

Venerable Traga Rinpoche on Prostrations



Ven. Traga Rinpoche is known for doing prostrations in the morning and in evening. His dharma student, Kanaya, asked him about his internal visualization when he prostrated externally. Rinpoche replied:

“Each prostration is a complete path to buddhahood. It starts with closing the door to the three lower realms and taking refuge in the buddhfield in front.” Next are his visualizations and their meaning.

- He keeps heels together when standing up—this symbolizes blocking birth to lower realms
- When he folds hands at heart, he visualizes refuge field in the space in front and cultivates faith
- When he folds hands at crown, he too wishes to acquire qualities of buddha and aspires to be reborn in Dewachen
- When he folds hands at forehead, he visualizes purifying obscurations of body and taking on 112 enlightened qualities [major and minor marks] of body
- When he folds hands at throat, he visualizes purifying obscurations of speech and taking on 60 enlightened qualities of speech
- When he fold hands at heart, he visualizes purifying obscurations of mind—freeing from conceptual thoughts and negative emotions
- When his hands slide, the fingers represent five bodhisattva paths and ten bhumis.
- Standing up symbolizes arriving at buddhahood—enter and abide in the central channel

Retrieved from the Four Noble Truths Web site at:

http://www.thefournobletruths.org/tragar_prostrations.html