



DRÖLMA TSUGTOR NAMGYALMA

(SKT. TĀRĀ UṢṆĪṢA VIJAYĀ)

Victorious Queen of Crowning Light

TĀRĀ 4

CONCISE SADHANA FOR THE 4TH TĀRĀ DRÖLMA TSUGTOR NAMGYALMA

Begin with the Nine Purification Breaths

Imagine that from luminous empty space, Tārā Tsugtor Namgyalma appears in the space in front and slightly above you. She is seated on a full moon disc atop a lotus flower, surrounded by numerous wisdom beings (Jñānasattvas). She is peaceful and golden yellow like the Great Mother Prajñāpāramitā. She and all the wisdom beings appear radiant yet empty like rainbows in the sky.

Her left hand is in the mudra of the Three Jewels at her heart and holds the stem of a blue lotus, the Utpala flower, which rests above her left shoulder. Upon the lotus is a vase of immortality overflowing with healing nectar. Her right hand is placed on her right knee and faces upwards, palm open, in the mudra of Supreme Generosity.

Swift and compassionate, Tārā Tsugtor Namgyalma bestows longevity and protects beings from taking rebirth in unfavorable circumstances. She gives protection from unvirtuous activities and disturbing emotions. The healing nectar from her vase balances the energies of the five elements and revitalizes our life force.

Recite the Refuge & Bodhicitta Prayer

NAMO

Noble Tārā, you who liberates beings from fear and suffering
are the essence of all refuges.

I take refuge in your vast, loving compassion.

In order to place all mother sentient beings in the state of enlightenment,
I generate the two-fold Bodhicitta of aspiration and application.

(Recite 3 times)

Visualization & Mantra Recitation

Sound Tārā's seed syllable TĀM:

With the first TĀM, manifest yourself as Tārā Tsugtor Namgyalma, golden yellow in color, peaceful and luminous. You are seated on a full moon disc upon a golden lotus flower. Your right leg is extended slightly, stepping down to help beings in samsara. Your left leg is close to your body, symbolizing resting in nirvana.

Your left hand is in the mudra of the Three Jewels, holding the stem of the Utpala, a blue lotus flower, which rests above your left shoulder. Upon the lotus is the vase of immortality, overflowing with healing nectar. Your right hand is resting on your right knee with an open, upward facing palm in the gesture of Supreme Generosity.

Dissolution

Then after reciting the mantra, imagine the universe and its inhabitants dissolve into light and that light dissolves into you as Tārā Tsugtor Namgyalma. Then, you dissolve into light from the crown of your head and the soles of your feet, converging at the heart center and dissolving into the golden sphere containing the moon disc, mantra and seed syllable. Then this sphere and all its contents dissolve into the TĀM. Finally, the TĀM dissolves from the base to the top, which then dissolves into luminous emptiness.



Rest in spacious awareness as long as you like, free of fabrications, free of distraction. Just rest.

When discursive thoughts begin, return to your form as Tārā Tsugtor Namgyalma, and feel yourself as her, luminous, powerful, and fully integrated. Continue this visualization as you rise from your meditation seat and go about your day.

Recite the Dedication of Merit

Through this virtue, may I quickly attain the state of Noble Tārā.
May I bring each and every being, without exception, to that state.
May all beings be healthy, free from suffering and its causes, and may they awaken to their true nature.

Colophon: *This sadhana was extracted from the practices of the 21 Taras in the inner sadhana of Dechen Gyalmo (Queen of Great Bliss) from the Longchen Nyingtig (Heart Essence of the Vast Expanse) in response to the great necessity during the extraordinary time of the Covid19 pandemic. On Mother's Day, May 9, 2021, the Venerable Khenpo Tsewang Dongyal Rinpoche gave his blessings for these Concise Tara Sadhanas at his center in upstate New York, the Padmasambhava Institute. May any mistakes be forgiven by the Protectors and may it be of vast benefit to sentient beings.*

- Lopön Chandra Easton in accordance with instructions from Lama Tsultrim Allione, Tara Day, April 1, 2020.

