

The Meaning and Benefits of the Mantra of Loma Gyonma (Parnashavari)

Parnashavari (Tib. Ri tro ma, lo ma gyun ma), the dakini attired in green leaves of medical plants, the 20th of the 21 Tara (connected with the wisdom of Amoghasiddhi), the one who protects us from contagious diseases.

It is stated in the Collected Teachings (Kabum) of Lord Jigten Sumgön that the mantra of Parnashavari is very effective and powerful for healing, pacifying, and bringing the pestilences under control.

Mantra: **OM PI-SHA-TSI PAR-NA-SHA-WARI SARVA MA-RI PRA-SHA-MA-NI HUNG**

OM: sacred syllable that consists of three sounds A, U, M representing Buddha's purified body, speech and mind, which bless and activate our body speech and mind, plant the seed of the three kayas (nirmanakaya, sambhogakaya and dharmakaya). Here in particular, the sounds are invoked to prevent, protect and liberate our body, speech and mind from the pestilence such as the coronavirus.

PISHATSI: a female divinity of great powers such as a dakini or yogini who can protect, prevent and liberate beings from all demonic spirits, negative and obstructing forces

PARNA: a leaf of a tree or a plant

SHAVARI a tribal lady of the forest who masters magic and healing using forest herbs and medicines

PARNASHAVARI: a powerful forest-hermit-dakini who attired in green leaves of medical plants that are remedies to all illnesses and pestilences

SARVA: all, everything

MARI: illness or pestilence

PRASHAMANI: pacifier

SARVA MARI PRASHAMANI: the Pacifier of all illnesses and pestilences

HUNG: to attain the siddhis (attainment), to fulfill the aspiration, to be established in the deity-state, the Parnashavari-hood.

Explanation given by Drubpon Kunsang and complemented by Sanskrit scholar Mats Lindberg.