

The Vajrayogini Body Mandala

The 32 deities of the three Om Mantra, plus the deities of the four directions and the Principal Lady Vajrayoginī add to a total of 37, which is linked to the 37 limbs of enlightenment.

Color	Syllable	Heart Dakini Direction		Dakini's Name
red	BAM	Centre		Vajrayogini
green	YA	North		Lama
red	RA	West		Khandarohi
yellow	LA	South		Rupini
white	WA	East		Dakini

All 32 red	Mantra Syllable	Location on Body	Holy Place	Dakini's Name
<i>The Eight Heroines of the Mind Family (sky)</i>				
1	OM	hairline	Pulirmalaya	Prachanda
2	OM	crown of head	Jalandhara	Chandakshi
3	OM	right ear	Oddiyana	Prabhavati
4	SA	nape	Arbuda	Mahanasa
5	RVA	left ear	Godavari	Viramati
6	BU	spot between eyes	Rameshvari	Kharvari
7	DA	both eyes	Devikota	Lankeshvari
8	DA	shoulders	Malava	Drumacchhaya
<i>The Eight Heroines of the Speech Family (earth)</i>				
9	KI	arm pits	Kamarupa	Airavati
10	NI	breasts	Odra	Mahabhairava
11	YE	navel	Trishakuni	Vayuvega
12	VA	tip of the nose	Koshala	Surabhakshi
13	JRA	mouth	Kalinga	Shyamadevi
14	WA*	throat	Lampaka	Subhadra
15	RNA	heart	Kanchi	Hayakarna
16	NI	ovaries	Himalaya	Khaganana
<i>The Eight Heroines of the Body Family (under the earth)</i>				
17	YE	genitals	Pretapuri	Chakravega
18	VA	anus	Grihadevata	Khandaroha
19	JRA	thighs	Saurashtra	Shaundini
20	BE	calves	Suvarnadvipa	Chakravarmini

21	RO	fingers and toes	Nagara	Suvira
22	TSA	ankles	Sindhu	Mahabala
23	NI	thumbs and big toes	Maru	Chakravartini
24	YE	knees	Kulata	Mahavirya
<i>The Eight Guardians of the Gates/Sense Doors</i>				
25	HUM	mouth	X	Kakasya
26	HUM	navel	X	Ulukasya
27	HUM	sex organ	X	Shvanasya
28	PHAT	anus	X	Shukarasya
29	PHAT	between the eyebrows	X	Yamadadhi
30	PHAT	the ears	X	Yamaduti
31	SVA	the eyes	X	Yamadanshtrini
32	HA	the nostrils	X	Yamamathani

Translator's Colophon: This table was prepared for students of Geshe Sonam Ngodrup's commentary on Vajrayoginī. The spellings of the deity and place names are according to the FPMT translation of Phabongkha Rinpoche's Sadhana "Quick Path to Great Bliss". Two excellent volumes on the practice were consulted: Sermey Khensur Lobsang Tharchin's "Sublime Path to Kechara Paradise", and David Gonsalez's translation of Phabongkha Rinpoche's commentary titled "The Extremely Secret Dakini of Naropa" in English. The table is unchecked, any errors are my own and I request forgiveness for them.

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