



DRÖLMA TASHI DÖNJEMA

(SKT. TĀRĀ MAṄGALĀRTHĀ)

She Who Brings About Auspiciousness

CONCISE SADHANA FOR THE 12TH TĀRĀ, DRÖLMA TASHI DÖNJEMA

Begin with the Nine Purification Breaths

Imagine Tārā Tashi Dönjema appearing in the space in front and slightly above you. She is seated on a full moon disc atop a lotus flower. She is peaceful and golden yellow in color. She radiantly appears like a rainbow in the sky, empty of solidity.

Her left hand is in the gesture 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 an infinity knot. Her right hand is placed on her right knee and faces upwards, palm open, in the gesture of Supreme Generosity. Atop her crown is a crescent moon and seated in the hair piled atop her head is Buddha Amitabha, Buddha of Infinite Light, ruby-red in color.

Tārā Tashi Dönjema brings about auspicious circumstances such as timely seasons, good harvests, healthy children, and prosperity. Internally she brings about health and wellbeing. Wisdom light streams from her body, the crescent moon at her crown, the ruby-red Amitabha in her hair, and the infinity knot, bringing blessings and cooling energy to all beings without limit.

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 TAM:

With the first TAM, manifest yourself as Tārā Tashi Dönjema, golden yellow in color and peaceful. You are seated on a full moon disc upon a golden yellow 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 gesture 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 luminous infinity knot. Your right hand is resting on your right knee with an open, upward facing palm in the gesture of Supreme Generosity. Atop your crown is a crescent moon and seated in your hair piled atop your head is Buddha Amitabha, Buddha of Infinite Light, ruby-red in color.

In your heart chakra is the golden yellow seed syllable TAM, which sits atop a moon disc within a sphere of golden yellow colored light.

TAM



Second sounding of TAM:

As Tārā Tashi Dönjema, imagine you are sending rainbow light from the golden yellow TAM at your heart, making offerings to all the Tārās and wisdom beings (Jnanasattvas) in the space above you.

TAM



Third sounding of TAM:

The wisdom beings joyfully send rainbow wisdom light back to you, blessing and empowering you. You become fully activated as the radiant golden yellow Tārā Tashi Dönjema.

TAM



Mantra Recitation

As you recite the mantra, imagine it circles counterclockwise around the TAM in your heart. The mantra stands vertically around the edge of the moon disc and faces outward. The TAM and the mantra at your heart emanate rainbow light in all directions. This light and the

wisdom light emanating from the infinity knot, crescent moon, Buddha Amitabha radiate to all beings in the form of cooling healing energy.

Through the rays of wisdom light, see all beings become free from suffering as they awaken to their true nature. The light and sound of the mantra are expressions of Tārā's love and compassion for all beings without exception.

ཨོཾ་རཱ་ཀྲེ་ཏུ་རཱ་ཀྲེ་ཏུ་རཱ་ཀྲེ་མཁྲའོ་ཤྱི་མ་རྩ་སྒྲི་སྒྲི།

Om Tārē Tuttārē Turé Maṅgalam Shrī Mahā Pāni Svāhā

Recite the mantra like the buzzing of bees as many times as you like (at least 21 times). Genuinely feel yourself as Tārā Tashi Dönjema.

Dissolution

Then after reciting the mantra, imagine the universe and its inhabitants dissolve into light and that light dissolves into you as Tārā Tashi Dönjema. 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 yellow sphere containing the moon disc, mantra, and seed syllable. Then this sphere and all its contents dissolve into the TAM. Finally, the TAM 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 Tashi Dönjema, 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 Gyälmo (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 pandemic of 2020. 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