

***Jetsun Drolma Ritö Loma Gyönma
Noble Lady Tara of Mountain Retreat, Clothed in Leaves
Tara Who Dispels Epidemics***



Ritö Loma Gyönma protects from contagious diseases by destroying them and their causes. She brings ease, health, and well-being. Her body of light is yellow-red in color, the color of saffron. She has one face and two arms. She sits on a fully blossomed lotus and moon disk. Her left leg is drawn in close and her right leg is slightly extended. She is adorned with silks and jewels. Her right hand is in the mudra of generosity, resting on her right knee with her palm facing up. In her left hand, she holds the stem of a lotus between her thumb and ring finger at her heart. It blossoms near her left ear. On top of the lotus blossom sits a round vessel (zamatog) that holds medicinal herbs.

Take refuge and generate bodhicitta.

Until enlightenment I take refuge

in the Buddha, Dharma, and Sangha.

Through the accumulation of merit and wisdom,

May I awaken for the benefit of all beings.

[Repeat refuge prayer three times]

May all beings have happiness and the causes of happiness!

May all beings have no suffering nor the causes of suffering!

May all beings have the supreme bliss which is free from all suffering!

May all beings live in the great equanimity which is free from all attachment and aversion!

Visualize *Ritö Loma Gyönma* in the sky in front and offer this praise:

Homage to Her whose two eyes shine

With the luminosity of the sun and moon.

Who dispels virulent epidemics

With two Hara and with Tuttara.

As you recite her mantra, clearly visualize her form. From her right eye the light of the sun blazes forth and destroys contagious viruses. From her left eye the luminous light of the moon flows as a stream of rich nectar which heals sickness, contagious diseases, and their causes.

Om Tare Tuttare Ture Nama Tare Mano Hara Hung Hara Svaha (repeat 7, 21, 108 or more times)

Make prayers to her and receive her blessing. When this process is complete, have conviction that all contagious diseases and their causes are destroyed and see all beings in good health. She then dissolves into light and into you. Rest your body, speech, and mind inseparably with her awakened body, speech, and mind.

Dedicate the merit:

Through this goodness may awakening spontaneously arise in our streams of being. May all obscurations and distortions fall away.

*May all beings be liberated from suffering,
and the stormy waves of birth, sickness, old age and death*