

SISTER PALMO TRANSLATIONS

THE SADHANA OF THE SIMULTANEOUSLY ARISING (LHEN KYES) BLUE LORD OF THE MANDALA OF SUPREME BLISS KHORLO DEMCHOG (SITU TEMPI NYINJAY TRADITION)

Translated into English by GELONGMA K. KHECHOG PALMO with the help of TOBGAH RINPOCHE and the late THUTOP TULKU in 1963–4. Revised for limited publication in 1975. Reprinted as an offering of devotion to His Holiness Gyalwa Karmapa, Rangjung Rikpi Dorje, and in loving memory of Mummy-la.

1967

THE MANDALA OFFERING PRAYER OF DOLMA, THE MOTHER OF COMPASSION

(In the green form, which symbolizes the Perfection of Wisdom.) This is a Treasure of the Mind, the deep prayer of Dolma. It is the Mandala Offering Prayer, the two oblations, both the higher and ordinary, are contained in this. Translated by Anila (Sister) K.T. Khechog Palmo, Lama Karma Thinley and Sresmo Chimey Wangmo, Dalhousie, India (HP) in 1967.

1967

THE PRAYER FOR THE HAPPINESS OF ALL THAT LIVES

A Tibetan Buddhist Prayer, written by Ngorchhen Kunga Zangpo, founder of the famous monastery of Ngor, and recited in the eleventh century. Translated from the original Tibetan by Thutop Tulku and K.T. Khecho Palmo, in 1967, at Mussoorie, India.

1967

PRAYER FOR THE SHOWING OF THE BEAUTIFUL FACE OF THE KHACHODMA (MOTHER OF SPACE)

Translated in Dalhousie in 1967, by Gelongma Karma Khechog Palmo with the help of (the late) Thutop Tulku, and offered to His Holiness Sakya Trizin for the benefit of all that lives, in thanksgiving for the teaching whose illimitable worth is beyond jewels.

1968

The PRAYER of the DORJE NALJORMA (The Vajra Yogini) according to the tradition of NAROPA. Written by Gyaltsab Rinpoche. Translated into English by Topgah Rinpoche and K.T. Khechog Palmo.

(Completed in Rumtek 1968: before Yarnes in the KARMA'I GARCHEN of His Holiness Gyalwa Karmapa, Ranjung Rikpi Dorje 16th)

1970

THE PUJA TO AMITABHA, THE BUDDHA OF BOUNDLESS LIGHT

This Prayer was written by the 14th Karmapa, in Tsurphu, Tibet. It was translated by the nun Karma Khechog Palmo, Thrangu Rinpoche and Chos Kyi Nyima Tulku, in the Dharma Chakra Centre of His Holiness Karmapa, in Rumtek, Sikkim, in 1970.

1970

The Guru-Yoga (Lami Naljor) of The Karmapas

This Prayer Was Translated by Karma Khechog Palmo and Lama Karma Thinley Rinpoche, and Completed in The Monastery Ringed in A Thousand Rays of Rainbow Light, The Dharma Chakra Centre of His Holiness Gyalwa Karmapa Rangjung Rikpi Dorje in the Summer Retreat 1970.

1971

THE GURU YOGA WHICH CONTINUOUSLY WATERS THE SEEDLINGS OF THE FOUR BODIES OF THE BUDDHA

This Prayer-Puja was written by He who is called His Holiness Rangjung Rikpi Dorje, the Sixteenth Karmapa, at the request of Namgyal Dorje, the late Head of the Bir Settlement in the Kangra Valley in India. It was written in Tibet itself in the eighth month of the Earth Dog Year.

This prayer and sadhana was translated in the Dharma Chakra Centre “the Monastery Wreathed in a Thousand Rays of Rainbow Lights” before the beginning of the Retreat of the Rains, in Rumtek, Sikkim, in the year of the Iron Pig, 1971. It is offered in devotion to His Holiness the Gyalwa Karmapa by his pupils and translators, the Anila Karma Khechog Palmo, the Lama Tengah Rinpoche, Vajra Lobpon of Rumtek, and Ayang Rinpoche of Bylekuppe in Mysore, South India.

1971

THE MAHAYANA PRACTICE OF THE KEEPING OF THE EIGHT PRECEPTS (The Uposita Fast)

This translation was made by Anila Karma Khechog Palmo with the help of Lama Karma Thinley, Rinpoche, Abbot of the Karma Drubgyu Tharjay Ling, Mahayana Buddhist Nunnery, in the sacred village of Tilokpur, where Guru Lama Tilopa meditated in the ninth century attaining enlightenment in the cave by the stream.

1971

THE JETSUN DOLMA (ARIYA TARA) IN HER GREEN FORM. THE DOLMA OF THE ACACIA FOREST (*Sendeng nags Kyi Dolma*)

Written by the First Karmapa Dusum Khyenpa in the tradition of Acarya NAGARJUNA (4th Century). Initiation from the CHIGSHES KUNTROL collection of

the 9th Karmapa WANGCHUK DORJE. Kahwang given in Rumtek by H.H. Karmapa 16th on August 15, 1971. Translated by K.Khechog Palmo, Gelongma, and explained by Ven. Thrangu Rinpoche, Abbot of Rumtek Gonpa, Sikkim.

