

## A SHORT SADHANA OF GREEN TARA

According to the pure and unbroken  
Gelug lineage tradition of Tibetan Buddhism

composed by the First Dalai Lama, Gen-dun Drub  
(1391 - 1474 C.E.)

This sadhana practice is intended for those people  
who have received this Green Tara Kriya Tantra initiation from a qualified  
teacher

**Gaden for the West**

Version 1.0  
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The practice has two parts: the preparations and the actual practice. <sup>1</sup>

### **The Preparations**

The preparations are of two types: external and internal. The external preparations consist of cleaning the meditation room, setting up a shrine with images of Buddha Shakyamuni and Green Tara, and setting out a beautiful arrangement of offerings. We can use water to represent nectar for drinking, water for bathing the feet, and perfume. For the remaining offerings - flowers, incense, light, and pure food - if possible we should set out the actual substances.

As for internal preparations, we should try to improve our compassion, bodhichitta, and correct view of emptiness through the practice of the stages of the path, and to receive a Tantric empowerment of Green Tara. It is possible to participate in group pujas if we have not yet received an empowerment, but to gain deep experience of this practice we need to receive an empowerment. The main internal preparation is to generate and strengthen our faith in Arya Tara, regarding her as the synthesis of all Gurus, Yidams, and Buddhas.

### **The Actual Practice**

The actual practice of the instructions should be performed in conjunction with this sadhana. Sometimes we can emphasize placement meditation and sometimes we can emphasize reciting the mantra and prayers with faith and devotion. When we are reciting we should avoid any distracting thoughts and concentrate on the meaning of the words.

## SHORT SADHANA OF GREEN TARA

### **Taking Refuge and Generating Bodhichitta**

To the Enlightened ones, the Dharma and the Spiritual Community  
Until Enlightenment I turn for refuge.  
By the spiritual energy of this practice,  
May I attain Enlightenment for the benefit of all.

[3x]

### **The Four Immeasurables**

May all beings have happiness and its causes,  
May they never have suffering or its causes.  
May they constantly dwell in joy transcending sorrow;  
May they dwell in equal love for both near and far.

[3x]

*Having thus taken refuge and given birth to the Mahayana attitude, commence the actual meditation session by reciting the Svabhava mantra and purifying the sphere of contemplation through meditation upon emptiness.*

### **Self-generation as Green Tara**

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

Everything becomes empty. From within the sphere of emptiness there appears the syllable PAM པམ. This transforms into a lotus bearing the syllable AH ཨ. AH ཨ transforms into a radiantly white moon-like cushion that covers the stamen of the lotus. Above this is the syllable TAM ཏམ, the sound of which is the resonance of the ultimate nature of my own mind. TAM ཏམ transforms into a blue utpala flower marked by the syllable TAM ཏམ.

Lights radiate forth from the utpala and TAM ཏམ, delighting all Enlightened beings and fulfilling the needs of all living beings. The lights then withdraw into their sources and the utpala flower together with the syllable TAM ཏམ transforms into light.

Suddenly I appear (from within the light transformations) as the holy Arya Tara, whose mind is beyond samsara. My body is green in colour and my face reflects a warmly serene smile. My right hand is in the mudra Supreme Generosity and my left in the mudra Bestowing Refuge, the thumb and ring finger of which hold the stem of an utpala that opens into blossom over my left shoulder. I am clothed in silken garments, am adorned by the precious ornaments and I sit in the heroine posture.

Attained to immortality, my appearance is that of a sixteen year old. My face is serene yet vivacious, and the syllable OM ཨྐ marks the crown of my head, AH ཨ marks my throat, and HUM ཧུམ marks my heart.

### Invocation of Green Tara

Lights shine forth from the HUM ॐ at my heart, inviting Tara of the Rosewood Forest, who, surrounded by a host of Buddhas and Bodhisattvas, comes into the space before me.

### Absorbing Green Tara into Oneself

DZA HUM BAM HO

The summoned Wisdom Being<sup>2</sup> merges with me inseparably.

### Initiation by Enlightened Beings

Once again lights radiate from the TAM ॐ at my heart, invoking the Deities of Empowerment. I request them:

Please bestow initiation upon me.

In response, they come toward me, holding up vases filled with nectars of empowerment, and sprinkle the initiating nectars upon me. The nectars of empowerment enter via the crown of my head, completely filling my body and purifying me of negativities. The excess nectar then overflows from my crown and Amitabha, the Buddha of Boundless Light, appears as an ornament above my head.

