

༄༅། སྣོལ་ལྷང་ཟབ་ཏིག་གི་དམིགས་རིམ་འཛིག་པ་ཀུན་སྦྱོབས་ཞེས་བྱ་བ།

Green Tara Practice



TAM
the Seed Syllable of Green Tara

*When you practice Green Tara, you must practice the three sections of **beginning, middle, and end**. Before you engage in Green Tara practice, set up your shrine in the following manner. Have a picture or statue or thanka of Green Tara, and make many nice offerings, like seven water bowls, candles, incense, milk, juice, flowers, fruit, and vegetables, no meat or alcohol.*

1. **Beginning:** The beginning section includes Refuge, Bodhichitta, and the seven branch offering.

Before taking refuge, visualize the refuge tree in the space in front.



大園滿隆欽心髓龍恩寺上師傳承皈依境
REFUGE TREE FOR DZOG-PA CHEN-PO LONG CHEN NYING-THIG LINEAGE FROM LONGEN MONASTERY

Noble Tara resides clearly before me in space.

Then, go for refuge and cultivate Bodhichitta with the following lines:

*Namo In Noble Tara, embodiment of all the jewels, I and all beings take refuge.
By developing the aspiration for enlightenment, we shall enter the profound path.*

Then accumulate merit with the seven branch offering:

Through prostration, offerings, and confession, rejoicing, beseeching to turn the wheel of Dharma, and supplicating to remain present, whatever small virtue I have amassed, all of it I dedicate for the enlightenment of all!

- Middle:** Middle section consists of consecration, offerings, visualization, three sessions of offering and requesting, and receiving blessings. Then we are Green Tara and recite the Green Tara mantra, and confess.
(Now perform the consecration of the offerings.)

Visualization of offerings:

In the realm of pure land adorned with lotuses, with infinite forms, ornaments, and arrangements, inconceivable offerings are created by divine substances and meditation.

Green Tara visualization:

*In the space in front, on a lotus and moon disc seat, appears Venerable Arya Tara.
On a moon disc in her heart, a green TAM radiates boundless light. This invites to the sky before her the twenty-one manifestations of noble Tara, surrounded by a vast cloud-ocean of Supreme Jewels.*

*TAM! From the unborn, luminous sphere of Dharmakaya, the unceasing wisdom body of Arya appears like a magic net to tame living beings. Come here Arya Tare Dza!
Because of your compassion for me and all sentient beings, and through your miraculous powers, O, Transcendent conqueror, for as long as I make offerings to you, please stay.
Please have a seat!*



ॐ

TAM

the Seed Syllable of Green Tara

Offering the seven bowls:

Om! Actual and mentally arisen cloud-like offerings of Samantabhadra extensively fill the Dharmadhatu; I offer them to Arya Tara and her entourage.

Now, visualize offering drinking water, washing water for hands and feet, flowers, incense, butterlamp/candle, perfume, foods, and music.



Offering Mandala:



OM AH HUNG

The wealth and glory of the three realms and its' inhabitants, my life, possessions, and all virtues I offer to the embodiment of compassion. Please accept them and bless me!

Offer all your bodies, property, and merits of the three times (past, present, and future) to Green Tara without attachment. These offerings are not for selfish gain (like benefit in this life, health, wealth, etc.), rather, offer everything for the sole purpose of liberating sentient beings.

Requesting:

Focus one-pointedly, without distraction, and make heartfelt requests through praying to Green Tara in the following way. Keep only thinking about Green Tara, concentrate on praying to her with deep devotion.

Keep this feeling in your heart "I request you to please help us! Remove all our outer, inner, and secret obstacles and please grant us your blessing!", as you repeatedly recite the following prayer in Tibetan:

ཇེ་བཙུན་འཕགས་མ་སྣོལ་མ་བྲིད་མ་བྲིན་ནོ།

JETZUN PHAGMA DROLMA KHYED-KHYEN-NO
Illustrious Arya Tara, you who know all, please help me!

འཇིགས་དང་སྲུག་བསྐྱེད་ཀུན་ལས་སྐྱབས་ཏུ་གསོལ།

JIK DANG DUG-NGEL KUN LEY KYAB TU SOL
I supplicate you to protect me from all dangers and sufferings!

Or you can repeatedly recite the Jipa Gyed-Kyobma prayer in Tibetan(see below):

ཨོཾ་འཇིགས་པ་བརྒྱད་སྐྱོབས་མ་ལ་བྲུག་འཚལ་ལོ།

OM JIG-PA GYED-KYOB MA LA CHHAG TSAL LO
Om Homage to you , mother who protects us from the eight dangers!

བགྲ་ཤིས་དཔལ་འབར་མ་ལ་བྲུག་འཚལ་ལོ།

TASHI PALBAR MA LA CHHAG TSAL LO

Homage to you, mother who causes the glory of auspiciousness to blaze forth!

