

A brief Ritö Loma Gyönma Tara practice to protect from contagious viruses



Jetsun Drolma Ritö Loma Gyönma is one of the 21 Taras. She protects from contagious diseases, pandemics and fevers by destroying them and bringing 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. Her left leg is drawn in close and her right leg is slightly extended. 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 - Utpala flower - 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 that holds healing nectar.

A rich stream of nectar descends from a moon in her left eye, healing all forms of disease including their causes and consequences. May Tara's blessings and healing power spread wherever needed.

Take refuge and generate bodhicitta.

In my heart I turn to the Three Jewels of Refuge.
My I free suffering beings and place them in bliss.
May my compassionate spirit of love grow within me
So that I may complete the awakening path. (3X)

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

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.

Om Tare Tuttare Ture Nama Tare Mano Hara Hung Hara Svaha (repeat many times)

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 flows a stream of rich nectar which heals sickness, contagious diseases, and their causes.

When this process is complete, imagine all contagious viruses are destroyed and all beings are healthy. She then dissolves into light and into you. Her vajra body, speech, and mind are inseparable with yours.

Dedicate the merit.