A Short Practice of Green Tara

Including Praises to the Twenty-One Taras

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Practice Requirements

One needs a Kriya Tantra empowerment of Green Tara to practice this sadhana in full. However, one can do this practice without such an empowerment as long as one does not generate oneself as the deity. If one does not have the empowerment, one can do the self-generation practice at the crown of one’s head.
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The Actual Practice

A Glance Meditation on the Graduated Path

Refuge

I take refuge in the holy guru, essence of all buddhas, original grantor of all holy teachings and lord of all supreme beings.

Prayer for Success in Dharma Practice

Please, Guru-Buddhas, bestow on me the ability to unify my mind with the Dharma and be successful in practicing Dharma in order to achieve the graduated path. May no hindrances occur while achieving this path.

Prayer of the Practitioner of Lower Capability

Please bless me to realize that I have received a perfect human rebirth, which is highly meaningful, for many reasons difficult to obtain, but perishable, transient, and fragile, decaying in the shortest moment because of its changeable nature. Thus, my death is definite but its actual time is most indefinite, and after death I am far more likely to be reborn in the lower suffering realms, having created infinitely more negative than positive karma in this life and all previous lives.

Please bless me to comprehend how incredibly unendurable is the suffering of the lower realms, that I might take refuge in Buddha, Dharma, and Sangha with all my heart, and realize the
evolution of karma in all its profundity, that I might perform only virtuous actions and abandon all negative creations.

**Prayer of the Practitioner of Middling Capability**

By practicing in this way I will be reborn in the upper realms but will still have to experience unlimited samsaric suffering because of uncontrolled delusion and karma.

Please bless me to realize fully the evolution of samsara, from uncontrolled rebirth to death to rebirth, and to follow day and night the three higher trainings of the path: higher conduct, higher concentration and higher wisdom, which are the main methods to release me from samsara.

**The Prayer of the Practitioner of the Highest Capability**

**The Sutra Path:**

But as each sentient being has been my mother and as most of them are in extreme suffering, please bless me to bring success to all by renouncing the perfect happiness of self and practicing the bodhisattva’s deeds of the six perfections with a bodhisattva’s mind of exchanging self with others, on the basis of the equanimity meditation. Thus shall I have no sorrow in experiencing the samsaric suffering of all other sentient beings for no matter how long, having trained my mind in the general path.

**The Vajrayana Path:**

Please bless me to follow the quick Vajrayana teachings, by feeling sentient beings’ suffering, very unimaginably unbearable for even the shortest moment, as my own, and to achieve the attainment of Shakyamuni Buddha immediately, at this very moment, by keeping my ordinations and the instructions of the guru with the best and highest care in life for the sole purpose of enlightening all sentient beings.
**Visualization**

Above the crown of my head I visualize a lotus and a moon disc. Upon these is the great treasury of compassion, Arya Tara, mother of all enlightened beings, who is oneness with my kind root guru. My guru is seated in the full lotus position within a transparent bubble of rainbow-colored light, is pink in complexion, and wears saffron robes and a pandit’s hat. His right hand is at his heart in the gesture of teaching the Dharma and holds a vajra and the stem of a white lotus that blooms beside his right ear. His left hand rests on his hip; it holds a bell and the stem of another white lotus that blooms beside his left ear.

At my guru’s heart is Arya Tara in female aspect, green in color and seated in the dancing posture within a rainbow bubble. Her left leg is bent up, and her right leg is outstretched. Her left hand is at her heart in the mudra symbolizing the Triple Gem and holding the stem of a blue utpali flower. Her right hand extended over her right knee is in the mudra of granting sublime realizations. She is beautifully adorned with jeweled ornaments and scarves and at her three places bears the syllables **OM, AH, HUM.** At her heart is a lotus and moon seat on which stands a radiant green syllable **TAM.** Rays of green light radiate in all directions from the **TAM** and invoke all the enlightened beings of the ten directions. They are all absorbed into Arya Tara and become one.

Make a heartfelt prayer:

Please remain above my head until I receive enlightenment.
Refuge and Bodhichitta

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Supreme Assembly.
By my merit from giving and other perfections,
May I become a buddha in order to benefit all sentient beings. (3x)

Seven-Limb Prayer

With my body, speech, and mind I devoutly prostrate.
I offer all offerings, both real and imagined.
All sins and offenses amassed from beginningless time I confess;
I rejoice in all virtuous actions of holy and ordinary beings.
O gurus and buddhas, please remain until samara ends
And turn the wheel of the Dharma for sentient beings.
All my virtues and those of all others I dedicate to the great enlightenment.

