

LONG TARA SADHANA

Preliminaries

Refuge and generating bodhimind

In the space before me sits Lama Tara surrounded by a host of lineage gurus and objects of refuge.

I and all sentient beings take refuge in the Guru, Buddha, Dharma, Sangha, Tara and her mandala. (3x)

For the benefit of all sentient beings, in order to obtain the state of perfection, I shall practice the sadhana of Arya Tara. (3x)

I bow down and take refuge in the Lamas and Three Precious Jewels! Please bless my mindstream.

Instantaneous self-creation

I instantaneously appear as Arya Tara.

Invitation of the Supreme Field of Merit

At my heart is a white TAM. TAM radiates light inviting Tara, with Guru Amitayus as crown jewel from her natural abode, surrounded by the lineage masters, buddhas, and bodhisattvas.

OM VAJRA SAMA DZA

NAMO GURUBHYA, NAMO ARYA TARA BHYA

Blessing the outer offerings

OM SVABHAVA SHUDDHAH SARVA DHARMA SVABHAVA SHUDDHO HAM

From emptiness arises a white OM that transforms into a vast golden tray, adorned with precious jewels. Upon this are the offerings.

OM ARGHAM/PADYAM/PUSHPE/DHUPE/ALOKE/GHANDE/NAIVYDYA/
SHABDA AH HUM

Outer offering

My heart center manifests offering goddesses who make offerings

OM ARYA TARA SAPARIWARA ARGHAM PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA PADYAM PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA PUSHPE PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA DHUPE PRATICCHA HUM SOHA *etc....*

ALOKE / GHANDE / NAIVYDYA / SHABDA PRATICCHA HUM SOHA

Offering one's practice

To the three jewels I turn for refuge.

I purify all negativities.

I rejoice in the goodness of all beings.

The thought of enlightenment I hold firm.

To Buddha, Dharma and Sangha,
 until enlightenment I turn for refuge.
 In order to benefit all beings
 I generate the supreme mind.

Having developed the mind of enlightenment,
 I will receive all beings as my guests.
 I will follow the transcendent ways.
 May I attain enlightenment for all. (3x)

May all sentient beings have happiness and its causes.
 May they be free of suffering and its causes.
 May they have joy and its causes.
 May they abide in equanimity, free from attachment and aversion. (3x)

Actual practice

Yoga of self-generation of the deity

OM SVABHAVA SHUDDHAH SARVA DHARMA SVABHAVA SHUDDHO HAM
Nature empty, everything's pure, naturally pure. That's what I am.



Within that pure state appears from PAM a white lotus, and from AH a moon disc.
 Upon that I appear as a white TAM.



Light radiates from the TAM, making infinite offerings to all enlightened beings, as well as purifying all sentient beings and their environments. The light dissolves back and I become Tara.



I sit on a lotus and moon cushion, a luminous moon halo at my back. Youthful and radiant, my right hand gestures an invitation to liberation. My left hand, holding an utpala flower, indicates the protection of the Three Jewels, giving courage and assurance to those dominated by fear.

At my crown is a white OM, at my throat a red AH, at my heart a white TAM marked by a blue HUM.



OM



AH



TAM-HUM

Inviting the wisdom beings

Light radiates from my heart-syllable, inviting the wisdom beings,
 Tarema with all buddhas and bodhisattvas.

the Great

OM VAJRA SAMAYA DZA – DZA HUM BAM HOH.
The wisdom beings unite inseparably with me.

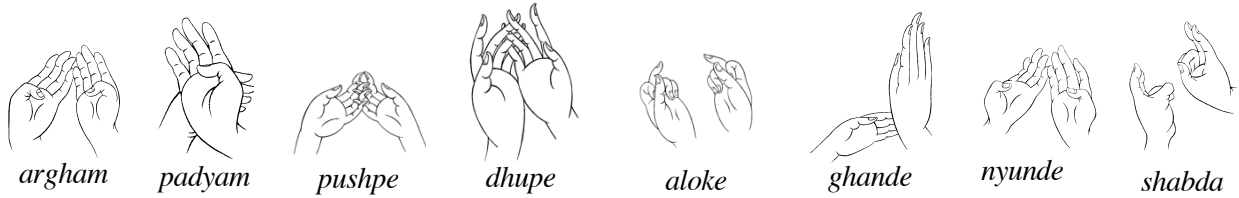
Initiation:

Light from my heart invites the empowering deities.
The empowering deities confer abisheka.
OM SARVA TATHAGATHA ABISHEKATA SAMAYA SHRIYE HUM
A Buddha of Infinite Life adorns my crown.

Offering to the self-generation

From my heart manifest offering goddesses who make offerings to me as Arya Tara:

OM ARYA TARA SAPARIWARA ARGHAM PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA PADYAM PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA PUSHPE PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA DHUPE PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA ALOKE PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA GHANDE PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA NAIVYDYA PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA SHABDA PRATICCHA HUM SOHA.



Praise

TARE MA liberates from samsara;
TUTTARE liberates from the eight fears;
TURE liberates from all illnesses;
To you, the Great Liberating Mother, I prostrate.

Generating the internal life-chakra

At my heart is a moon disc upon which is a white TAM surrounded by:
OM TARE TUTTARE TURE MAMA AYUR PUNYE JNANA PUSHTIM KURUYE SOHA.
On eight spokes is: TA RE TU TA RE TU RE SO.
Around it is a white circle (counter-clockwise):
A AH I IH U UH RI RIH LI LIH E EH O OH AM AH.
Around that is a red circle (clockwise):
KA K'A GA GHA NGA / CHA CH'A JA JHA NYA / TA T'A DA DHA NA / TA T'A DA DHA NA / PA P'A BA BHA
MA / YA RA LA WA / SHA SHA SA HA KSHA
Around that is a blue circle (clockwise):
OM YE DHARMA HETUN TRABHAWA / HETUN TEKAN TATHAGATO EWAM DENTA / TEKAN TSA YO NIRODHA
EWAM WADI / MAHA SHRAMANAYE SOHA.

