

GREEN TARA SADHANA

Compiled by ZaChoeje Rinpoche September 2004





REFUGE AND THE WISH (3X)

SANG-GYE CHOE-DANG TSOG-KYI CHOG-NAM-LA
I go for refuge to Buddha, Dharma and Sangha,

JANG-CHUP BAR-DU DAG-NI KYAB-SU-CHI
Until I achieve enlightenment.

DAG-GYI JIN-SOG GYI PAI SO-NAM GYI
Through the virtues I collect by generosity and the other perfections,

DRO-LA PHEN CHIR SANG-GYE DRUP-PAR-SHOG
May I become a Buddha for the benefit of all sentient beings.

FOUR IMMEASURABLES PRAYER (3X)

SEM-CHEN THAM-CHEY DE-WA DANG DEI-WAY
GYU-DANG DEN-PAR GYUR CHIG
May all sentient beings be happy and have the causes of happiness.

SEM-CHEN THAM-CHEY DUG-NYAL DANG DUG-NYAL
GYI GYU-DANG DREL-WA GYUR-CHIG
May all sentient beings be free from suffering and the causes of suffering.

SEM-CHEN THAM-CHEY DUG-NYAL ME-PAI
DE-WA DANG MI-DREL WA GYUR-CHIG
May all sentient beings never be separated from the
happiness that is free from suffering.

SEM-CHEN THAM-CHEY NYE-RING CHAG-DANG
NYI-DANG DREL-WAI TANG NYOM-LA NEY-PAR GYUR-CHIG
May all sentient beings abide in equanimity,
free from attachment and detachment.



Blessing the Offerings

OM VAJRA AMRITA HUM PHAT
OM SVABA VA SHO DA SAR WA DHARMA
SAVBA WA SHO DHO HAM

From the emptiness, from OM arise great offering bowls made of precious jewels with OM inside them. The OM melts into light and becomes infinite and pure divine offerings of Water for drinking, Water for washing, Flowers, Incenses, Lights, Perfume, Food, and Music.

OM VAJRA ARGAM AH HUM
OM VAJRA PA DEY AH HUM
OM VAJRA POI PAI AH HUM
OM VAJRA DU PAI AH HUM
OM VAJRA ALOKEY AH HUM
OM VAJRA GENDEY AH HUM
OM VAJRA NI O DE AH HUM
OM VAJRA SHAPTA AH HUM



Oneself appears as Green Tara and light radiates from the TAM and all the Buddhas and Bodhisattvas of the ten directions are invoked in the form of Green Tara in front.

PO-TA LA-YI NAY-CHOG-NA

From the supreme land of the Potala,

TAM-YIG JANG-KU LA-TRUNG-SHING

You who are born from the green TAM

TAM-YIG O-KYI DRO-WA-DROL

And liberate all beings by the light of TAM

DROL-MA KOR-CHA SHEG-SU-SOL

O Tara, I request you to come with your retinue.

OM VAJRA SA MA ZA

OM ARYA TARE SA PARI WA RE ARGAM, PA DEY, POI PAI, DU PAI, ALOKEY,
GENDEY, NI O DE, SHAPTA PARTI TSA HUM SVAHA

LHA-DANG LHA-MIN CHO-PAN-GYI

The divine beings and humans bow their crowns

ZHAB-KYI PA-MO LA-DU-NA

At the lotus of your feet, O Tara,

PONG-PA KUN-LA DROL-DZA-MA

You who liberate beings from poverty,

DROL-MA YUM-LA CHAG-TSEL-LO

To you, Mother Tara, I pay homage.



Seven-Limbed Prayer

CHO DHEN JE TSUN DOL MAR CHAG-TSAL LO

I bow down to the Venerable Green Tara.

NGOE-SHAM YI-TRUL CHOW-TRIN MA-LU-PHUL

I offer each and every offering, both actually
performed and imagined.

THOG-MEY NEY-SAG DIG-TUNG THAM-CHE-SHAG

I confess and purify all transgressions since
beginningless time.

KYE-PHAG GE-WA NAM-LA JE-YI-RANG

I rejoice in all virtues of both average and
Noble Beings.

