

Introduction to Cittamani Tara

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Tāra (Tib. *Drol-ma*) means “liberator” and there are two types of liberator: internal and external. The internal liberator is the wisdom realizing the total purity of self and others, while the external liberator is a being who has awakened such internal, liberating wisdom that realizes the total purity of self and others through relying on the instruction of the external liberator Mother Ārya Tāra.

Qualities of external Mother ārya Tāra

Mother Ārya Tāra is one of countless enlightened beings, but she appears in a female aspect since she attained the state of a fully awakened buddha on the basis of female body. This she did by developing a particular type of wisdom known as the *wisdom accomplishing activities*, one of the myriad types of wisdom that we can develop. The limitless qualities of our mind may be classified in two: the aspect of wisdom and the aspect of method. Wisdom includes five fundamental types of wisdom: (1) the wisdom of accomplishing activities, (2) the mirror-like wisdom, (3) the wisdom of equality, (4) the wisdom of individual analysis, and (5) the wisdom of the sphere of dharma. Method refers to loving kindness and compassion.

Ārya or transcended being

Out of compassion she liberated and continues to liberate countless sentient beings from the state of mundane ignorance. By engaging the wisdom accomplishing activities she leads sentient beings to the state of ārya wisdom that transcends this world. For this reason she is called Ārya.

Mother

She utilizes the wisdom accomplishing activities to fulfill all our wishes, when we approach her with faith and devotion. Since she takes care of us like a loving mother, she is called *Mother*.

Savior

She saves us from the fear of the eight external dangers by saving us from the fear of the eight inner dangers of anger, attachment, pride, jealousy, miserliness, doubts, wrong view, and ignorance. For this reason she is called *Savior*.

Dakini carrying out the activities of buddhas and bodhisattvas

She is the manifestation of the fully-awakened wisdom of accomplishing activities of all the buddhas. She manifests in a variety of emanation bodies that demonstrate enlightened activities,

such as the twenty-one action Tāras, and she engages in a multitude of activities to fulfill the various needs of sentient beings who sincerely rely upon her capabilities.

Swift messenger of blessings

She swiftly delivers the blessings of the buddhas and bodhisattvas to those whose minds are open with pure faith and devotion. She can do this since she is the manifestation of the purified state of action-wind of all the buddhas.

Cittamani Tāra practice

The practice of Cittamani Tāra is a unique and profound practice of highest yoga tantra possessing the jewel-essence of skillful method. Some of the numerous benefits of this practice include:

- Establishing strong personal connection with Mother Ārya Tāra
- Developing the five types of pristine wisdom, and in particular the wisdom accomplishing activities
- Generating the state of union of uncontaminated bliss and emptiness
- Taking control of and transforming the experience of death, bardo, and rebirth
- Overcoming ordinary appearances and grasping
- Developing clear appearance and divine pride
- Maturing our inner seeds of the dharma, enjoyment, and emanation bodies
- Awakening our extremely subtle and pure state of body, speech, and mind
- Blending into one our pure body, speech, and mind with the holy body, speech, and mind of Mother Tāra
- Receiving the swift blessing for attaining all realizations of the paths of learning and no-more-learning of a buddha.