

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)

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 SHUDDHAH SARVADHARMAH SVBHAVA
SHUDDHO HAM

Everything becomes empty. Within the sphere of emptiness, in the center of a blue utpala flower appears a letter TAM, from which light emanates, transforming and purifying all environments and inhabitants and making offerings to the enlightened, gathering their blessings and dissolving back. The TAM transforms and I arise as Arya Tara, with one face and two hands. My right hand is in the gesture of supreme generosity, my left hand, at the heart, holds an utpala flower, symbolizing the Three Jewels. I am emerald green in color, with right leg stretched out, left leg drawn in. I have all the qualities of the physical body and am beautifully adorned with silks and jeweled ornaments. A light halo is surrounding me. At my crown is a white OM, at my throat a red AH and my heart a green TAM marked by HUM.

Light radiates from the syllable TAM inviting the wisdom beings and empowering deities. The wisdom beings dissolve to me and the empowering deities confer initiation and with the overflowing nectar a Buddha of Infinite Light appears on my crown.

OM SARVA TATHAGATA ABISHEKATA SAMAYE SHRIYE A
HUM

OM ARYA TARA SAPARIWARA ARGHAM, PADYAM, PHUPE,
DHUPE, ALOKE, GHANDE NYUNDE, SHABDA PRATIZA HUM
SOHA

LHA DANG LHA MIN CHÖ PÄN GYI
ZHAP KYI PÄ MA LA TÛ DE
PHONG PA KÜN LÄ DRÖL DZÄ MA
DRÖLA 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!

Around my heart, on a moon disc, circles the mantra rosary. Light radiates from the rosary, carrying out the activities of enlightenment.

ཨོཾ་ཏཱ་རེ་ཏུ་ཏཱ་རེ་ཏུ་རེ་ལྷ་ལྷ་ལྷ།

OM TARE TUTTARE TURE SOHA

OM PADMASATTVA SAMAYA/ MANU PALAYA
PADMASATTVA TENOPATISHTA/ DRIDHO ME BHAVA
SUTOSHYO ME BHAVA / SUPOSHYO ME BHAVA
ANURAKTO ME BHAVA / SARVA SIDDHI ME PRAYACHHA
SARVA KARMA SUCHA ME / CHITTAM SHREYAH KURU HUM
HA HA HA HA HO/ BHAGAVAN / SARVA TATHAGATA
PADMA MA ME MUNCHA / PADMA BHAVA
MAHA SAMAYA /SATTVA/ AH HUNG PHAT

DAK GI TSE RAP NGÖN NÄ DRUP PÄ LHA
DÛ SUM SANG GYÄ KÜN GYI TRIN LÄ MA
NGO JANG ZHÄL CHIK CHAK NYI NYUR ZHI MA
YUM GYUR UT PÄL NAM LA CHAK TSÄL LO

Deity, whom I have practiced in previous lives,
divine activities of all the three times Buddhas,
green, one-faced, two-armed, swift bringer of peace,
O Mother who holds an utpala, homage to you!

GE WA DI YI NYUR DU DAK
PAK MA DRÖL MA DRUP GYUR NÄ
DRO WA CHIK KYANG MA LÜ PA
DE YI SA LA GÖ PAR SHOK

By this virtue may I quickly achieve
the actuality of Arya Tara hood
and may every being, without exception,
be established in that state!

ཨོཾ་ཏཱ་རེ་ཏཱ་རེ་ཏཱ་རེ་སྐུ་ཏཱ་



Jewel Heart Cleveland, 2670 W14th St. Cleveland OH 44121
Cleveland@jewelheart.org
www.jewelheart.org



Green Tara Sadhana
(composed by Gelek Rimpoche, June 2014)