KOR-WA MA-TONG BAR-TO LEG-SHUG-NEY

I request you to remain until the end of Samsara,

DRO-LA CHOE-KYI KHOR-LO KOR-WA-DANG

And give us your wise and compassionate guidance.

DAG-SHEN GEY-NAM JANG-CHUP CHEN-POR-NGO

I dedicate my merit to attain Buddhahood for the sake of all beings.

Mandala Offering

SA-ZHI PO-KYI JUG-SHING ME-TOG TRAM

The universal ground purified with scent and flowers spread,

RI-RAB LING-ZHI NYI-DAY GYAN-PA-DI

Magnificent Mountain Meru, beautifully adorned
with Sun and Moon.

SANG-GYAY ZHING-DU MIG-TE UL-WA-YI

I offer this to the pure realm of the Buddhas,

DRO-KUN NAM-DAG ZHING-LA CHO-PAR-SHOG!

May all sentient beings attain the pure realm!

IDAM GURU RATNA MANDALAKA NIRYATAYAMI!

Generating Bodhicitta (3X)

KON CHOG SUM LA DAG KYAB CHI,

I go for refuge to Buddha, Dharma and Sangha.

DIG PA THAM CHE SO SOR SHAG

I confess and purify all my negative karma.

GRO WEI GEY LA JE YI RANG

I rejoice in all virtuous deeds.

SAN GYE JANG CHUB YI KYI ZUNG

I will achieve enlightenment for the benefit of others.



Actual practice

OM SVABA VA SHO DA SAR WA DHARMA SAVBA WA
SHO DHO HAM
TONG PA NYI DU GYUR

Everything becomes empty. From emptiness, syllable letter PAM appears. From PAM, a lotus appears. An AH appears and from AH a moon disc appears. Upon that, the love and compassion essence of oneself appears as the seed syllable TAM.

Light radiates from the TAM, invoking all the noble beings and benefiting all sentient beings. TAM gradually transforms into the Noble Green Tara. Sitting on the lotus and moon disc with left leg tucked in and right leg slightly extended. Youthful and radiant with rainbow-color lights. Adorned with silks and jewels. Right hand resting on the right knee in the gesture of supreme giving and left hand indicates the three jewels, giving courage and fearlessness.

Both hands holding a stem of Upala flower.



Marked with White OM at the forehead,
Red AH at the throat and Blue HUM at the heart,
marked by a green TAM.



Light radiates from the TAM and all the Buddhas and Bodhisattvas of the ten directions are invoked in the form of Green Tara in front.



OM VAJRA SA MA ZA
ZA HUM BAM HO

(The wisdom beings unite inseparably and became one)

OM ARYA TARE SA PARI WA RE
ARGAM, PA DEY, POI PAI, DU PAI, ALOKEY,
GENDEY, NI O DE, SHAPTA SVAHA

LHA-DANG LHA-MIN CHO-PAN-GYI
The divine beings and humans bow their crowns

ZHAB-KYI PA-MO LA-DU-NA
At the lotus of your feet, O Tara,

PONG-PA KUN-LA DROL-DZA-MA
You who liberate beings from poverty,

DROL-MA YUM-LA CHAG-TSEL-LO
To you, Mother Tara, I pay homage.



Mantra recitation

TAM is encircled by the Mantra on the moon disc at the heart.

Light emanates from the TAM and reaches infinite space, collecting back the essence of powerful blessings of all Enlightened beings and dissolves into TAM. Light radiates from TAM and reaches all beings, purifying and filling their body, speech and mind with courage, fearlessness and blessings.

OM TARE TUTTARE TURE SVA HA

ཨཱི་ཏཱ་རེ་ཏཱ་ཏཱ་རེ་ཏཱ་རེ་སུ་ཧྲ།

(21 times or as much as you can)



Hundred Syllable Mantra (3X)

OM PEMA SATTVA SAMAYA
MANU PALA YA, PEMA SATTVA TVENOPA TI TSA,
DRIDHO MEBHAVA, SUDHO KHAYO MEBHAVA, SUPO KAYO MEBHAVA
ANU RA DHO MEBHAVA SARVA SIDDHI ME PRAYA CHA,
SARVA KARMA SU CHA ME, CHI TTAM SHRI YAM KURU HUM,
HA HA HA HA HO, BHAGAVAN
SARVA TATHA GATA, PEMA MAME MUN CHA,
PEMA BHA MAHA SAMAYA SATTVA AH HUM PHAT!

