



*Panden Lhamo
Practice*

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There are so many Buddhas and Bodhisattvas who are constantly willing to help all living beings overcome suffering, and the reason they reached enlightenment is their willingness to help other sentient beings. They are willing to protect day and night, twenty-four hours a day. The most important and powerful protector deity in Buddhist history is the female protector deity, Panden Lhamo.

Nevertheless, even though these enlightened beings, including Panden Lhamo, are always willing to help, it is necessary for us to cultivate this potential within ourselves. We need to be open to receive the blessings of these deities. Panden Lhamo practices vary widely, offering many levels of practice to assist individuals, families, and communities to overcome obstacles and achieve their goals.

Cultivating the Correct Motivation

Set a positive motivation and recite the *Prayer of Refuge and Bodhicitta* and *The Four Immeasurable Thoughts*.

Prayer of Refuge and Bodhicitta

I take refuge until I am enlightened
In the Buddhas, the Dharma and the Sangha
Through the merit I create by practicing giving and the other
perfections
May I attain Buddhahood for the sake of all sentient beings.

*SANG GYAY CHO DANG TSOG KYI CHOG NAM LA
JANG CHUB BAR DU DAG NI KYAB SU CHI
DAG GI JIN SOG GYI PAY SO NAM GYI
DRO LA PEN CHIR SANG GYAY DRUB BAR SHOG*

Long-Life Prayer for His Holiness the Dalai Lama

In the heavenly realm of Tibet, surrounded by a chain of snow mountains,
The source of all happiness and help for beings is Tenzin Gyatso, Chenrezig in person.
May his life be secure for hundreds of kalpas.

*GANG RI RA WAY KOR WEY SHING KHAM DHIR
PHEN DANG DEY WA MA LU JUNG WAY NAY
CHENREZIG WANG TENZIN GYATSO YI
SHAB PEY SI TEY PAR DU TEN GYUR CHIG*

The Four Immeasurable Thoughts

May all sentient beings have happiness and the causes of happiness;
May all sentient beings be free from suffering and the causes of suffering;
May all sentient beings never be separated from the happiness that knows no suffering;
May all sentient beings live in equanimity, free from attachment and aversion.

*SEM CHEN TAM CHAY DE WA DANG
DE WAY GYU DANG DEN PAR GYUR CHIG
SEM CHEN TAM CHAY DUG NGEL DANG
DUG NGEL KYI GYU DANG DEL WAR GYUR CHIG
SEM CHEN TAM CHAY DUG NGEL ME PAY
DE WA DANG MI DREL WAR GYUR CHIG
SEM CHEN TAM CHAY NYE RING CHAG DANG
NYI DANG DREL WAY DANG NYOM LA NAY PAR GYUR
CHIG*

Self-Generation

Begin by meditating on emptiness (*sunyata*). Allow ordinary appearances and the ordinary 'I' to dissolve into emptiness. Remain in this understanding of emptiness for as long as possible. (If you have had any tantric deity initiation, there will arise from the emptiness the image of yourself as the yiddam, and for this meditation you will generate yourself as Yamantaka.) Then recite the invocation of Panden Lhamo.

Short Invocation to Panden Lhamo

Jo Manifestation of the power of infinite enlightened beings,
Supreme dakini, we call you Maksor Gyemo.
With a pure mind and sincere motivation I invite you.
Please appear instantly, without obstruction.

Fearsome clouds of black smoke arise in space before me.
Assuming the form of an ogress, she holds a vajra mace in her
right hand and a human skull cap filled with blood in her left.
Astride a mule, her wrathful body conquers all delusions.
Appearing when we invoke her name, she will be with us always.

Clouds of external offerings extend throughout space as far as they
eye can see.
The foundation of the earth is filled with inner offerings, our
practice commitments.
The entire universe is full of the offering clouds that emanate from
my mind.
May they increase all joy and completely satisfy her five senses
and those of her entourage.