*Thus visualise yourself as a fully empowered Tara.*

### Consecrating Outer Offerings

Before me appears a set of huge, vast offering vessels made from jewels. Inside of these are the celestially produced substances that in nature are the wisdom of bliss and emptiness, in form are offerings and in function act as objects of the six senses that instill nonsamsaric, transcendental joy.

OM AH HUM

[3x]

### Presenting Outer Offerings to Oneself as self-generated Green Arya Tara

|   |                      |
|---|----------------------|
| OM ARYA TARE SAPARIWARA ARGHAM PRATICCHA HUM SVAHA    | [water for drinking] |
| OM ARYA TARE SAPARIWARA PADHYAM PRATICCHA HUM SVAHA   | [water for washing]  |
| OM ARYA TARE SAPARIWARA PÜSHPE PRATICCHA HUM SVAHA    | [flowers]            |
| OM ARYA TARE SAPARIWARA DHUPE PRATICCHA HUM SVAHA     | [incense]            |
| OM ARYA TARE SAPARIWARA ALOKE PRATICCHA HUM SVAHA     | [light]              |
| OM ARYA TARE SAPARIWARA GANDHE PRATICCHA HUM SVAHA    | [perfume]            |
| OM ARYA TARE SAPARIWARA NAIVIDHYE PRATICCHA HUM SVAHA | [food]               |
| OM ARYA TARE SAPARIWARA SHABDA PRATICCHA HUM SVAHA    | [music]              |

### Praise to oneself as self-generated Green Arya Tara

Homage to Arya Tara, at whose lotus feet  
The gods and non-gods make worship.  
Homage to Tara, mother of all Buddhas,  
Who heralds freedom from limitation.

Homage to Arya Tara, a beyond-samsara goddess  
Whose form is delightful to perceive  
And whose precious ornaments shine with splendour  
Like stars reflected from an emerald mountain.

### Mantra recitation

*At one's heart is a moon disc marked by the syllable TAM with the mantra circling on the perimeter of the disc. As one recites the mantra lights emanate from the syllable TAM and the mantra, performing the various purifications and activities [as should be learned from the oral transmission].*

OM TARE TUTTARE TURE SVAHA

[108 times or as much as possible]



### Presenting Outer Offerings to Oneself as self-generated Green Arya Tara

|   |                      |
|---|----------------------|
| OM ARYA TARE SAPARIWARA ARGHAM PRATICCHA HUM SVAHA    | [water for drinking] |
| OM ARYA TARE SAPARIWARA PADHYAM PRATICCHA HUM SVAHA   | [water for washing]  |
| OM ARYA TARE SAPARIWARA PÜSHPE PRATICCHA HUM SVAHA    | [flowers]            |
| OM ARYA TARE SAPARIWARA DHUPE PRATICCHA HUM SVAHA     | [incense]            |
| OM ARYA TARE SAPARIWARA ALOKE PRATICCHA HUM SVAHA     | [light]              |
| OM ARYA TARE SAPARIWARA GANDHE PRATICCHA HUM SVAHA    | [perfume]            |
| OM ARYA TARE SAPARIWARA NAIVIDHYE PRATICCHA HUM SVAHA | [food]               |
| OM ARYA TARE SAPARIWARA SHABDA PRATICCHA HUM SVAHA    | [music]              |

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Whose form is delightful to perceive  
And whose precious ornaments shine with splendour  
Like stars reflected from an emerald mountain.

**Dedication**

By this merit may I quickly reach  
The Enlightened state of Green Arya Tara,  
So that I may lead all living beings without exception  
To the same Enlightenment

**AUTHOR'S COLOPHON:**

[First Dalai Lama's dedication of the merits of composing the sadhana]

By the meritorious energy of my pouring forth  
The oral tradition on the practice  
Of Arya Tara, the beyond samsara goddess,  
May all limitless sentient beings  
Be led by the energy of the Enlightened Ones  
Until their Buddhahood is achieved

**Gaden for the West Colophon:**

Under the kind supervision of the Venerable 13<sup>th</sup> Zasep Tulku Rinpoche, this Gaden for the West (GFTW) version of A Short Sadhana of Green Tara has been lightly edited by Chuck Damov and formatted by Peter Lewis.

Please forward editing suggestions / corrections to [chuckdamov@yahoo.ca](mailto:chuckdamov@yahoo.ca) , and formatting suggestions / corrections to [peterl@netidea.com](mailto:peterl@netidea.com) .

Updated versions will be available on the web.

We dedicate any and all merit of this effort to the study and pure practice of the precious Vajrayana teachings.

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<sup>1</sup> These notes are from the Green Tara sadhana "Great Compassionate Mother", Tharpa Publications

<sup>2</sup> Green Tara of the Rosewood Forest