



Arya Tara

Liberation from Sorrow

Going for refuge

I and all sentient beings, until we achieve enlightenment,
Go for refuge to Buddha, Dharma, and Sangha. (3x)

Generating bodhichitta

Through the virtues I collect by giving and other
perfections,
May I become a Buddha for the benefit of all. (3x)

Generating the four immeasurables

May all sentient beings possess happiness and its causes,
May they be free from suffering and its causes,
May they never be separated from the happiness that is
without suffering,
May they abide in equanimity, without feeling close to
some out of attachment or distant from others out of
hatred.

Inviting Arya Tara

From the supreme abode of Potala,
Born from the green letter TAM,
You who liberate migrators with the light of the letter
TAM,
O Tara, please come here together with your retinue.

Prostration

Gods and demi-gods bow their crowns
At your lotus feet;
O Liberator from all misfortune,
To you, Mother Tara, I prostrate.

Homage to the Twenty-one Taras

OM Homage to Venerable Arya Tara

Praising Tara by her life story

Homage to Tara, the Swift One, the Heroine,
Whose eyes are like a flash of lightning,
Who arose from the opening of a lotus,
Born from the tears of the Protector of the Three
Worlds.

Praising Tara by the brightness and radiance of her face

Homage to you with a face like a hundred full moons
in autumn
Gathered together into one;
Blazing with brilliant light
Like a thousand constellations.

*Praising Tara by her colour, what she holds, and her
causes*

Homage to you who are bluish gold,
Your hand perfectly adorned with a lotus flower;
Who arose from practising giving, moral discipline,
Patience, effort, concentration, and wisdom.

*Praising Tara by her being honoured by the Conquerors and
the Bodhisattvas*

Homage to you who surmount the Tathagatas' ushnishas,
Whose victorious actions are limitless;
Who are greatly honoured by the Sons of the Conquerors,
Who have attained every perfection.

Praising Tara by her subduing unfavourable conditions

Homage to you who with the letters TUTTARA and HUM
Fill the realms of desire, direction, and space.
With the seven worlds beneath your feet,
You are able to draw all beings to bliss.

*Praising Tara by her being worshipped by the great worldly
gods*

Homage to you who are worshipped by Indra, Agni,
Brahma, Vayu, and the other mighty gods;
And before whom the host of evil spirits,
Zombies, smell-eaters, and givers of harm respectfully
offer praise.

Praising Tara by her destroying opponents

Homage to you who by saying TRĀ and PHAT
Completely destroy the obstructions of enemies.
You suppress with your right leg drawn in and your
left extended,
And blaze with a fierce and raging fire.

*Praising Tara by her purifying demons and the two
obstructions*

Homage to TURE, extremely fearsome one,
Who completely destroy the chief of demons.
With the wrathful expression on your lotus face
You vanquish all foes without exception.



The Twenty-one Taras

Praising Tara by the objects she holds in her right and left hands

Homage to you whose fingers perfectly adorn your heart
 With the mudra symbolizing the Three Precious Jewels.
 Adorned with a wheel of all directions
 Whose radiant light outshines all.

Praising Tara by her crown ornament and the sound of her laughter

Homage to you whose very joyful and shining crown
 ornament
 Radiates a garland of light;
 Who, with your mirthful laughter of TUTTARE,
 Subdue the demons and worldly gods.

Praising Tara by her accomplishing divine actions through the ten directional guardians

Homage to you who are able to summon
 All the directional guardians and their retinues.
 Frowning and shaking, with the letter HUM,
 You rescue all from their misfortune.

Praising Tara by her crown ornament

Homage to you with a crescent moon adorning your
 crown,
 And all your ornaments shining brightly;
 With Amitabha in your top-knot
 Eternally radiating light.

Praising Tara by her wrathful posture

Homage to you who dwell amidst a garland of flames
Like the fire at the end of the aeon.
With your right leg extended and left drawn in,
You destroy the hosts of obstructions of those who
delight in the Dharma Wheel.

Praising Tara by the light that radiates from the letter HUM

Homage to you who strike the ground with the palm of
your hand
And stamp it with your foot.
With a wrathful glance and letter HUM,
You subdue all seven levels.

Praising Tara by her Dharmakaya aspect

Homage to you who are happy, virtuous, and peaceful,
Within the sphere of the peace of nirvana.
Fully endowed with SÖHA and OM,
You completely destroy heavy evil actions.

*Praising Tara by her divine actions of peaceful and wrathful
mantras*

Homage to you who completely subdue the obstructions
Of those who delight in the Dharma Wheel;
Rescuing with the array of the ten-letter mantra
And the knowledge-letter HUM.