Mandala Offerings (outer and inner)

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun, and the moon:
I imagine this as a buddhafield and offer it.
May all living beings enjoy this pure land!

The objects of my attachment, aversion, and ignorance –
Friends, enemies, and strangers – and my body, wealth, and enjoyments:
Without any sense of loss I offer this collection.
Please accept it with pleasure and
Bless me with freedom from the three poisons.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI
**Purification**

Request:

Please bless me to purify all obscurations (non-virtues) of my body, so that it will become one in essence with Guru Tara’s holy vajra body.

Visualize:

White light emanates from the OM at Arya Tara’s brow and curves in an arc to enter my brow. My body is purified completely of all obscurations and becomes one in essence with Guru Tara’s holy vajra body.

Request:

Please bless me to purify all obscurations of my speech so that it will become one in essence with Guru Tara’s holy vajra speech.

Visualize:

Red light emanates from the AH at Arya Tara’s throat and curves in an arc to enter my throat. My speech is purified completely of all obscurations and becomes one in essence with Guru Tara’s holy vajra speech.

Request:

Please bless me to purify all obscurations of my mind so that it will become one in essence with Guru Tara’s holy vajra mind.
Visualize:

Blue light emanates from the HUM at Arya Tara’s heart and curves in an arc to enter my heart. My mind is purified of all obscurations and becomes one in essence with Guru Tara’s holy vajra mind.

Request:

Please bless me to purify all delusions and subtle obscurations to omniscience so that my body, speech, and mind will become one with Guru Tara’s holy body, speech, and mind.

Visualize:

Now the three-colored beams emanate simultaneously from the OM, AH, and HUM syllables, curving in an arc and entering my three places, completely purifying all my delusions and subtle obscurations to omniscience. My body, speech, and mind become one in essence with Guru Tara’s holy body, holy speech, and holy mind.

My root guru dissolves into Arya Tara who melts into green light, which flows into me. Instantly, my wrong conception that I and all other phenomena are self-existent, together with my dualistic mind and its views, disappear, becoming completely empty – not even a trace of them remains.

I concentrate one-pointedly in this empty state, with the wisdom that is indistinguishably one with Guru Tara’s blissful omniscient mind.

Then, out of that emptiness, my wisdom manifests instantly as Arya Tara’s holy body seated upon a lotus and moon cushion. At my heart is another lotus and moon, upon which in the center stands the syllable TAM surrounded in a clockwise direction by the syllables of the mantra: OM TARE TUTTARE TURE SVAHA
The **TAM** and the mantra are manifestations of Guru Tara’s holy mind, with which my mind is totally united.

Green light radiates from all the letters. Spreading in every direction, it purifies the negative karmas, gross delusions, and subtle obscurations to omniscience of all sentient beings, who become Tara.

Again light radiates, bearing manifold offerings to the six transcendental senses of all the buddhas and sentient beings who have become Tara.

The enlightened beings are extremely pleased, and shower down the superlative qualities of Buddha Tara’s holy body, holy speech, and holy mind – omniscient wisdom, supreme power, and infinite compassion, in the form of a great shower of light rays. As I recite the mantra, I absorb and am blessed by this rain.

**OM TARE TUTTARE TURE SVAHA**

Dedication

May I quickly become Guru Arya Tara (Phagma Drölma) and lead each and every sentient being into her enlightened state because of these merits.

May the supreme jewel bodhichitta that has not arisen, arise and grow; and may that which has arisen not diminish, but increase more and more.
Colophon:

This daily meditation practice of Green Tara is based on The Essential Nectar - A
simplified condensed yoga practice of Tara by Lama Thubten Zopa Rinpoche. The
Glance Meditation on the Lam-Rim was written by Sera-je lama, Purchog Jampa
Rinpoche, said to be an incarnation of Maitreya Buddha. It was translated by

The practice in its entirety has been edited and designed by Ven Constance
Miller, FPMT International Office Education Services, November 1998. Revised
This practice was revised by FPMT Education Services and enhanced with the
Praises to the Twenty-One Taras sections, February 2014.

