREN** *An Invitation to Enlightenment* **Lama Tashi**

Produced by Jonathan Goldman  
Recorded & Mixed by Jonathan Goldman  
Lama Tashi: Tibetan Overtone Chant  
**TOTAL TIME 66:30**

Deepest thanks to my beloved wife and partner Andi Goldman for her love and continued support. And to my son Joshua Goldman, whose wisdom and compassion continues to guide me and keep me young. Thanks also to our friends, fellow teachers; and all other beings of light and love whose inspiration, support and guidance helped this and other recordings and projects to manifest.

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