

Yungchen Lhamo

Teacher Resource Guide

Lotus Blossoms 2021



About Yungchen Lhamo

Born and raised in Lhasa, Tibet, singer-songwriter Yungchen Lhamo is known for her mesmerizing music that combines traditional Buddhist chant with her ethereal voice and unique compositions. Yungchen, whose name means goddess of melody and song, won the Australian Recording Industry Award for best world album in 1995 for her debut album, *Tibetan Prayer*. Yungchen has performed all over the world and has shared stages with Phillip Glass, Sir Paul McCartney, Annie Lennox, Lou Reed, and many others. In 2004, Yungchen established a foundation that inspires, improves, and empowers the lives of women, children, and those experiencing homelessness in Tibet.



Yungchen Lhamo's Music

Yungchen's music has been described as "beautifully evocative," "mesmerizing," "spine-tingling," and "transcendent." Yungchen writes and performs her own songs, often taking inspiration from Buddhist chants and mantras. A **Mantra**, in Hinduism and Buddhism, a sacred utterance (syllable, word, or verse) that is considered to possess mystical or spiritual efficacy.¹

To hear an example of Yunchen's music, listen to her song "Happiness is..." with an accompanying music video [here](#).



¹ <https://www.britannica.com/topic/mantra>

Tibet

- Capital: Lhasa
- Population: 3,180,000

Tibet, the remote and mainly-Buddhist territory known as the "roof of the world", is governed as an autonomous region of

China. Tibet has had a tumultuous history, during which it has spent some periods functioning as an independent entity and others ruled by powerful Chinese and Mongolian dynasties.² Often called "the roof of the world," since it is on a high plateau—the Plateau of Tibet—surrounded by enormous mountain masses.³



The majority of Tibetans traditionally have been Buddhists. Before the 1950s, prayer flags flew from every home and adorned the mountain slopes. Monasteries were established throughout the country, and the Dalai Lama, the spiritual head of Tibetan Buddhism, was the supreme political head of the nation.⁴

One Drop of Kindness

² <https://www.bbc.com/news/world-asia-pacific-16689779>

³ <https://www.britannica.com/place/Tibet>

⁴ <https://www.britannica.com/place/Tibet/People>

The One Drop of Kindness Foundation is Yungchen's charitable foundation. The Foundation was established in 2004 with the aim of helping all sentient beings through direct action, multicultural programs, community



services, and charitable giving. In particular, the Foundation is dedicated to the preservation of Tibetan culture, whether in Tibet, Nepal, India, the USA, or elsewhere, through offering multicultural educational programs, projects, lectures, and workshops that integrate music, mindfulness, and art, in order to help facilitate in everyone a more positive outlook on life.⁵

For more information, visit onedropofkindness.org.



⁵ <https://www.onedropofkindness.org/mission-2>

Helpful Links & References

- yungchenlhamo.com
- [Yungchen Lhamo on Facebook](#)
- [Yungchen Lhamo on YouTube](#)
- [Yungchen Lhamo on Spotify](#)
- onedropofkindness.org
- [Encyclopedia Britannica - Tibet](#)

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