*JO
RAM JAM GYALWA KUNKI TI LE LA
MAK SOR GYE MO SHE CHAR TSEN SUR WA
TSE CHIK MO BE WANG KI CHEN DEN NA
THOK PA ME PAR NYUR DU SHEG SU SOL*

*DUN KYI NAM KHAR LUNG NAK TSUG ME U
PO CHON THUR TAK DZIN PA SIN MO SUK
TI BU TING SHUK DUK PA TSAR CHU KU
CHI SI TEN PA TI SI TAK TU SHUK*

*CHI YI CHEN SIG NAM KHE KYON KANG SHING
NAN GI TAM ZE SA SHI MA LU KYAP
YI KI TRUL BE CHO TIN SHING KAM KUN
GYE PAR GENG PA KHOR TANG CHE LA BUL*

~4~

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*

Bodhicitta Prayer

May the supreme jewel bodhicitta
That has not arisen arise and grow,
And may that which has arisen not diminish
But increase more and more.

*JANG CHUB SEM CHOG RIN PO CHE
MA KYE PA NAM KYE GYUR CHIG
KYE PA NYAM PA MAY PA YANG
GONG NAY GONG DU PEL WAR SHOG*

Dedication of Merit

Through this virtuous action
May I quickly attain the state of a guru-buddha
And lead every being, without exception,
Into that pure world.

*GE WA DI YI NYUR DU DAG
LA MA SANG GYAY DRUB GYUR NAY
DRO WA CHIG KYANG MA LU PA
DE YI SA LA GO PAR SHOG*

~13~

Vajrasattva Mantra

Om benza sattva samaya, manupalaya
Benza sattva tenopa
Tiktra dridho me bhawa
Suto kayo mey bhawa
Supo kayo mey bhawa
Anu rakto mey bhawa
Sarwa siddhi me pra yatsa
Sarwa karma su tsamey
Sittam shriyam kuru hung
Ha ha ha ha ho bhagawan
Sarwa tathagata, benza ma mey muntsa
Benza bhawa maha samaya
Sattva ah hum phey

*OM VAJRASATTVA SAMAYA MANUPALAYA
VAJRASATTVA TVENO PATISHTA
DIRDHO ME BHAVA
SUTOSHYO ME BHAVA
SUPOSHYO ME BHAVA
ANU RAKTO ME BHAVA
SARVA SIDDHAM ME PRAYACCHA
SARVA KARMA SUCHA ME
CITTAM SHRIYAM KURU HUM
HA HA HA HA HO
VAGABAN SARVA TATHAGATA
VAJRA MA ME MUNCA
BAJRA BHAVA
MAHA SAMAYA SATTVA
AH HUM PHAT*

Seven Limb Prayer

Jo, No one can measure your qualities;
Your wisdom, compassion, and activities are as boundless as space.
To you, bodhisattva emanation,
I respectfully prostrate with body, speech, and mind.

Although you do not seek my offerings,
I make them in order to achieve the highest result.
May countless pleasurable offerings rain throughout space
To increase the bliss of your five senses.

You see all virtue and non-virtue
And the faults of my body, speech, and mind are countless.
With deep regret I sincerely confess them all to you.
Please remove my obscurations with your powerful compassion.

Noble One, you are lifted from samsara
And you accomplish everything for the benefit of sentient beings.
With sincere admiration unclouded by envy
I rejoice and offer my joy to you.

You have the most excellent knowledge and supreme bodies
Your wrathful black body has the power to remove all negativity.
Your activities constantly benefit the sentient beings of the ten
directions and three times.
I request you to manifest unlimited emanations.

With your excellent qualities and supreme bodies
You benefit beings and protect virtuous activities.
So for as long as space remains,
Please forsake liberation and live long.

Prostrating, offering, and confessing,
Rejoicing and requesting you to remain and display the Dharma:
By these virtuous acts may samsara end.
Thus, I dedicate all virtue to the attainment of enlightenment.

JO

*PAN DEN LHA MO PAK BAR KAWA KYUR
THAP KYI CHO TRUL NAM KHAY THA LA CHO
JANG CHUB SEM PAY TRUL PA KYUR NYI LA
LU NGAK YI SUM KU PAY CHAK TSEL LO*

*KYUR NI DA KI CHO PAY MA DIP KYANG
PAN DEN NGO DUP THAM BA TOP CHE CHIR
DO BAY YON DEN KA LA CHAR PHAP NE
CHO PAY TSOK DI WANG PO GYE GUYR CHIK*

