

Yumka Dechen Gyalmo

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Yumka Dechen Gyalmo, the Queen of Great Bliss, is the peaceful dakini practice from the Longchen Nyingtik cycle, the terma revelation of Jikmé Lingpa. It features Yeshe Tsogyal, the consort of Guru Rinpoche, in the form of a wisdom dakini. It is one of the three roots' practices of the Longchen Nyingtik together with Lama Rigdzin Düpa and Yidam Palchen Düpa.

Who can practise Yumka Dechen Gyalmo?

- Ngöndro students who have received a Yumka Dechen Gyalmo empowerment and the reading transmission of the sadhana could start to practise occasionally, for example on Dakini Days.
- To really take this on as one's practice, one would need to have a deeper understanding of Vajrayana principles, kyerim and have received the specific teachings on Yumka Dechen Gyalmo.

When would you start with Yumka Dechen Gyalmo practice on your path?

- Students who have been practising ngöndro regularly for a minimum of two years and who have received a Yumka Dechen Gyalmo empowerment, lung and explanations on how to practise sadhana can join the Dakini Day practice in centres.

We recommend, if you are a ngöndro student to keep the ngöndro accumulations as your main focus.

- Students who have completed the lama and yidam practices of the three roots' practices can practise Yumka Dechen Gyalmo as their third root practice in retreat.

Upcoming Empowerments & lungs

- Shechen Rabjam Rinpoche, Lerab Ling, 12-24 September 2025, more info [here](#)
- If you need a Yumka Dechen Gyalmo empowerment, please send an email to the Vajrayana Council: vajrayanacouncil@rigpa.org
- past empowerments are listed [here](#)

Study

Self-study

For the practitioners already familiar with Vajrayana practice

- First step is to get familiar with the practice text (restricted to those who have the Yumka empowerment), available on [ZAM](#).

- Then it's a good start to participate when the practice is done on Dakini Days in a centre

- You could read the following commentaries

—*The History of the Female Practice of the Queen of Great Bliss*, by Jigme Lingpa [here](#)

—Main Recitation Manual for the Female Practice of the Queen of Great Bliss, by Jigme Lingpa [here](#)

Courses

- **Khenchen Pema Sherab** taught on three of the main major commentaries on Yumka in Lerab Ling 2024. These teachings are [available on Prajna](#)

- Nyenpas are preceded by an Introduction Retreat with full instructions on the main practice, more [here](#)

👉 For more details about how non Rigpa-Sangha can access Vajrayana teachings and live practices on prajna online see [here](#).

Practice events

- Yumka Dechen Gyalmo Tsok at Dakini Days in Lerab Ling & Dzogchen Beara
- Annual [Khandro Tsering Chödrön Anniversary](#) (24th day of the 3rd lunar month) practice in Lerab Ling and online with Yumka Dechen Gyalmo practice. Next event: 21-23 May 2025
If you are from another Sangha and want to join, please write to ll.practice@rigpa.org
- Dzogchen Beara: Yumka Dechen Gyalmo nyenpa, June–August 2025
- If you wish to do [nyenpa](#) at home, please contact madelonbroekhuis@gmail.com. She can connect you with the guides in your country.

Materials (other than study materials)

- audio recording [here](#) (available as download)
- [Yumka Dechen Gyalmo photo](#)
- all other materials on this practice on ZAM [here](#)

Reference point for your questions on Yumka Dechen Gyalmo

Regarding any question on Yumka Dechen Gyalmo, you can email Rigpa teacher and practice holder: karin.kruegery@gmail.com

Other Resources

- Rigpa Wiki [article](#)
- Yumka Dechen Gyalmo Series on [Lotsawa house](#)
- Yumka Dechen Gyalmo on [Nyingtik Project](#)