

After making your wish and request, recite the mantra of Panden Lhamo (as many times as possible). As you recite the mantra, make your wish and pour the tea into the cup that is in the bowl.

### *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

After everyone has made their wish, you then recite the praises to Panden Lhamo.

### *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

After you finish the ceremony you can take the tea outside to a clean place to offer the tea to nature. If this is not possible, you can just pour the tea down the sink.

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## *Panden Lhamo*



### *Tea Ceremony*

## ***Panden Lhamo Tea Ceremony***

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

### ***Preparing for the Tea Ceremony***

This is an authentic ceremony that offers great benefit, with a history dating back over 1000 years. In the Himalayas, people may go to temples, or in their own home. Within the temples, monastery or nunnery, there is a special room for the Panden Lhamo tea ceremony with a special meditator, monk, or nun dedicated to this ceremony. A person can go to the temple with tea (or other types of drinks) and offers this drink as part of the ritual. At home, they will offer the drink by themselves. There are many lengths of the tea ceremony, and here I offer you one short ceremony that contains the essential elements that you can practice on your own.

First it is necessary to set up the altar, with candles, offering bowls, and other offerings. Then place a clean bowl on a table or the altar, and place a cup upright in the bowl. Around the bowl it is beneficial to place some candles. Then place a pot filled with tea

(or other drink) on the table (or altar). Before proceeding, chant the prayer of purification, OM AH HUNG three times (or more).

Then say the invocation:

### ***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.

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

Following the invocation, you can make a wish and request.

### ***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