*PAN DEN KYUR NI GE DIK PANG PO DEY
DAK KI LU NGAK YI KI NYE PAY TSOK
KYUR KI TET DU GYUR PAY RAP SHA NA
THUK JE SHUG KYI DRI PA JANG WAR ZO*

*KYUR KI KYE PAR YONG SU PHAK BA NI
DRO WAY THUN ZE DAK THUN PHUN SUM TSOK
GA THUN THAK TOG ME PAY DRO WA NI
JE SU YI RANG KYUR KI GYU LA BUL*

*YANG TAK YON DEN DEN PAY KU CHOK NYI
NAK TANG SANG MO JIK PAY CHA CHEY CHEN
CHOK CHU DU SUM KUN DU DRO THUN LA
GYU TRUL DA WE TSUL TUN DEN DU SOL*

*TAY TAR YANG TAK DEN PAY KU CHOK NYI
DRO WAY THUN TANG TEM PA SUNG CHEY CHIR
NAM KHA SE BAR MA KYUR PAR DU YANG
NYA NGEN MI TA TAK BAR SHUK SU SOL*

*TAY TAR CHAK TSEL CHO CHING SHAK BA TANG
JE SU YI RANG KUL ZHING SO WA YI
GE WA DI YI NGEN SONG TONG GYUR NE
TAM CHE DAK GI JANG CHUB CHIR NGO WO*

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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*

(Recite the mantra at least 21 times, or as much as you can.)

Praises

Jo

Abiding on the highest bodhisattva level, appearing wrathful but without a trace of polluted emotion,
You manifest the four types of activities so that your actions benefit all sentient beings.
Unceasing and undistracted, you act to bring all beings to the fundamental bliss of enlightenment.
Thus I praise you, consort of Buddha Yamantaka.

JO

*SAL CHU WANG CHUK TRO WÖ NYEL SHI YANG
DU JE THUN DU TRINLAY NAM SHI TÖN
DZE PA TU LE MI YUR DE TER MA
CHOM DEN SHIN JE SHI KYI CHAM LA DÜ*

~11~

JO

SEM NYI TRINLEY NAM SHI KHYEY PAR NI
SEM NYI GU NA MEY CHING SEM KYANG MEY
DON DAM YER MEY KATOK ZUK KYANG MEY
ZUTRUL GYUMA TSAM DU RANG KI SEM
TUNBAR DENBA DRAKPO PEL LHAMO
DRAK DZEY DRAK GYUR DRAKPO NGANG TSUL JEN
DRAKPO KOR GYI KOR WAY TSO MO NI
TAK KYI KUTOK NAKMO SHIN TU NGAM
KUN TU DRAK DZEY MALA CHAK TSAL LO
DAK KI NAY DON DRA GEG DRAKPO DROL

JO

CHO KYI RANG ZHIN CHIR YANG MA TRUP KYANG
DI TAR TSEN NYI CHIR YANG NANG WA YI
TRINLAY NAM ZHI DRO DON DZAY PA LA
DAK KI TRIM TAY RAB TU TO GYI NA
DAK KYANG LAY ZHI RANG ZHIN LHUNDRUP TAY
CHO DANG DRO WAY DON LA TSON PAR SHOK

Visualization

Myself in the form of the yiddam, many brilliant lights emanate from the syllable HUNG in my heart. They irradiate the syllable JO in the Glorious Lhamo's heart, whose energy explodes into countless wish-fulfilling activities, effortlessly satisfying all desires and accomplishing all goals.

RANG YIDAM DU SELWE THUK GE **HUNG** LE Ö SEL TRUL
LHAMÖI THUK GE JO LA PÖ BE
THUK GYUR RANG WANG ME PAR KUL WEI
CHI DU BE
LE RAM JAM TAMCHE DRUB BAR GYUR

Panden Lhamo's Activities

Jo. Differences in the four types of activity are only the mind's creations,

Neither the mind's creator nor the mind truly exists.

Nor does the variety of inseparable colour-and-forms inherently exist;

All these supernatural phenomena are only the mind's illusions.

In past, present, and future the glorious dakini's peaceful form, although illusory, nonetheless pacifies all obstacles.

The supreme goddess of peace is surrounded by a peaceful entourage of dakas and dakinis.

Having reached enlightenment, her form is radiant white.

And so, life after life, I prostrate to you, Panden Lhamo:

Please remove all disease and negativity from myself and all others.

