

# *A Short Practice of Green Tara*

*Including Praises to the Twenty-One Taras*



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### ***Credits:***

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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.




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Make a heartfelt prayer:

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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 buddhfield 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*

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Request:

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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.

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Visualize:

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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.

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Request:

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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.

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Visualize:

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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.

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Request:

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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:

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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.

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Request:

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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.

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Visualize:

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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

ॐ | ཨོ་ཏཱ་རེ་ཏུ་ཏཱ་རེ་ཏུ་རེ་སྐྱུ་ཏཱ་

### *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 Lama Zopa Rinpoche and edited by Ven. Thubten Dondrub, February, 2001.

The practice in its entirety has been edited and designed Ven Constance Miller, FPMT International Office Education Services, November 1998. Revised version, March 2001. Additional corrections, August 2002 and November 2003. 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 NÄ CHHOG NÄ

**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 GYÄN

**Your crown adorned with Amitabha,**

DÜ SUM SANG GYÄ THRIN LÄ MA

**Action-mother of the buddhas of the three times,**

DRÖL MA KHOR CHÄ SHEG SU SÖL

**Tara, please come with your attendants.**

## Prostration

LHA DANG LHA MIN CHÖ PÄN GYI

**The gods and demigods bow**

ZHAB KYI PÄ MO LA TÛ DE

**To your lotus feet, O Tara;**

PHONG PA KÛN LÄ DRÖL DZÄ MA

**You who rescue all who are destitute.**

DRÖL MA YUM LA CHHAG TSHÄL 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**

MA LÜ PHA RÖL CHHIN PA THOB PÄI  
**Relied on by conquerors' children,**  
 GYÄL WÄI SÄ KYI SHIN TU TEN MA  
**Having reached ev'ry perfection!**

CHHAG TSHÄL TUTTARA HUM YI GE  
**Homage! Filling with TUTTARE,**  
 DÖ DANG CHHOG DANG NAM KHA GANG MA  
**HUM, desire, direction, and space!**  
 JIG TEN DÜN PO ZHAB KYI NÄN TE  
**Trampling with her feet the seven worlds,**  
 LÜ PA ME PAR GUG PAR NÜ 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 PHAT KYI  
**Homage! With her TRAD and PHAT sounds**  
 PHA RÖL THRÜL KHOR RAB TU JOM MA  
**Destroying foes' magic diagrams!**  
 YÄ KUM YÖN KYANG ZHAB KYI NÄN 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 JIG PA CHHEN PO  
**Homage! TURE, very dreadful!**  
 DÜ KYI PA WO NAM PAR JOM MA  
**Destroyer of Mara's champion(s)!**

CHHU KYE ZHÄL NI THRO NYER DÄN DZÄ

**She with frowning lotus visage**

DRA WO THAM CHÄ MA LÜ SÖ MA

**Who is slayer of all enemies!**

CHHAG TSHÄL KÖN CHHOG SUM TSHÖN CHHAG GYÄI

**Homage! At the heart her fingers,**

SOR MÖ THUG KAR NAM PAR GYÄN MA

**Adorn her with Three Jewel mudra!**

MA LÜ CHHOG KYI KHOR LÖ GYÄN PÄI

**Light-ray masses all excited!**

RANG GI Ö KYI TSHOG NAM THRUG MA

**All directions' wheels adorn her!**

CHHAG TSHÄL RAB TU GA WA JI PÄI

**Homage! She so joyous, radiant,**

U GYÄN Ö KYI THRENG WA PEL MA

**Crown emitting garlands of light!**

ZHE PA RAB ZHÄ TUTTARA YI

**Mirthful, laughing with TUTTARE,**

DÜ DANG JIG TEN WANG DU DZÄ MA

**Subjugating maras, devas!**

CHHAG TSHÄL SA ZHI KYONG WÄI TSHOG NAM

**Homage! She able to summon**

THAM CHÄ GUG PAR NÜ MA NYI MA

**All earth-guardians' assembly!**

THRO NYER YO WÄI YI GE HUM GI

**Shaking, frowning, with her HUM sign**

PHONG PA THAM CHÄ NAM PAR DRÖL MA

**Saving from every misfortune!**

CHHAG TSHÄL DA WÄI DUM BÜ U GYÄN

**Homage! Crown adorned with crescent**

GYÄN PA THAM CHÄ SHIN TU BAR MA

**Moon, all ornaments most shining!**



RÄL PÄI KHUR NA Ö PAG ME LÄ  
**Amitabha in her hair-knot**  
 TAG PAR SHIN TU Ö RAB DZÄ MA  
**Sending out much light eternal!**

CHHAG TSHÄL KÄL PÄI THA MÄI ME TAR  
**Homage! She 'mid wreath ablaze like**  
 BAR WÄI THRENG WÄI Ü NA NÄ MA  
**Eon-ending fire abiding!**  
 YÄ KYANG YÖN KUM KÜN NÄ KOR GÄI  
**Right stretched, left bent, joy surrounds you**  
 DRA YI PUNG NI NAM PAR JOM MA  
**Troops of enemies destroying!**

CHHAG TSHÄL SA ZHII NGÖ LA CHHAG GI  
**Homage! She who strikes the ground with**  
 THIL GYI NÜN CHING ZHAB KYI DUNG MA  
**Her palm, and with her foot beats it!**  
 THRO NYER CHÄN DZÄ YI GE HUM GI  
**Scowling, with the letter HUM the**  
 RIM PA DÜN PO NAM NI GEM MA  
**Seven levels she does conquer!**

CHHAG TSHÄL DE MA GE MA ZHI MA  
**Homage! Happy, virtuous, peaceful!**  
 NYA NGÄN DÄ ZHI CHÖ YÜL NYI MA  
**She whose field is peace, nirvana!**  
 SVAHA OM DANG YANG DAG DÄN PÄ  
**She endowed with OM and SVAHA,**  
 DIG PA CHHEN PO JOM PA NYI MA  
**Destroyer of the great evil!**

CHHAG TSHÄL KÜN NÄ KOR RAB GA WÄI  
**Homage! She with joy surrounded**  
 DRA YI LÜ NI NAM PAR GEM MA  
**Tearing foes' bodies asunder,**

YI GE CHU PÄI NGAG NI KÖ PÄI

**Frees with HUM and knowledge mantra,**

RIG PA HUM LÄ DRÖL MA NYI MA

**Arrangement of the ten letters!**

CHHAG TSHÄL TURE ZHAB NI DEB PÄ

**Homage! TURE! With seed letter**

HUM GI NAM PÄI SA BÖN 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 TSHÄL LHA YI TSHO YI NAM PÄI

**Homage! Holding in her hand the**

RI DAG TAG CHÄN 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 LÜ PA NI SEL MA

**Totally dispelling poison!**

CHHAG TSHÄL LHA YI TSHOG NAM GYÄL PO

**Homage! She whom gods and their kings,**

LHA DANG MI AM CHI YI TEN MA

**And the kinnaras do honor!**

KÜN NÄ GO CHHA GA WÄI JI GYI

**Armored in all joyful splendor,**

TSÖ DANG MI LAM NGÄN PA SEL MA

**She dispels bad dreams and conflicts!**

CHHAG TSHÄL NYI MA DA WA GYÄ PÄI

**Homage! She whose two eyes bright with**

CHÄN NYI PO LA Ö RAB SÄL MA

**Radiance of sun and full moon!**

HARA NYI JÖ TUTTARA YI  
**With twice HARA and TUTTARE**  
SHIN TU DRAG PÖI 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, savior, 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