

Namo Usnisa Vijaya (Namgyalma) Victorious Hair-Crown Buddha Mother

Namgyalma is a powerful tantric meditation deity with a famed healing mantra. Associated with long-life, karmic purification and assisting all to gain enlightenment, she is a Bodhisattva who is known as The Divine Mother in Buddhism. She has a third eye on her forehead which reflects her compassion, desire and ability to see all suffering.

She is usually portrayed as seated on a lotus flower with three heads and eight arms with each of her hands holding one of various auspicious and ritualistic symbols.

In appearance, she has a white body and her three faces of different colours which reflect her three demeanors of meditation (blue), passive (white), and wrathful (yellow) - as the perfect mother she possesses love, strength and wisdom with complete watchful awareness.

Sitting on a lotus flower as a symbol of her purity and enlightenment, she is sat in padmasana, the lotus position of the Buddhas and is wearing the five-pointed crown to symbolise the wisdom of five Dhyani Buddhas.

As one of the three Long-Life Deities, along with White Tara and Amitayus, she is called upon in times of illness as a remover of obstacles to aid our longevity and assist in spiritual ascent.

Namgyalma, also known as Ushnishavijaya, is an Ishta-devata or Yidam, which means that she is a fully enlightened meditation deity - the focus of deep personal meditation who is invoked through the recital of her healing mantra -

Heart Mantra:

“Om, pu-long, soha, hum, a-mi-da, a-yee -la, da-di, soha”

Reciting this powerful mantra is said to bring infinite benefits including assisting those who say it, or even those who hear it including animals, to reach higher realms of existence in the cycle of samsara and ultimately, nirvana.

In her hands - she offers the gestures of Varada mudra and the Abhaya mudra as blessings, while she holds a vase, bow and arrow, viswa-vajra, kartika and the Buddha Amitabha.

- Her lower right hand is in the Varada mudra - a posture of charity, grace and wish fulfillment.

- On her lap, her lower left hand holds a vase containing ambrosia, amrit, the elixir of immortality.

The treasure pot symbolises wish fulfillment - health, wealth and longevity but, it is also a metaphor for the concept of space, the ultimate vessel within which all phenomena exist.

- Two hands hold a bow and arrow, to attack the forces of delusion, also a symbol of the dual attributes of method and wisdom to achieve enlightenment.

- In her middle hands and over her heart, she hold the viswa vajra, a four pointed thunderbolt or diamond which is the destroyer of ignorance. The double-Vajra symbolises the enlightened qualities of wisdom and compassion. The two vajra cross each other at 90 degrees to form a cross which signifies the four cardinal directions and balance - as can be found inside the centre of a mandala.

- Her upper left hand is in the Abhaya mudra which is a protective posture and also holds a kartika, to sever material and earthly desires.



- Her right upper hand holds the red figure of Amitabha, the Buddha of Unconditional Love. This is indicating that upon death you will ascend to heaven to reside in the Pure Land of Sukhavati, meaning the Blissful.

Amitabha, vows to accept any soul who calls upon him without discrimination, to be received in the Western paradise realm of Amitabha Buddha, where he resides in blissful meditation.

Amitabha is Infinite Light, he strives to lead all souls towards enlightenment by shining light, love and happiness throughout the world.

The Dhyani Buddha Amitabha, or Cosmic Wisdom Buddha, is the form taken to define the Dharma's (teachings of Buddha) power to transmute lust into the wisdom of discrimination.



Due to the request from True Buddha School disciples, on 2015, November 17, in Canada, the Province of British Columbia, the City of Vancouver, we finally have the very first [Namu Usnisa Vijaya Dharani Sutra Pillar](#) at Lotus Light Monastery in Richmond.

The Head Master, [Vajra Master Lian Tzi](#) of [Lotus Light Temple](#), [Lotus Light Monastery](#), President of [True Buddha News Publication](#) and the President of [Lotus Light Charity Society, Vancouver](#), had empowered the great Sutra Pillar.

May the majestic power of this pillar bring boundless of blessings, hoping all the people living in Vancouver will be save and happy! Free from natural disasters! May all living in peace and harmony!