Britain’s First Buddhist Lama Sees Loch Ness Monster as a Water Deity



Britain’s first resident Buddhist lama, who is currently leading a project to establish a new Buddhist centre in the Scottish Highlands, has suggested that the legendary Loch Ness monster could be understood as a naga—a water deity revered in Buddhist tradition. According to remarks reported by The Scotsman, the creature should be seen not as a threat but as a protective spirit associated with prosperity.

Loch Ness, a vast freshwater lake in the Highlands, has been linked for nearly a century with the legend of a mysterious animal, popularly known as “Nessie.” Modern references to the creature date back to 1933, and belief in its existence gained worldwide attention the following year, when a photograph taken by Robert Kenneth Wilson appeared to show a figure rising from the water.

Since then, the Loch Ness monster has become a symbol of Scottish folklore, sustaining both popular imagination and local tourism. However, evidence of its existence remains highly disputed. Reports are anecdotal, and the limited photographic and sonar material available is widely considered inconclusive by the scientific community.

The lama’s spiritual interpretation offers a new perspective on the legend. Rather than a zoological enigma, the Loch Ness monster may be viewed as a manifestation of a sacred presence, echoing an ancient tradition in which lakes and

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rivers are believed to be inhabited by benevolent deities.

Cryptozoology - 2 septembre 2025 - Rael2012 - CC BY 2.5

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