



DRÖLMA YÜLLE GYALJEMA
(SKT. TĀRĀ RIPUCAKRAVINĀSINĪ)

Tara Who is Victorious Over War

Thirteenth Tara

Thirteenth Tara: Tara Vinashini Embodiment Meditation

Before you begin, recall the three samadhis of emptiness, compassion, and the union of the two. Remember that all appearances of self and deity are empty of intrinsic existence, yet manifest as ceaseless compassion.

Settle into a comfortable meditation seat and take nine relaxation breaths, breathing into any physical tension, then any emotional tension, and finally any mental tension and releasing it all with your exhalations.

Front Visualization

Imagine that from luminous empty space Tara Vinashini appears in the space in front and slightly above you, dark red in color and semifierce, surrounded by blazing wisdom flames. A multitude of tiny vajras radiates out from her open-pronged vajra, each multiplying countless sparkling vajras in all directions. These vajras form an indestructible protective tent of rainbow-colored vajras, protecting beings from war, aggression, and danger. She is surrounded by numerous wisdom beings.

Recite the Refuge and Bodhichitta Prayer

NĀMO

Noble Tara, the essence of all refuges,
you liberate beings from fear and suffering.

I take refuge in your vast, loving compassion.

In order to bring all sentient beings in the state of enlightenment,

I generate the twofold bodhichitta of aspiration and action.

(Recite three times.)

Self-Visualization



Sound Tara’s seed syllable TĀM three times.

First TĀM: Imagine that your body becomes Tara Vinashini, red and semifierce. As Tara Vinashini, your body is luminous and hollow, with the TĀM in your heart center.

Second TĀM: As Tara Vinashini, send offerings of rainbow wisdom light to the wisdom beings. Let yourself truly sense this connection between you and them.

Third TĀM: Wisdom beings send rainbow wisdom light back to you, empowering you as Tara Vinashini, fully activating you. Truly feel what it would be like to be the awakened buddha Tara Vinashini, a being of radiant light and infinite love and capacity.

Mantra Recitation

As you recite the mantra, imagine the TĀM and the mantra garland at your heart emanate rainbow wisdom light in all directions. Tiny vajras spark out from your open-pronged vajra, each multiplying countless sparkling vajras in all directions. These vajras form an indestructible protective tent of rainbow-colored vajras, protecting beings from war, aggression, and danger and removing outer and inner obstacles. All beings become free from suffering as they awaken to their true nature.

ཨོྲཱེ་ཏཱཾེ་ཏཱཾེ་ཏཱཾེ་བཟླ་ཟླ་ལ་ཕའུ་ཕའུ་རྒྱ་རྒྱ་སྣ་ལྷོ།

OM TĀRE TUTTĀRE TURE VAJRA JVALA PHAT PHAT RAKṢA

RAKṢA SVĀHĀ

Recite the mantra as many times as you like—but at least twenty-one times. Genuinely feel yourself as Tara Vinashini.

Dissolution and Rest in Awareness

When your mantra recitation feels complete, dissolve the visualization: first the world and its inhabitants, then you as Tara Vinashini converging at the TĀM in your heart center. Then everything becomes luminous emptiness.



Rest in spacious awareness—the vast, luminous, and wakeful nature of your own mind. Release into presence. When you are ready, return to your form as Tara Vinashini and feel yourself fully integrated with her. As you move about your day, recall the compassion and love of Tara Vinashini within and all around you.

Close the session with a sense of gratitude to Tara and her blessings.

Dedication of Merit

Through this virtue, may I quickly attain the state of Noble Tara.
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 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.*

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