*Praising Tara by her divine actions of wrathfully shaking
the three worlds*

Homage to TURE, stamping your feet,
Born from the seed in the aspect of HUM,
Who cause Mount Meru, Mandhara, and Vindhya,
And all the three worlds to shake.

*Praising Tara by her divine actions of dispelling internal
and external poisons*

Homage to you who hold in your hand
A moon, the lake of the gods;
Saying TARA twice and the letter PHAT,
You completely dispel all poisons.

*Praising Tara by her divine actions of dispelling conflicts
and bad dreams*

Homage to you who are honoured by the kings of the
hosts of gods,
And the gods and the kinnaras.
Through your joyful and shining pervasive armour
All conflicts and bad dreams are dispelled.

Praising Tara by her divine actions of dispelling diseases

Homage to you whose two eyes, like the sun or the full
moon,
Radiate a pure, clear light.
Saying HARA twice and TUTTARA,
You dispel the most violent, infectious diseases.

*Praising Tara by her divine actions of subduing evil spirits
and zombies*

Homage to you who have the perfect power of pacifying
Through your blessing of the three thatnesses;
Subduer of the hosts of evil spirits, zombies, and givers
of harm,
O TURE, most excellent and supreme!

This concludes the praise of the root mantra
And the twenty-one homages.

Benefits of recitation

The wise who recite this with strong faith
And perfect devotion to the Goddess,
In the evening and upon arising at dawn,
Will be granted complete fearlessness by remembering
her.

Through the complete purification of all negativity
They will destroy all paths to the lower realms.
They will swiftly be granted empowerment
By the seventy million Conquerors.

They will attain greatness here
And advance to the ultimate state of Buddhahood.
Their violent and great poisons,
Both stable and moving,

And even those that they have eaten or drunk,
Will be thoroughly eliminated by remembering her.
They will be able to prevent all suffering
That arises from spirits, diseases, or poisons;

And be able to help others in the same way.
If they recite these seven times, six times a day,
Those who wish for a son will attain a son,
And those who wish for wealth will attain wealth.

All their wishes will be accomplished.
No more obstacles will arise for them,
And those that have already occurred
Will all be completely destroyed.

Prayer of seven limbs

To Venerable Arya Tara
And all the Buddhas and Bodhisattvas
Residing in the ten directions and the three times,
I prostrate with sincere faith.

I offer you flowers, incense, lights,
Perfumes, foods, music, and other offerings,
Both actually set out and mentally imagined;
Please accept these, O Assembly of Aryas.

I confess all negative actions,
The five heinous actions and the ten non-virtues,
That I have committed since beginningless time
Through my mind being overcome by delusions.

I rejoice in the merit of all the virtues
Collected throughout the three times
By Bodhisattvas, Solitary Conquerors,
Hearers, ordinary beings, and others.

Please turn the Wheel of Dharma
Of the great, small, and common vehicles,
According to the different wishes
And capacities of living beings.

For as long as samsara has not ceased,
Please do not pass beyond sorrow;
But with compassion care for all living beings
Drowning in the ocean of suffering.

May all the merit I have collected
Become the cause of enlightenment;
And before too long may I become
The Glorious Guide of migrators.

Offering the mandala

OM VAJRA BHUMI AH HUM

Great and powerful golden ground,

OM VAJRA REKHE AH HUM

At the edge the iron fence stands around the outer circle.

In the centre Mount Meru the king of mountains,

Around which are four continents:

In the east, Purvavideha, in the south, Jambudipa,

In the west, Aparagodaniya, in the north, Uttarakuru.

Each has two sub-continents:

Deha and Videha, Tsamara and Abatsamara,

Satha and Uttaramantrina, Kurava and Kaurava.

The mountain of jewels, the wish-granting tree,

The wish-granting cow, and the harvest unsown.

The precious wheel, the precious jewel,

The precious queen, the precious minister,

The precious elephant, the precious supreme horse,

The precious general, and the great treasure vase.

The goddess of beauty, the goddess of garlands,

The goddess of music, the goddess of dance,

The goddess of flowers, the goddess of incense,

The goddess of light, and the goddess of scent.

The sun and the moon, the precious umbrella,

The banner of victory in every direction.

In the centre all treasures of both gods and men,

An excellent collection with nothing left out.

I offer this to you my kind root Guru and lineage Gurus,

To all of you sacred and glorious Gurus,

And especially to you, assembly of Arya Taras, together
with your retinues.

