

Journey with the Dakinī

(Note: The same process described here for the Dakini applies to working with the Buddha or Yab Yum Mandala deities. If you are working with the Buddha Mandala or the Yab Yum Mandala substitute “Dakini” wherever it appears with “Buddha” or “Yab Yum Deities.”)

The following meditation can be added in order to receive specific insight into a certain wisdom dakini. Once you have finished the practice of the Mandala of the Five Dakinis:

- ☐ Turn in the direction of the wisdom dakini with whom you are working.
- ☐ Sit facing in that direction (or stay in the center if it is the Buddha Dakini).
- ☐ Close your eyes and keep them closed as much as possible until the end of the process. Do the Nine Relaxation Breaths.
- ☐ Then generate the motivation to practice for the benefit of yourself and all beings; this is called raising bodhicitta.

STEP 1: Invoke the Presence of the Dakinī

- ☐ Call on the dakini with whom you would like to have further communication. Sounding her seed syllable once, see the dakini in front of you, carrying the hooked knife ornamented with the symbol for her respective family in her raised right hand, holding the skull cup at her heart with her left hand, luminous, and emanating the wisdom of that family. The seed syllables are BAM for Buddha Dakini, HA for Vajra Dakini, RI for Ratna Dakini, NI for Padma Dakini, and SA for Karma Dakini. As the dakini appears before you, notice the details of the dakini: her size, color, character, and the look in her eyes. Notice something about the dakini you did not see before.
- ☐ Now notice the environment around the dakini. What kind of place is she in? What is the feeling in the environment? Is she in a place you've been? Can you see the time period? Can you see the country she is in? Do you notice any smells or sounds? Is she on this earth or in another dimension? If it is another dimension, notice the details of that place.

STEP 2: The Dakinī Takes You on a Journey

- ☐ Now imagine that the dakini takes you on a journey to a special place.
- ☐ You follow, walking behind the dakini. Notice what the path is like and how it changes as you proceed. (Pause.) Do you notice any smells or sounds? What is the feeling in the environment?
- ☐ When you arrive at the special place the dakini is taking you, notice where it is.
- ☐ What are the qualities of the place that surrounds you? What time of day is it? What is the temperature? Are there any particular smells? What era is it? How do you feel in this place? Does it remind you of anywhere you've been before?
- ☐ Your dakini then explains why she has brought you here and why this place is important to you.

STEP 3: Ask the Dakini Your Questions

- Now in this place, ask the dakini any questions you have concerning the encumbered pattern. You can ask one or several questions.

STEP 4: Take the Seat of the Dakini and Answer the Question(s)

- Once you have asked the question(s), switch places and take the seat of the dakini. Take a moment to settle into the dakini's body. Notice how it feels to be in the dakini's body. How does your normal self look from the dakini's point of view? After settling into the dakini's body, answer the question(s), speaking as the dakini.

STEP 5: Return to Your Original Seat

- You can continue to dialogue with the dakini in this way, asking as many questions as you like.
- When you are finished, return to your original position. Take a moment to feel the help and protection that the dakini has offered you. (Pause.)
- Now the dakini turns away, and when she turns back she is holding a gift for you.
- The dakini gives you the gift. You hold it and notice the details of the gift. The dakini explains its meaning.
- Then the gift with all its potency dissolves into your heart. Notice the feeling of the gift inside you. (Pause.)
- Now see the dakini in front of you, look into her eyes, and feel her energy pouring into your body. As you feel the energy of the dakini entering you, it spreads all way down to the soles of your feet, to your fingertips, and throughout your whole body (Pause.)
- Now imagine that the dakini dissolves into light. Notice the color of this light. Feel the light dissolving into you, integrating this luminosity into every cell of your body. Take note of the feeling of the integrated energy of the dakini in your body.
- Now you, with the integrated energy of the dakini, also dissolve.

STEP 6: Rest in Awareness

- Rest in the state that is present after the dissolution, just rest. (Pause.)
- Pause until discursive thoughts begin again. Now gradually come back to your body, recalling the feeling of the energy of the dakini in your body. (Pause.)
- Now as you open your eyes, maintain the feeling of the energy of the dakini in your body, and see the world through the eyes of the dakini.

DEDICATION OF MERIT

Dedicate the merit, the accumulation of positive energy that you've generated through this transformation, to the benefit of all beings everywhere.

POST-MEDITATION

As you go about the rest of your day, imagine that you are the dakini and that everyone you meet is a manifestation of your mandala. As you eat, you are feeding the dakini; as you dress, you are dressing her. Imagine that the world is transformed into a luminous dimension; this is called pure perception.



MACHIG PUBLICATIONS®

Tara Mandala

PO Box 3040 Pagosa Springs, CO 81147

970-731-3711 info@taramandala.org © Tara Mandala

June 2018

Please do not reprint