OM ARYA TARE SA PARI WA RE ARGAM, PA DEY, POI PAI. DU PAI, ALOKEY,
GENDEY, NI O DE, SHAPTA PARTI TSA HUM SVAHA

LHA-DANG LHA-MIN CHO-PAN-GYI
The divine beings and humans bow their crowns

ZHAB-KYI PA-MO LA-DU-NA
At the lotus of your feet, O Tara,

PONG-PA KUN-LA DROL-DZA-MA
You who liberate beings from poverty,

DROL-MA YUM-LA CHAG-TSEL-LO
To you, Mother Tara, I pay homage.

Short Tara Praise

OM JET-SUN-MA PAG MA DROL-MA-LA CHAG-TSEL-LO
Om, I pay Homage to the Venerable Green Tara

CHAG TSAL DROL MA TURE PA MO
I praise you, Tara—the TARE and great courageous,

TUTA RA YI JIG KUN SAL MA
Who with TU TA RE removes all fears

TU RE DHON NAM THAM CHAY TER MA
And with TU RE gives all benefits,

SVA HA YI GER CHAY LA RAB TU DUD
Homage to the syllables that end with SVAHA.

Dissolution

OM VAJRA MU
YESHE PA SHEG
DAM TSIG PA RANG LA THIM

The wisdom aspect dissolves back into Emptiness.
The Mudra Being dissolves into oneself.
OM AH HUM



DEDICATION AND AUSPICIOUS VERSES

GE-WA DI-YI NYUR-DU DAG

By this virtue may I quickly

PHAG-MA DOL-MA DRUB-GYUR CHIG

Achieve the state of Noble Tara

DRO-WA CHIG-KYANG MA-LUE PA

And thus lead all beings without exception

DEY-YI SA-LA GOE-PAR SHOG

To the great state of Noble Tara.

CHOM-DEN DAY-MA CHO-CHE-PA

By whatever virtue I have collected

DAG-KI GE-WA CHI-SAG-PA

From venerating the Female Buddha

TE-NI SEM-CHAN MA-LU-PA

May all sentient beings without an exception

DE-WA CHAN-TU KYE-WAR-SHOG

Be born in Sukhavati, the Joyful Pure Land.

KU-YI GYON-PANG TSAN-DANG PE-CHE-DEN

You, who have abandoned all bodily defects and possess the
major and minor marks of a Buddha,

SUNG-KYI GYON-PANG KA-LA PING-KAI-YANG

You who have abandoned all defects of speech and possess
a beautiful, song bird voice,

TUG-GI GYON-PANG SHE-JA TA-DAG-SIG

You, who have abandoned all defects of mind and see all the infinite
objects of knowledge

TRA-SHI PEL-WAR MA-YI TRA-SHI-SHOG

O, brilliant Mother of Auspicious Glory,
please bring your auspicious presence to us!



JANG CHUP SEM CHOG RINPOCHE

May the precious, supreme Bodhicitta,

MA KYE PA NAM KYE GYUR CHIG

Grow where it has not yet grown,

KYE PA NYAM PA MEY PAR YANG

Never diminish where it has grown,

GONG NE GONG DU PHAL WAR SHOG

But flourish for evermore.

GANG-RI RA-WA KOR-WAI ZHING-KAM-DIR

In the heavenly realm of Tibet

(surrounded by snow mountains)

PAN DANG DE-WA KOR-WAI MA-LU JUNG-WAI-NE

The source of all happiness and help for beings

CHAN-RA-ZIG WONG TAN-DZIN GYA-TSO-YI

Is Tenzin Gyatso—Chenrezig in person

ZHAB-PA SI-TAI BAR-DU TAN-GYUR-CHIG

May his life be long and secure for hundreds of aeons!