Please accept with compassion for migrating beings,

And having accepted, out of your great compassion,

Please bestow your blessings on all sentient beings
pervading space.

The ground sprinkled with perfume and spread with
flowers,

The Great Mountain, four lands, sun and moon,

Seen as a Buddha Land and offered thus,

May all beings enjoy such Pure Lands.

Thus, O Sublime object of refuge,

Please quickly protect all living beings

From fears such as sickness, spirits, obstacles,

Untimely death, bad dreams, and ill omens.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Requesting fulfilment of wishes

O Venerable, Blessed, Compassionate Mother,

May I and all countless living beings

Quickly purify the two obstructions, complete the two
collections,

And attain the state of complete Buddhahood.

Throughout all our lives before we reach Buddhahood,
May we attain the supreme happiness of humans and
gods;

And so that we may accomplish the omniscient mind,
Please quickly pacify and eliminate all interferences,

Evil spirits, hindrances, epidemics, and sickness,

As well as the various causes of untimely death,

Bad dreams, ill omens, the eight fears,

And all other forms of danger.

May all mundane and supramundane collections

Of good fortune, happiness, goodness, and excellence
increase,

And may every beneficial purpose without exception

Be effortlessly and spontaneously accomplished.



TAM and mantra rosary

May I strive in my practice of sacred Dharma and
 increase my realizations,
 May I always accomplish you and behold your sublime
 face;
 And may my understanding of emptiness and the
 precious bodhichitta
 Increase and grow like a waxing moon.

May I be born from a sacred and most beautiful lotus
 In the excellent, joyful mandala of the Conqueror;
 And there may I accomplish the prophecy I receive
 Directly from Conqueror Amitabha.

O Goddess upon whom I have relied in previous lives,
 Embodiment of the divine actions of all the Buddhas of
 the three times,
 Bluish green one with one face and two hands,
 O Swift Pacifier, Mother holding an upala, may
 everything be auspicious.

O Conqueror Mother Tara,
 Whatever your body, retinue, life span, and Pure Land,
 And whatever your supreme and excellent name,
 May I and all others attain only these.

Through the force of my making these praises and
 requests to you,
 Please pacify all sickness, poverty, misfortune, fighting,
 and quarrelling,
 Throughout all directions where I and others live,
 And cause the Dharma and all good fortune to flourish.

Mantra recitation

OM TARE TUTTARE TURE SÔHA (21x, 100x, etc.)

Dedication

By this virtue may I quickly
Become Arya Tara,
And then lead every living being
Without exception to that ground.

Through the virtues I have collected
By worshipping the Blessed Mother,
May every living being without exception
Be born in the Pure Land of Bliss.

Auspicious verse

You, who having abandoned all bodily faults, possess
the signs and indications,
Who having abandoned all verbal faults, possess a
heavenly voice,
Who having abandoned all mental faults, realize all
objects of knowledge;
O Lady of blessed, glorious renown, may there be the
auspiciousness of your presence.

THE PRELIMINARIES

Recite the sadhana Liberation from Sorrow until the dedication prayers.

THE ACTUAL PRACTICE

Visualization of Arya Tara

On my crown sits Guru Arya Tara,
Who has a green colored wisdom body.
Her right hand is in the gesture of supreme giving,
And her left hand, holding an upala flower,
Is at her heart in the gesture
Symbolizing the Three Jewels.

She is adorned with precious ornaments
And fine silken garments.
Her left leg is drawn in
And her right leg is extended.

Visualizing the central channel

I have a clear, transparent body.
In the middle, closer to the back,
Is my central channel with three attributes:
Clear and lucid, soft and smooth, and very straight.
The lower tip, closed like the tail of a snake,
Stops four fingers below the navel.
The upper tip, becoming wider,
Forms a small hole on my crown.
Straight as an arrow,
It is joined to Arya Tara's lower door.

Visualizing the drop

In the central channel at my heart,
Within a knot like that of bamboo,
On a blue YAM that symbolizes the wind
Rests my mind as a drop, the size of a pea,
Reddish-white, sparkling, and wishing to go to the
Pure Land
Of Guru Tara's Dharmakaya.

Request to Guru Tara

Having no desire for the things of this life,
My mind-drop seen as a traveler,
And my Guru's heart the destination,
From the depths of my heart I request
Guru Tara on my crown.

The actual request

Recite three times:

To you, Blessed Mother,
The synthesis of all Buddhas,
I make this request:
Please remove all my outer and inner obstacles,
Transform me with your blessings
So that I may complete the training
Of the profound path of transference of consciousness.
O Noble One, please lead me to the supreme Pure
Land.