ངན་སོག་སྒོ་འགོག་ས་མ་ལ་ཕྱག་འཚལ་ལོ།

NGEN SONG GO-GEK MA LA CHHAG TSAL LO

Homage to you, mother who blocks the door to the lower migrations!

མཐོ་རིས་ལམ་སྟོན་མ་ལ་ཕྱག་འཚལ་ལོ།

THO RI LAM TON MA LA CHHAG TSAL LO

Homage to you, mother who shows the way to the higher states!

རྟག་ཏུ་ཁྱེད་ཀྱིས་སྤང་བར་མཛད།

TAG TU KHYED KYI SUNG WAR DZED

May we always be protected by you,

ད་དུག་ཐུགས་རྗེས་སྐྱབས་ཏུ་གསོལ།

DA DUNG THUK-JEY KYAB-TU SOL

I pray to you, continue to grant me refuge with your compassion!

(repeat one of these prayers in Tibetan many times)

Again make the two types of offering, the seven offering bowls and the mandala offering. First offer the seven bowls:

Om! Actual and mentally arisen cloud-like offerings of Samantabhadra extensively fill the Dharmadhatu; I offer them to Arya Tara and her entourage.

Then the mandala offering:



OM AH HUNG

The wealth and glory of the three realms and its' inhabitants, my life, possessions, and all virtues I offer to the embodiment of compassion. Please accept them and bless me!

Again request in the following way, focus one-pointedly, without distraction, and make heartfelt requests through praying to Green Tara in the following way. Keep only thinking about Green Tara, concentrate on praying to her with deep devotion.

Keep this feeling in your heart "I request you to please help us! Remove all our outer, inner, and secret obstacles and please grant us your blessing!", as you repeatedly recite the following prayer in Tibetan:

རྗེ་བཙུན་འཕགས་མ་སྣོལ་མ་བྱེད་མ་བྱེད་ནོ།

JETZUN PHAGMA DROLMA KHYED-KHYEN-NO
Illustrious Arya Tara, you who know all, please help me!

འཇིགས་དང་སྐྱུག་བསྐྱེལ་ཀུན་ལས་སྐྱབས་ཏུ་གསོལ།

JIK DANG DUG-NGEL KUN LEY KYAB TU SOL
I supplicate you to protect me from all dangers and sufferings!

Or you can repeatedly recite the Jipa Gyed-Kyobma prayer in Tibetan(see below):

ཨོཾ་འཇིགས་པ་བརྒྱད་སྐྱོབས་མ་ལ་ཕྱག་འཚལ་ལོ།

OM JIG-PA GYED-KYOB MA LA CHHAG TSAL LO
Om Homage to you , mother who protects us from the eight dangers!

བགྲ་ཤིས་དཔལ་འབར་མ་ལ་ཕྱག་འཚལ་ལོ།

TASHI PALBAR MA LA CHHAG TSAL LO
Homage to you, mother who causes the glory of auspiciousness to blaze forth!

ངན་སོག་སློའ་འགོགས་མ་ལ་ཕྱག་འཚལ་ལོ།

NGEN SONG GO-GEK MA LA CHHAG TSAL LO
Homage to you, mother who blocks the door to the lower migrations!

མགོ་རིས་ལམ་སྟོན་མ་ལ་ཕྱག་འཚལ་ལོ།

THO RI LAM TON MA LA CHHAG TSAL LO
Homage to you, mother who shows the way to the higher states!

ཏྲ་བ་ཏུ་བྱེད་ཀྱིས་སྐྱབས་བར་མཛད།

TAG TU KHYED KYI SUNG WAR DZED
May we always be protected by you,

ད་དུག་ཐུགས་རྗེས་སྐྱབས་ཏུ་གསོལ།

DA DUNG THUK-JEY KYAB-TU SOL
I pray to you, continue to grant me refuge with your compassion!

(repeat one of these prayers in Tibetan many times)

Now that we have purified negative karma and accumulated merit, we have removed the obscurations blocking our connection with Green Tara. Her hand changes from the

mudra of generosity to the mudra of bestowing refuge touching the crowns of yourself and all beings, and all our negative karma is dispelled like the sun rising to dispel the darkness. The blessings free us from every fear and remove all our outer, inner and secret obstacles.

Again make the two types of offering, the seven offering bowls and the mandala offering. First offer the seven bowls:

Om! Actual and mentally arisen cloud-like offerings of Samantabhadra extensively fill the Dharmadhatu; I offer them to Arya Tara and her entourage.

Then the mandala offering:



OM AH HUNG

The wealth and glory of the three realms and its' inhabitants, my life, possessions, and all virtues I offer to the embodiment of compassion. Please accept them and bless me!

Again request in the following way, focus one-pointedly, without distraction, and make heartfelt requests through praying to Green Tara in the following way. Keep only thinking about Green Tara, concentrate on praying to her with deep devotion.