1972

A brief Prayer of Confession for failings of vows in the Three Ordinations of the Hinayana (Sila); the Bodhisattva Vow (Mahayana); and the vows of the Vajrayana meditation path. The Abbot Thrangu Rinpoche was the explainer of the text.

Translation completed in the Dharma Chakra Centre at Rumtek, Sikkim, India

1974

Mantras on The Prayer Flag.

Translated by Gelongma Karma Khechog Palmo. Kailash - Journal of Himalayan Studies.

Volume 1, Number 2, 1973, pp. 168-169. (Original offprint).

1974

TOWARDS THE SUPREME ILLUMINATION

This short but profound article on meditation was composed by His Holiness Gyalwa Karmapa on the eve of his departure from India, on his first visit to the West, and it is offered to the world at the instance of William Stucky, who is bringing out the journal *Samata* or the *Blue Pearl* for His Holiness' friend in Dharma, Baba Mukhtanandaji, of the Guru Dev Ashram in Ganeshpuri, Vajreshwari, Bombay.

Composed by His Holiness Gyalwa Karmapa in the Monastery wreathed in a Thousand Rays of Rainbow Light, which we call Rumtek, the Dharma Chakra Centre of Sikkim, August, 1974. Translated by Gelongma Khechog Palmo, helped by Ven. Thrangu Rinpoche.

1974

**The Treasure Trove of Blessing of the Supreme Sage
THE BUDDHA SAKYAMUNI**

This text was written by Mipham Rinpoche (Jamyang Gyatso) in the first month of the Tibetan Buddhist New Year in his hermitage, about 120 years ago.

It was translated into English during the Retreat of the Rains, 1974, in the green Valley of Rice, Sikkim, in the Dharma Chakra Centre, by Sister Palmo (Gelongma Karma Khechog Palmo), aided by the explanations of Ven. Thrangu Rinpoche, the Abbot.

1974 - August 5th

The Sacred Protection Ring of The Wish-Fulfilling Chakra. Song of Praise to Dolkar, The White Mother

This translation was made during the Retreat of the Rains in the Monastery of Rumtek, Sikkim by Gelongma Karma Khechog Palmo, with the help of Ven. Thrangu Rinpoche, Abbot of the Dharma Chakra Centre. It is offered in devotion to His Holiness Gyalwa Karmapa, her Tsawi Lama, in the prayer that the Divine White Mother of the Seven Eyes may bless Him abundantly with long life and good health, for the sake of all living beings. Praying too that He may turn the Wheel of Dharma during his first visit to the West.

1976

OFFERING BEFORE FOOD. Grace in the Tibetan Mahayana Tradition. Dedicated to Tsawi Lama (Our Chief or Root Lama) His Holiness Gyalwa Karmapa XVI. Rangjung Rikpi Dorje, of Dharma Chakra Centre, Rumtek, Gangtok, Sikkim (India).

Originally published by Karma Rigdol Publications for Karma Tengay Ling in 1976, San Mateo, California, U.S.A.

THE MOUNTAIN DHARMA. *Ri-Chos*: by Chagmed Rinpoche (pupil of Shamar Chos Kyi Wangchuk VII)

Translated Translation] by Gelongma Karma Khechog Palmo, Assisted [with the help of] Ven. Thrangu Rinpoche. No date.

The Way of Practising the Manjughosa-Guru Yoga Which is a Rain of Blessings.

The print, layout, and use of basic prayers, [Refuge etc] suggests that this is a publication of Karma Rigdol Publications, in Seattle - but there is no credit line to the prayer that Sister Palmo translated it. It is a Sakya guru-yoga using the Sakya Pandita as the central visualization figure. From the style I would say that Sister Palmo translated it. She does mention the Sakya Pandita is one of her talks - and we attended a Sakya Initiation in San Francisco in 1976. So this is a new discovery. Needs to be typed out in digital form.

THE MEDITATION OF THE VAJRA SATTVA (DORJE SEMPA: OR DORSEM)

Teaching of Chagmed Rinpoche (Raga Asres) at the time of the Tenth KARMAPA and the fifth Dalai Lama.

Translated by *Gelongma* (Sister) Karma Khechog Palmo with the help of the Venerable Thrangu Rinpoche, Abbot of the Head Gonpa of the (Kagyudpa Line) in the Dharma Chakra Centre, of Rumtek, Sikkim, and offered in devotion to His Holiness the Gyalwa Karmapa for the benefit of all sentient beings.

LFI: GESAR LING: PRAYER TO THE LION-FACED MOTHER SENGDONGMA. SECRET: INITIATES ONLY.

1 page, in Sister Palmo's handwriting. Photostat of original.

MEDITATION ON AMITAYUS. The Buddha of Limitless Life. (in Tibetan: *TSÉ PAG MED*).

2 pages, in Sister Palmo's handwriting. Photostat of original.

Gyalwa Rig Nga: [SHEET I]

2 pages, in Sister Palmo's handwriting. Photostat of original.

POSTCARD: Dated Milan, 22nd November, 1973.