

Journey with the Dakini Tracking Form

Name:

Date:

Mandala Practice:

Mandala Family:

This tracking form can be used for any of the three “Journey with the Dakini/Buddha/Yab Yum” personal processes. If you are working with the Buddha Mandala or the Yab Yum Mandala substitute “Dakini” wherever it appears with “Buddha” or “Yab Yum Deities.”

Begin with Relaxation Breaths and Motivation

Step 1: Invoke the Presence of the Dakini

Describe some of the details of the dakini:

What was the environment the dakini is in (era, place, smells, sounds, etc)?

Step 2: The Dakini Takes You on a Journey

What surrounded the path? What was the path itself like?

What was special place the dakini took you like (where it was, qualities of the place, time of day, temperature, smells, era, feeling...)?

Why did the dakini bring you here?

Step 3: Ask the Dakini Your Question:

Question 1:

Step 4: Take the Seat of the Dakini and Answer the Question:

Answer 1:

Was there a follow-up question and answer?

Question:

Answer:

Step 5: Return to Your Original Seat

What was the the dakini's gift?

What was the meaning of the gift?

What was the feeling of the gift inside you?

What was the feeling of the integrated energy of the dakini in your body?

*Journey with the Dakini is a process created and developed by Lama Tsultrim Allione. © Tara Mandala
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Tara Mandala
PO Box 3040 Pagosa Springs, CO 81147
970-731-3711 info@taramandala.org © Tara Mandala
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