Keep this feeling in your heart "I request you to please help us! Remove all our outer, inner, and secret obstacles and please grant us your blessing!", as you repeatedly recite the following prayer in Tibetan:

རྗེ་བཙུན་འཕགས་མ་སྒྲོལ་མ་བྱིད་མ་བྱིན་ནོ།

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Illustrious Arya Tara, you who know all, please help me!

འཛིགས་དང་སྐྱུག་བསྐྱེད་ཀུན་ལས་སྦྱབས་ཏུ་གསོལ།

JIK DANG DUG-NGEL KUN LEY KYAB TU SOL
I supplicate you to protect me from all dangers and sufferings!

Or you can repeatedly recite the Jipa Gyed-Kyobma prayer in Tibetan(see below):

ཨོཾ་འཛིགས་པ་བརྒྱད་སྒྲོབས་མ་ལ་ཕྱག་འཚལ་ལོ།

OM JIG-PA GYED-KYOB MA LA CHHAG TSAL LO
Om Homage to you , mother who protects us from the eight dangers!

བགྲ་གིས་དཔལ་འབར་མ་ལ་ཕྱག་འཚལ་ལོ།

TASHI PALBAR MA LA CHHAG TSAL LO

Homage to you, mother who causes the glory of auspiciousness to blaze forth!

ངན་སོག་སློ་འགོགས་མ་ལ་ཕྱག་འཚལ་ལོ།

NGEN SONG GO-GEK MA LA CHHAG TSAL LO

Homage to you, mother who blocks the door to the lower migrations!

མགོ་རིས་ལམ་སྟོན་མ་ལ་ཕྱག་འཚལ་ལོ།

THO RI LAM TON MA LA CHHAG TSAL LO

Homage to you, mother who shows the way to the higher states!

རྟག་ཏུ་ཁྱེད་ཀྱིས་སྲུང་བར་མཛད།

TAG TU KHYED KYI SUNG WAR DZED

May we always be protected by you,

ད་དུག་ཐུགས་རྗེས་སྐྱབས་ཏུ་གསོལ།

DA DUNG THUK-JEY KYAB-TU SOL

I pray to you, continue to grant me refuge with your compassion!

(repeat one of these prayers in Tibetan many times)

Following the third session of offering and requesting, Green Tara's great compassion and wisdom flow as a stream of nectar from her body, out through her toe, and into the crowns of yourself and all beings, completely filling us with all her blessings.

After we receive blessings, Green Tara dissolves into light, is absorbed into you, and blends inseparably with your mind, like water poured into water. Rest in meditative equipoise. Then you and all beings appear as the form of Green Tara.

While reciting the ten syllable mantra as much as possible, focus your mind on the clear appearance of yourself as the exalted Tara and on vajra pride. Once finished, recite the hundred syllable mantra.

Ten syllable mantra: (repeat a minimum of 108 times)

ཨོྲཱ་ཏཱ་རེ་ཏུ་ཏཱ་རེ་ཏུ་རེ་སྐྱཱ་ཏཱ་

OM TA RE TUD TA RE TU RE SO HA

Confession:

(For anything I omitted or left incomplete [in the practice], for anything I was not able to do or did incorrectly, in all these instances, please be patient with me.)

Recite the 100 syllable mantra one time.

ཨོ་བཟླ་ས་རྒྱ་ས་མ་ཡེ། མ་རྒྱ་སྤྲ་ལ་ཡེ། བཟླ་ས་རྒྱ་རྒྱལོ་བ་དྲིལྱེ།

The deity and my mind are inseparable in the primordial state of Dharmadatu.

3. **Dedication:** *(see prayer book page 109 and recite dedication and aspiration prayers.)*

། དུས་གསུམ་གཤམས་པའི་རྒྱལ་བ་ཐམས་ཅད་གྱིས། །

DU SUM SHEK PAI GYAL WA THAM CHED KYI

By what all of the Buddhas manifest throughout the three times

བསྐྱོ་བ་གང་ལ་མཚོག་ཏུ་བསྐྱབས་པ་དེས། །

NGO WA GANG LA CH'OG TU NGA PA DEY

Have praised as the supreme dedication

བདག་གི་དགོ་བའི་རྩ་བ་འདི་ཀུན་ཀྱང་། །

DAK GI GE WAI TS'AWA DI KUN KYANG

All of these roots of virtue I have accrued

བཟག་པོ་སྤྱོད་མྱིར་རབ་ཏུ་བསྐྱོ་བར་བསྐྱེ། །

ZANG PO CHOD CH'IR RAB-TU NGÖ WAR GYI

For the sake of noble conduct I completely dedicate.

This Tara practice was extracted from Chog-gyur Dechen Lingpa's Zabtig, and the explanations and clarifications I have provided here in order to make it a little easier to understand. This was written by Sungtrul Thupten Lungtok Gyatso, a humble servant of His Holiness Dodrupchen Rinpoche. June, 2011 at Iron Knot Ranch.