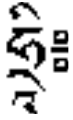
Generating the external protection wheel

A ten-spoke protection wheel surrounds me.

The upper spoke is marked by OM, the lower by HA. Above the eight horizontal spokes are: TA
RE TU TA RE TU RE SO.

While the spokes are spinning, they destroy all evil forces and sparks incinerate all obstacles.

Longevity meditation and mantra-recitation



Brilliant red light radiates from the HRIH at the heart of Lama Amitayus, collecting back the essence of inexhaustible vitality and powerful blessings of body, speech and mind.



The collected nectar fills up the golden vase in Lama Amitayus' hands, overflows and streams through my crown. Absorbing this nectar of light, I am cleansed and revitalized and obtain the realization of deathlessness.

OM AMARANA ZIWENTIYE SOHA (Buddha Amitayus) (...x)

OM TARE TUTTARE TURE MAMA
AYUR PUNYE JNANA PUSHTIM KURUYE SOHA (...x)

OM TARE TUTTARE TURE SOHA (...x)

(Can meditate alternately on six light shields, mantra recitation, energy work as well as other related practices. These are to be learned separately)

Purifying any mistakes

OM PADMASATTVA SAMAYA / MANU PALAYA / PADMASATTVA DENOPA / TISHTA DRIDO ME
BHAWA / SUTO KAYO ME BHAWA / SUPO KAYO ME BHAWA / ANU RAKTO ME BHAWA / SARWA
SIDDHI ME PRAYATCHA / SARWA KARMA SUTSA ME /
TSITAM SHRIYAM KURU HUNG / HA HA HA HA HO / BHAGAWAN / SARWA TATHAGATA / PADMA
MA ME MUCHA / PADMA BHAWA / MAHA SAMAYA SATTVA AH HUNG PHAT.

Offering

OM ARYA TARA SAPARIWARA ARGHAM PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA PADYAM PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA PUSHPE PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA DHUPE PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA ALOKE PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA GHANDE PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA NAIVYDYA PRATICCHA HUM SOHA
OM ARYA TARA SAPARIWARA SHABDA PRATICCHA HUM SOHA.

Praise

TARE MA liberates from samsara;
TUTTARE liberates from the eight fears;
TURE liberates from all illnesses;
To you, the Great Liberating Mother, I prostrate.

Concluding practices

Dissolving

From my heart-syllable TAM light radiates and illumines the infinite universes. They dissolve into the shields, these dissolve into me.

I dissolve from above and below into the life-chakra, this dissolves into the mantra mala, this into TAM, the TAM into its upper tip, this dissolves into the crescent moon, crescent moon to drop, drop to squiggle, and the squiggle becomes imperceptible, dissolving into emptiness.

From emptiness, I arise again as Tara with my three places marked by OM AH HUM.

[Consecrating Vase

In the center of the activity vase is a sun disc. Upon this is a letter HUM surrounded by the activity mantra. Light radiates from the mantra collecting the blessings and power of all the buddhas and bodhisattvas. These dissolve to the mantra generating nectar and dissolving to the vase water.

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT (21x or more)]

Torma blessing

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

OM SVABHAVA SHUDDHAH SARVA DHARMA SVABHAVA SHUDDHO HAM

From emptiness arises a white OM that transforms into a vast golden tray, adorned with precious jewels. OM melts and becomes an inexhaustible torma offering.

Invitation of the guests

Light radiates from the TAM at my heart and invites Arya Tara surrounded by the gurus, yidams, buddhas, bodhisattvas, dakas, dakinis and dharma protectors.

Torma offering

OM GURU ARYA TARE SAPARIWARA

IDAM BALINGTA KHA KHA KHAHI KHAHI (3x or 7x)

Offering

OM ARYA TARA SAPARIWARA ARGHAM PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA PADYAM PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA PUSHPE PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA DHUPE PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA ALOKE PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA GHANDE PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA NAIVYDYA PRATICCHA HUM SOHA

OM ARYA TARA SAPARIWARA SHABDA PRATICCHA HUM SOHA

Atisha's Praise

OM, I and all prostrate to the liberator, the fully-realized, transcendent subduer.

I prostrate to the glorious mother who liberates with TARE;

The mother who eliminates all fears with TUTTARE;

The mother who grants all success with TURE;

To SOHA and the other syllables we offer the greatest homage

Purifying any mistakes

OM PADMASATTVA SAMAYA / MANU PALAYA / PADMASATTVA
 DENOPATISHTA / DRIDO ME BHAWA / SUTO KAYO ME BHAWA / SUPO KAYO ME BHAWA / ANU
 RAKTO ME BHAWA / SARWA SIDDHI ME PRAYATCHA / SARWA KARMA SUTSA ME / TSITAM
 SHRIYAM KURU HUNG / HA HA HA HA HO / BHAGAWAN / SARWA TATHAGATA PADMA MA ME
 MUCHA / PADMA BHAWA / MAHA SAMAYA SATTVA AH HUNG PHAT

Anything that has been done incorrectly, due to ignorance or lack of ability, please be patient with it.

Sending the guests away

VAJRA MUH! The wisdom beings return to their abodes; the commitment beings dissolve into me.

Dedication

If foreseeing signs of premature death, may I clearly perceive Yi Zhin Khorlo and achieve the realization of deathlessness.

By this virtue may I quickly attain the essence of Noble Tara and secure every being without exception in that state.

Composed by Gelek Rimpoche