May all beings find kindness
and joy in their hearts.
Praises to the Twenty-One Taras

Invocation

Po ta la yi nā chhog nā
From your sublime abode at the Potala,
Tam yig jang khu lä thrung shing
O Tara, born from the green letter TAM
Ö pag me kyi u la gyān
Your crown adorned with Amitabha,
Dū sum sang gyā thrin lä ma
Action-mother of the buddhas of the three times,
Dröl ma khor chā sheg su söl
Tara, please come with your attendants.

Prostrātion

Lha dang lha min chö pān gyi
The gods and demigods bow
Zhab kyi pā mo la tū de
To your lotus feet, O Tara;
Phong pa kün lä dröl dzā ma
You who rescue all who are destitute.
Dröl ma yum la chhag tshāl lo
To you, Mother Tara, I pay homage.
The Praises

OM JE TSÜN MA PHAG MA DRÖL MA LA CHHAG TSHÄL LO
OM I prostrate to the noble transcendent liberator.

CHHAG TSHÄL DRÖL MA NYUR MA PA MO
Homage! Tara, swift, heroic!
CHÄN NI KÄ CHIG LOG DANG DRA MA
Eyes like lightning instantaneous!
JIG TEN SUM GÖN CHHU KYE ZHÄL GYI
Sprung from op’ning stamens of the
GE SAR JE WA LÄ NI JUNG MA
Lord of three world’s tear-born lotus!

CHHAG TSHÄL TÖN KÄI DA WA KÜN TU
Homage! She whose face combines a
GANG WA GYA NI TSEG PÄI ZHÄL MA
Hundred autumn moons at fullest!
KAR MA TONG THRAG TSHOG PA NAM KYI
Blazing with light rays resplendent
RAB TU CHHE WÄI Ö RAB BAR MA
As a thousand star collection!

CHHAG TSHÄL SER NGO CHHU NÄ KYE KYI
Homage! Golden-blue one, lotus
PÄ MÄ CHHAG NI NAM PAR GYÄN MA
Water born, in hand adorned!
JIN PA TSÖN DRÜ KA THUB ZHI WA
Giving, effort, calm, austerities,
ZÖ PA SAM TÄN CHÖ YÜL NYI MA
Patience, meditation her sphere!

CHHAG TSHÄL DE ZHIN SHEG PÄI TSUG TOR
Homage! Crown of tathagatas,
THA YÄ NAM PAR GYÄL WAR CHÖ MA
Actions triumph without limit
Praises to the Twenty-One Taras

Ma lüpha röl chhin pathob pâi
Relied on by conquerors’ children,
Gyäl wâi sâ kyi shin tût en ma
Having reached ev’ry perfection!

Chhag tshäl Tuttara Hûm yi ge
Homage! Filling with Tuttare,
Dö dang chhog dang nam kha gang ma
Hûm, desire, direction, and space!
Jig ten dün po zhab kyi nân te
Trampling with her feet the seven worlds,
Lû pa me par gug par nû ma
Able to draw forth all beings!

Chhag tshäl gya jin me lha tshang pa
Homage! Worshipped by the all-lords,
Lung lha na tshog wang chhug chhö ma
Shakra, Agni, Brahma, Marut!
Jung po ro lang dri za nam dang
Honored by the hosts of spirits,
Nö jin tshog kyi dün nä tö ma
Corpse-raisers, gandharvas, yakshas!

Chhag tshäl Trad che ja dang Phât kyi
Homage! With her Trad and Phat sounds
Pha röl thrül khor rab tu jom ma
Destroying foes’ magic diagrams!
Yâ kum yôn kyang zhab kyi nân te
Her feet pressing, left out, right in,
Me bar thrug pa shin tu bar ma
Blazing in a raging fire-blaze!

Chhag tshäl Ture jîg pa chhen po
Homage! Ture, very dreadful!
Dû kyi pa wo nam par jom ma
Destroyer of Mara’s champion(s)!
She with frowning lotus visage
Who is slayer of all enemies!

Homage! At the heart her fingers,
Adorn her with Three Jewel mudra!
Light-ray masses all excited!
All directions’ wheels adorn her!

Homage! She so joyous, radiant,
Crown emitting garlands of light!
Mirthful, laughing with TUTTARE,
Subjugating maras, devas!

Homage! She able to summon
All earth-guardians’ assembly!
Shaking, frowning, with her HUM sign
Saving from every misfortune!

Homage! Crown adorned with crescent
Moon, all ornaments most shining!
Räl pāi khur na ò pag me lā
Amitabha in her hair-knot
Tag par shīn tu ò rab dzā ma
Sending out much light eternal!

