

## Goma Devi Transmission – Long and Short Practice – Enzo Terzano AUGUST 2018

Here in summary some indications that I have collected over time and we received by the Master in different retreats as I understand them relatively at my current capacity.

Those who have received the Initiation of Guru Gomadevi can practice the Long, Medium and Short Thun. In particular, those who have received the Initiation can visualize the Inner Mandala since they were introduced to it during the transmission of Initiation. This means that they have received the cause to mature the transmission in knowledge.

Those who have received the root initiation of the Longsal Cycle can perform the practice of Long, Medium and Short Thun. In particular, those who have received the Initiation can visualize the Inner Mandala since they were introduced to it during the transmission of Initiation. This means that they have received the cause to mature the transmission in knowledge.

Those who received the Direct Introduction linked to the Jñanadakini (Longsal Thugthig of Jñanadakini) can practice the three Thun and visualize the Inner Mandala since the Direct Introduction is exactly the Introduction to the real state of the Jñanadakini with all the characteristics and symbolic attributes which are included in the Inner Mandala. The Direct Introduction is valid even if received via Web Cast because the Master has assumed responsibility for this type of transmission of the Teaching.

Those who received in person at the end of a retreat or even via Web Cast only the Mantra of the Essence of Guru Gomadevi (Essential nine-syllable mantra of the Guru Wisdom Dakini Gomadevi) can practice only the Short Thun without visualizing the Inner Mandala of which they have not received the transmission, that is not contained in the simple Lung or Trilung with explanations on the method of visualizations, on the melody etc. of the mantra of the Essence.

Those who received in person at the end of a retreat or even via Web Cast the Lung of the Medium or Long Thun can perform the practice of Long, Medium and Short Thun.

The Essential nine-syllable mantra of the Guru Wisdom Dakini Gomadevi is as follows: OM BAM JÑANA DAKINI HUM A.

It is the only mantra that we recite in the Short Thun and the first of the three mantras that we recite in the Medium and Long Thun.

In the Short Thun the visualization, for those who received the Lung and the Trilung, takes place only at the level of the navel Chakra (4 fingers below the physical navel), and follow the instruction of the visualization as is described in the Book of Guru Gomadevi.

While for those who have received the complete transmission of Initiation or Direct Introduction, it is associated also, in the same moment of the action at navel Chakra, with the visualization of the Inner Mandala at the level of the heart Chakra.

Certainly in relation to the circumstances a practitioner with strong aspiration and willingness to obtain the complete transmission of this precious Teaching can learn the various Thun and promise that at the first opportunity, one will obtain the causes for maturation by participating in a specific Initiation of Guru Gomadevi or the Direct introduction linked to the Jñanadakini.

I hope these few notes are of some help in understanding a correct way to practice this method.