

Panden Lhamo

One of the most important female protector deities in the Buddhist and Hindu traditions.



WISHING AND REQUESTING

For myself and all sentient beings, from here until eternity,
I wish for us to never be separate from our secret female dakini.
And whenever any obstacles arise,
Please remove them and grant us your protection.

Dak sok di nay tse rab tamchay tu
Sangway lhamo kyur tang mi tel shing
Par ched gye kyi tsen ma ji chung yang
Te kun lhamo kyur kyi dok du sol

PANDEN LHAMO'S MANTRA

Jo ramo jo ramo jo jo ramo thun jo kala ra chen mo ramo acha dacha thun jo rulu rulu

Hung jo hung