Chhag tshäl kāl pāi tha māi me tar
Homage! She ’mid wreath ablaze like
Bar wāi threng wāi û na nā ma
Eon-ending fire abiding!
Yā kyang yōn kum kūn nā kor gāi
Right stretched, left bent, joy surrounds you
Dra yi pung ni nam par jom ma
Troops of enemies destroying!

Chhag tshäl sa zhī ngō la chhag gi
Homage! She who strikes the ground with
Thil gyi nūn ching zhab kyī dung ma
Her palm, and with her foot beats it!
Thro nyer chān dzā yi ge HUM gi
Scowling, with the letter HUM the
Rīm pā dūn po nam ni gem ma
Seven levels she does conquer!

Chhag tshäl de ma ge ma zhī ma
Homage! Happy, virtuous, peaceful!
Nya ngān dā zhī chō yūl nyī ma
She whose field is peace, nirvana!
Svāha om dang yang dag dān pā
She endowed with OM and Svāha,
Dig pā chhen po jom pā nyī ma
Destroyer of the great evil!

Chhag tshäl kūn nā kor rab ga wāi
Homage! She with joy surrounded
Dra yi lū ni nam par gem ma
Tearing foes’ bodies asunder,
Yi ge chu pāi ngag ni kō pāi  
Frees with HUM and knowledge mantra,
Rig pa HUM lä dröl ma nyi ma  
Arrangement of the ten letters!

Chhag tshāl ture zhab ni deb pā  
Homage! TURE! With seed letter
Hum gi nam pāi sa bōn nyi ma  
Of the shape of syllable HUM!
Ri rab Mandhara dang big je  
By foot stamping shakes the three worlds,
Jig ten sum nam yo wa nyi ma  
Meru, Mandara, and Vindhya!

Chhag tshāl lha yi tsho yi nam pāi  
Homage! Holding in her hand the
Ri dag tag chān chhag na nam ma  
Hare-marked moon of deva-lake form!
Tara nyi jö Phat kyi yi ge  
With twice spoken TARA and PHAT,
Dug nam ma lū pa ni sel ma  
Totally dispelling poison!

Chhag tshāl lha yi tshog nam gyāl po  
Homage! She whom gods and their kings,
Lha dang mi am chi yi ten ma  
And the kinnaras do honor!
Kün nā go chha ga wāi ji gyi  
Armored in all joyful splendor,
Tsö dang mi lam ngān pa sel ma  
She dispels bad dreams and conflicts!

Chhag tshāl nyi ma da wa gyā pāi  
Homage! She whose two eyes bright with
Chān nyi po la ö rab sāl ma  
Radiance of sun and full moon!
HARA NYI JÖ TUTTARA YI  
With twice HARA and TUTTARE  
SHIN TU DRAG PÕI RIM NÄ SEL MA  
She dispels severe contagion!

CHHAG TSHÄL DE NYI SUM NAM KÖ PÄ  
Homage! Full of liberating  
ZHI WÄI THÜ DANG YANG DAG DÄN MA  
Pow’r by the set of three natures!  
DÖN DANG RO LANG NÖ JIN TSHOG NAM  
Destroys hosts of spirits, yakshas,  
JOM PA TURE RAB CHHOG NYI MA  
And raised corpses! Supreme! TURE!

TSA WÄI NGAG KYI TÖ PA DI DANG  
These praises with the root mantras  
CHHAG TSHÄL WA NI NYI SHU TSA CHIG  
And prostrations thus are twenty-one!
Praises to the Twenty-One Taras

(abbreviated version)

This abbreviation in a single verse of the Praises to the Twenty-One Taras was received directly from Arya Tara by the great teacher, Jowo Atisha, for the swift collection of meritorious energy.

OM CHOM DÄN DÄ MA LHA MO DRÖL MA LA CHHAG TSHÄL LO
OM I prostrate to the goddess foe destroyer, liberating lady Tara.

CHHAG TSHÄL DRÖL MA TARE PÄL MO
Homage to TARE, savioress, heroine,
TUTTARA YI JIG KÜN SEL MA
With TUTTARE dispelling all fears,
TURE DÖN NAM THAM CHÄ TER MA
Granting all benefits with TURE,
SVAHA YI GER CHÄ LA RAB DÜ
To her with sound SVAHA, I bow.

Tara’s Mantra

OM TARE TUTTARE TURE SVAHA