



Sherap Chamma ~ A Brief Description

Sherap Chamma, Mother of Wisdom and Love, is a yidam (meditational deity) in the Bön Buddhist tradition of Tibet. The tantric cycle of Sherap Chamma is one of the most important in Bön. The practice of Sherap Chamma helps us to deeply connect with the healing qualities of love and compassion and with the innate wisdom through which all obstacles are liberated. The Bön recognize Sherap Chamma as the most powerful deity within their rich pantheon. Her mantra is chanted to comfort all beings, and to invoke peace, prosperity, long life, and well-being for all.

Sherap Chamma is golden in color and youthful in appearance. She is beautifully adorned with the thirteen ornaments of a peaceful deity. She sits atop sun and moon disks on a lotus throne. In her right hand, at the level of her heart, she holds a vase filled with the nectar of compassion. Her left hand holds the stem of a lotus whose blossom supports the mirror of wisdom, which reveals all phenomena as empty form.

Sherap Chamma, also known as Gyalyum (Mother of all Conquerors), is an emanation of Satrik Ersang from the group of the Four Transcendent Ones, the four primordial buddhas of the Bön tradition (Satrik Ersang, Shenlha Ökar, Sangpo Bumtri, and Tonpa Shenrap). Included among her many manifestations are the wrathful protector Sipé Gyalmo (Queen of Existence) and Yeshé Walmo (Magic Wisdom Goddess).

Mantra of Sherap Chamma

OM MA WA MA DE MA HI MO HA E MA HO MA YE RU PA YE TA DU DU SO HA