

# SHORT TARA SADHANA

## *Preliminaries* *Refuge*

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

## *Generating Bodhimind*

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

## *Actual practice*

### *Yoga of self-generation of the deity*

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHA HAM

*Nature empty, everything's pure, naturally pure, that's what I am.*

Out of  
appear

Light

I



this sublime realm appears a white lotus and moon cushion. Upon that I  
as a white TAM.

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



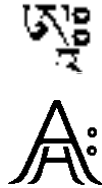
well as  
back and

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 and initiation*

Light radiates from my heart-syllable, inviting the wisdom beings and  
initiators. The wisdom beings unite inseparably with me. The angelic initiators confer abisheka. A  
Buddha of Infinite Life adorns my crown.

## *Longevity meditation and mantra-recitation*

Brilliant light radiates from the syllable TAM within my heart, collecting back the essence of  
inexhaustible vitality and powerful blessings of body, speech, and mind.



OM TARE TUTARE TURE MAMA  
AYUR PUNYE JNANA PUSHTIM KURYE SOHA (...X)

OM TARE TUTTARE TURE SOHA (...X)

*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.

*Praise*

OM, I and all prostrate to the liberator, the fully realized, transcended 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.

*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.

**OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDO HAM**

TONG PAI NGANG LE PE KAR DA KYIL TENG  
RANG SEM TAM YIG UT PEL TAM GYI TSEN  
YONG GRUYUR RANG NYI TSE JIN PHAG MAI KU  
SHEL CHIG CHAG NYI YE PAI CHOK JIN DANG  
YÖN PAI UT PEL NAM SHING CHEN DUN NGA

TSEN PAI LANG TSO DA WAI JAB YOL DEN  
NE SUM YI GE SUM TSEN SA PÖN LE  
Ö TRÖ YE SHE PA DANG WANG GI LHA  
CHEN DRANG NYI ME TIM SHING WANG GI LE  
WANG KUR TSE PHAG ME KYI U GYEN GYUR

**OM TARE TUTTARE TURE SOHA (OM PEMASATTVA SAMAYA.....)**

DU MIN CHI WAI TSEN MA THONG WA NA  
DE YI MÖ LA YI SHIN KHOR LOI KU  
SEL WAR TONG NE CHI DAG PEL CHOM TE  
CHI ME RIG ZIN NYUR DU TOB PAR SHOK

