

Dakini Heart Essence Mahayoga Practice Requirements

These requirements are based on Dudjom Rinpoche's text (tri yik - commentary) and (lo sum -3-year retreat) and have been suggested by Lama Tharchin Rinpoche in conversation with Yeshe Wangmo.

A. Ngondro (foundational practices):

1,000,000 prostrations while accumulating the refuge and bodhicitta verses;
(counting prostrations, not verses) **

1,000,000 hundred syllable mantra

1,000,000 mandala offerings

10,000,000 guru yoga mantra

In each category add 10% to make up for mistakes, for a total of 110,000 each and guru yoga 110,000,000.

** If not capable of offering prostrations, substitute circumambulations while accumulating the refuge-bodhicitta verses. Count the verses, not circumambulations.

If you have already completed a Nyingma ngondro, such as Dudjom Tersar, Longchen Nyingtik, the requirement for the Dakini Heart Essence program is 10% of the above. If you have already completed a ngondro in another tradition, the requirement is 25% of the above. Everyone is asked to continue ngondro as a daily practice.

Texts:

Restoring Benefit and Happiness: The Liturgy of the Foundational Practices of the Profound Path of the Dakini Heart Essence, Collected Works of Dudjom, vol. 16, pages 541-550.

Instructions on the Visualizations of the Foundational Practices of the Profound Path of the Dakini Heart Essence, Collected Works of Dudjom, vol. 16 pages 319 - 342.

Bringing Down the Essence Blessings: Supplication to the Practice Lineage of the Profound Path of the Dakini, Collected Works of Dudjom, vol. ma, page 83
Severance, Collected Works of Dudjom, vol. ma, pgs. 515-516

Recommended reading:

Commentary on the Dudjom Tersar Ngondro by Lama Tharchin Rinpoche
Ngondro Commentary by Dungse Thinley Norbu Rinpoche taught by Khenpo
Orgyen Thinley Rinpoche, 1997, POSL, volumes 1 and 2

The Treasury of Precious Qualities Jigme Lingpa translated by Padmakara
Translation Group, Shambhala Publications

The Words of My Perfect Teacher, Patrul Rinpoche translated by Padmakara
Translation Group, Harper Collins

B. Yidam Practice

The Dakini Heart Essence yidam practice is the Yeshe Tsogyal extensive sadhana. In addition, you are encouraged to practice as you wish the Dakini Heart Essence sadhanas of Kurukulle, Singhamukha, and Throma.

The criteria for the completion of the Yeshe Tsogyal yidam practice is:

1. Ideally in closed retreat. There are 2 ways of measuring the practice:

a. according to mantra accumulation:

- approach phase : 400,000 to 1,500,000.
- accomplishment phase: 400,000 to 1,500,000.
- enlightened activities: 10% of whatever you did for approach and accomplishment
- longevity sadhana: as you wish
- burnt generosity practice - 1 day.

b. according to length of time in closed retreat:

- the minimum is 75 days up to 6 months. 75 days are divided into:
 - approach phase - 30 days
 - accomplishment phase - 30 days
 - enlightened activities - 7 days
 - longevity sadhana - 7 days
 - burnt generosity - 1 day.

When longer than 75 days (which is the minimum), the retreat is divided up according to the above proportions.

2. If closed retreat is not possible, the alternative is to practice in daily life with the mantra requirements of:

- approach phase - 15 bum (1,500,000)
- accomplishment phase - 15 bum (1,500,000)
- enlightened activity - 10% - 150,000 (37,500 for each of the four activities)
- longevity - as you wish
- no burnt generosity practice

Texts:

Yeshe Tsogyal Daily Sadhana, Collected Works of Dudjom, vol. ma, page 101-102

Essence Drop of Vitality: The Inner Sadhana of the Dakini: The Practice of Kurukulle, Collected Works of Dudjom, vol. ma, pgs. 27-28

Profound Essence: The Secret Sadhana of the Dakini - The Practice of Singhamukha, Lion-Face Dakini, Collected Works of Dudjom, vol. ma, page 29

Co-emergent Dakini of Bliss: Innermost Secret Vajrayogini: The Sadhana of Black Thröma Pith Instructions on the Ultimate Consummation, Collected Works of Dudjom, vol. ma, pgs. 31-32

Great Wish-Fulfilling Bliss: Activity Ritual of the Profound Path of the Dakini Heart Essence, Collected Works of Dudjom, vol. ma pgs. 85-99

The Profound Dakini Longevity Practice ITI, Collected Works of Dudjom, vol. ma pgs. 39-40

Lotus Lute: Concise Fulfillment of the Dakinis, Collected Works of Dudjom, vol. ma pg. 103

Feast Offering Verse, Collected Works of Dudjom, vol. ma, page 107

Coalesced Essence of the Daily Torma Offering to the Three Roots and Oath-Bound Ones, Collected Works of Dudjom, vol. ma, pgs. 109-115

Essential Torma Offering to the Mamo, Protectress of Mantra, Ekajati, Collected Works of Dudjom, vol. 16, pgs. 117-119

An Aspiration Prayer Connected to the Stages of the Path of the Dakini Heart Essence, Collected Works of Dudjom, vol. ma, pgs. 529-530