

# Green Tara Practice

## Refuge and Bodhimind

SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA  
JANG CHUB BAR DU DAG NI KYAB SU CHI  
DAG GI JIN SOG GYI PE SO NAM KYI  
DRO LA PÄN CHIR SANG GYE DRUB PAR SHOG (3X)

I take refuge in Buddha, Dharma, and Sangha,  
Until I attain Enlightenment.  
By practicing generosity and the other perfections  
May I attain Enlightenment, for the benefit of all sentient  
beings. (3x)

## Four Immeasurables

May all beings have happiness.  
May they be free from suffering.  
May they have the joy that has never known suffering.  
May they be free from attachment and hatred.

OM SVABHAVA SHUDDHOH SARVA DHARMAH  
SVABHAVA SHUDDHO HAM  
Nature empty, everything's pure, naturally pure, that's what I  
am

## Arising as Tara

Everything is emptiness. From within the sphere of  
emptiness appears the syllable PA. PA transforms into a  
lotus, on which rests a syllable AH. AH transforms into a  
moon disc bearing the syllable TAM. TAM transforms into  
an utpala marked by TAM.

Lights go out from the TAM, making offering to the Aryas,  
fulfilling the needs of all beings and then recollecting back  
together. From the complete transformation I appear as the  
exalted Arya Tara, body bluish green in color, with one face  
and two hands.

My right hand is in the gesture of supreme generosity, and my left, at my heart in the gesture of giving refuge, holds the stem of an utpala flower between thumb and forefinger, the blossom of which blooms beside my ear.

Sitting with my right foot drawn and left extended, I am beautifully arrayed with precious garments and ornaments. My appearance is that of a sixteen-year old girl, peaceful and gentle. The letter OM marks my forehead, AH my throat and HUM my heart.

### **Inviting Wisdom Beings**

Lights go out from the HUM at my heart and invite the Exalted Arya Tara from the Acacia Forest, surrounded by a multitude of Buddhas and Bodhisattvas.

DZA HUM BAM HO. They merge and become non-dual with the commitment being.

### **Inviting Initiation Deities**

Again lights go out from the HUM at my heart, summoning the initiation deities with the request to initiate me. The initiation waters flow from vases to the crown of my head, entering my body and completely filling it, thus purifying all stains. The excess nectars swirl upwards from the ushnisha and transform into Amitabha as my crown ornament.

### **Blessing Offerings**

On a vast precious tray appear offering substances: water for drinking, water for the feet, flowers, incense, light, scented water, food and music. They are bliss void in nature, appearing as offering substances, with the power to satisfy the senses. OM AH HUM (3x)

### **Making Offerings**

OM ARYA TARE SAPARIWARA ARGHAM PRATICCHA  
HUM SOHA

OM ARYA TARE SAPARIWARA PADYAM PRATICCHA  
HUM SOHA

OM ARYA TARE SAPARIWARA PÜHPE PRATICCHA HUM  
SOHA

OM ARYA TARE SAPARIWARA DHÜPE PRATICCHA HUM  
SOHA

OM ARYA TARE SAPARIWARA ALOKE PRATICCHA HUM  
SOHA

OM ARYA TARE SAPARIWARA GANDHE PRATICCHA  
HUM SOHA

OM ARYA TARE SAPARIWARA NYUNDE PRATICCHA  
HUM SOHA

OM ARYA TARE SAPARIWARA SHABDA PRATICCHA  
HUM SOHA

### **Praise**

LHA DANG LHA MIN CHÖ PÄN GYI  
ZHAP KYI PÄ MA LA TÛ DE  
PONG PA KÜN LÄ DRÖL DZÄ MA  
LA MA YUM LA CHAK TSÄL LO

Gods and Titans with their crowns  
Bow down to your lotus feet.  
Liberator from all problems,  
Mother Tara homage to you!

GANG KU RIN CHENGYEN GYI TRE PA NI  
GE RI LA GYU KAR WA TRAM PA ZHIN  
TA WAI MI NGOM KUN GYI YI TRO MA  
LHAG PAI LHA MO UTPAL NAM LA DÜ

Your body adorned with jewels,  
like stars falling on to the green mountains  
Looking at you, my mind can never be satisfied,  
Supreme goddess holding an utpala, to you I bow down.

### **Mantra Recitation**

Upon a moon disc at her heart is the green syllable TAM, surrounded clockwise by the mantra **OM TARE TUTARE TURE SOHA**. Lights emanate from this and perform the desired functions. Meditating in this way, the mantra is recited.

### **Dedication**

GYAL YUM DRÖL MA KYE KU CHI DRA DANG  
KHOR DANG KU TSE-I TSE DANG ZHING KHAM DANG  
KYE KYI TSEN CHOG ZANG PO CHI DRA WA  
DE DRA KHO NAR DAG SOG GYUR WAR SHOG

Tara, Mother of Conquerors,  
just like you have the body of a buddha, entourage,  
length of life, pure land  
and marks of an enlightened being,  
may I and others also become like that!

KYE LA CHÖ CHING SÖL WA TAP PÄ TÛ  
DAK SO GANG RU NÄ PÄ SA CHOK DER  
NÄ DANG ÜL PONG TAP TSÖ ZHI WA DANG  
CHÖ DANG TRA SHI PEL WA DZÄ DU SÖL

By the force of my offerings and requests to you,  
In the land and directions where I and others dwell,  
Please quell all disease, poverty, fighting and quarrels,  
And make the Dharma and all that is auspicious, increase.

*Composed by the Buddhist monk Gendun Drub at Tashi Lungpo*