Jo. Differences in the four types of activity are only the mind's creations,

Neither the mind's creator nor the mind truly exists.

Nor does the variety of inseparable colour-and-forms inherently exist;

All these supernatural phenomena are only the mind's illusions.

In past, present, and future the glorious dakini's enhancing form, although illusory, nonetheless increases all positive qualities.

The supreme goddess of increasing Dharma is surrounded by an increasing entourage of dakas and dakinis.

Having reached enlightenment, her form is pure yellow.

And so, life after life, I prostrate to you, Panden Lhamo:

Please increase my life force and multiply all virtues.

Jo. Differences in the four types of activity are only the mind's creations,

Neither the mind's creator nor the mind truly exists.

Nor does the variety of inseparable colour-and-forms inherently exist;

All these supernatural phenomena are only the mind's illusions.

In past, present, and future the glorious dakini's powerful form, although illusory, nonetheless rules sovereign over all beings.

The supremely powerful goddess is surrounded by a powerful entourage of dakas and dakinis.

Having reached enlightenment, her form is an attractive red.

And so, life after life, I prostrate to you, Panden Lhamo:

May all sentient beings of the three realms attain your power.

Jo. Differences in the four types of activity are only the mind's creations,

Neither the mind's creator nor the mind truly exists.

Nor does the variety of inseparable colour-and-forms inherently exist;

All these supernatural phenomena are only the mind's illusions.

In past, present, and future the glorious dakini's wrathful form, although illusory, nonetheless vanquishes all negative forces.

The supreme goddess of wrathful action is surrounded by a wrathful entourage of dakas and dakinis.

Having reached enlightenment, her form is sudden blackness.

And so, life after life, I prostrate to you, Panden Lhamo:

Please destroy all the diseases and evils within myself and all others.

Jo. On the ultimate level, you have no inherently existing essence,

Yet conventionally, everything functions perfectly,

And thus the four activities and the four emanations who perform them exist.

Therefore I pay homage with one-pointed concentration:

May I and my four activities arise spontaneously

So I become like you, able to perform all activities for the benefit of all sentient beings.

Sem Nyi Teinleyma

JO

*SEM NYI TRINLEY NAM SHI KHYEY PAR NI
SEM NYI GU NA MEY CHING SEM KYANG MEY
DON DAM YER MEY KATOK ZUK KYANG MEY
ZUTRUL GYUMA TSAM DU RANG KI SEM
TUNBAR DENBA ZHIWAY PEL LHAMO
ZHIZEY ZHIGYUR ZHIWAY NGANG TSUL GEN
ZHIWAY KOR GYI KOR WAY TSO MO NI
TAK KYI KUTOK KARMO SHIN TU DANG
KUN TU ZHIZAY MALA CHAK TSAL LO
DAK KI NAYDON BARCHAY ZHIWAR DZO*

JO

*SEM NYI TRINLEY NAM SHI KHYEY PAR NI
SEM NYI GU NA MEY CHING SEM KYANG MEY
DON DAM YER MEY KATOK ZUK KYANG MEY
ZUTRUL GYUMA TSAM DU RANG KI SEM
TUNBAR DENBA GYEY BEY PEL LHAMO
GYEY DZEY GYEY GYUR GYEY BAY NGANG TSUL JEN
GYEY BAY KOR GYI KOR WAY TSO MO NI
TAK KYI KUTOK SERMO SHIN TU JI
KUN TU GYEY DZEY MALA CHAK TSAL LO
DAK GI TSEY DANG SONAM GYEY PAR DZO*

JO

*SEM NYI TRINLEY NAM SHI KHYEY PAR NI
SEM NYI GU NA MEY CHING SEM KYANG MEY
DON DAM YER MEY KATOK ZUK KYANG MEY
ZUTRUL GYUMA TSAM DU RANG KI SEM
TUNBAR DENBA WANG GI PEL LHAMO
WANG DZEY WANG GYUR WANG GI NGANG TSUL JEN
WANG KYI KOR GYI KOR WAY TSO MO NI
TAK KYI KUTOK MARMO SHIN TU CHAK
KUN TU WANG DZEY MALA CHAK TSAL LO
KAM SUM SEM CHEN TAM CHEY WANG TU DU*