

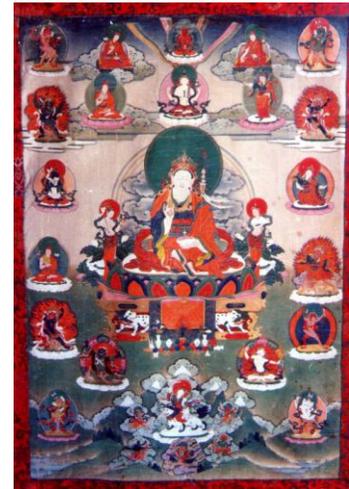


The Chokling Tersar Lineage

The [Chokling Tersar](#) (the New Treasures of Chokgyur Lingpa) is the collection of the treasure teachings of the great treasure revealer, [Chokgyur Lingpa](#) (1829-1870), one of the greatest masters and treasure revealers in Tibetan history. His teachings are now widely practiced by both the Kagyu and Nyingma schools of Tibetan Buddhism.

The Trinley Nyingpo

The Trinley Nyingpo pertains to one of the main cycles of teachings in the Chokling Tersar known as [Lamey Tukdrub Barchey Kunsel](#), (the *Guru's Heart Practice, Dispeller of All Obstacles*). The Trinley Nyingpo is the condensed sadhana from this cycle. The chief figure in the practice is Guru Rinpoche, with the sambhogakaya Avalokiteshvara and the dharmakaya Amitabha, surrounded by his twelve emanations. The Trinley Nyingpo is one of the most popular and widely-practiced sadhanas in the Chokling Tersar and is a practice that many people around the world seem to have a strong connection with.



His Holiness Dilgo Khyentse Rinpoche said about this treasure teaching:

The Barchey Kunsel is the heart essence of the accomplished master Padmasambhava, who perceives the three times in their entirety. It is the quintessence of one billion heart sadhanas of the Guru, the most unique terma buried in the land of Tibet, and it is the first among the Four Cycles of Guru Sadhana. This *Guru's Heart Practice, Dispeller of All Obstacles* contains in completeness all the profound key points of the view, meditation, and conduct of the Three Inner Yoga Tantras.

This pure and perfect teaching, which effortlessly bestows, in accordance with one's wishes, the all-encompassing supreme and common siddhis, temporarily and ultimately, was an unprecedented diffusion of the gemstones of the profound meaning, like opening up the treasury of the universal monarch.

Translation by Rangjung Yeshe Publications

Zabtik Drolma

Zabtik Drolma (*The Profound Essence of Tara*) is the practice of a profound mind treasure that was revealed by the great treasure revealer Chokgyur Lingpa. It has several levels of practice: outer, inner, and innermost, and is best known for its ritual of the four mandalas, which is widely practiced in hundreds of dharma centres all over the world.¹

¹ *Skilful Grace: Tara Practice for Our Times*. Rangjung Yeshe Publications, 2007.

[Tara](#) is one of the most inspiring of Buddhist deities, embodying the most compelling and vital qualities of the feminine: beauty, grace, and the ability to nurture, care for, and protect. This complex goddess, whose practice transcends sect and class, is also a true warrior, vanquishing fear and ignorance.²

Tara is known for her exceedingly great resolve and immense tenacity. As Adeu Rinpoche said, “The special quality of Tara is her extraordinary compassionate resolve to benefit all beings by removing whatever causes them to feel anxious or afraid.”

Transcendent knowledge is beyond thought, word and description.

It neither arises nor ceases, like the identity of space.

It is the domain of individual, self-knowing wakefulness.

To this mother of the buddhas of the three times, I pay homage.



² Ibid.