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THE SADHANA OF  
GREEN TARA

*Green Tara Sadhana*

*Translation by David Gonsalez  
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## THE SADHANA OF GREEN TARA

Respectfully I bow to the feet of Arya Tara inseparable  
From my guru as the Sole Mother of the Conquerors.

### *Going for Refuge*

*Recite three or seven times:*

I and all living beings equaling the extent of space,  
From this time forth and until the essence of enlightenment  
is attained  
Go for refuge to the glorious holy gurus  
Go for refuge to the Bhagawans, the complete Buddhas,  
Go for refuge to the sacred Dharma,  
Go for refuge to the Arya Sangha.

From now until enlightenment I go for refuge to  
The Buddha, Dharma, and Supreme Assembly.

**Generating Bodhicitta**

Through the virtues I have accumulated through giving  
and so forth,  
May I become a Buddha for the benefit of migrating beings.

**Invoking the Field of Merit**

Light rays radiate from the seed-syllable at the heart of myself  
appearing clearly as Tara of the Rosewood Forest and invoke  
my guru inseparable from Arya Tara together with a retinue of  
buddhas and bodhisattvas from their natural abodes to the space  
before me. The light rays dissolve back into my heart.

**Prostration**

By whose kindness the state of great bliss  
Can be obtained in an instant,  
At the feet of my jewel-like guru  
The Vajra-Holder I prostrate.

Deity whom I have accomplished in previous lives,  
Who embody the enlightened actions of all the Buddhas  
of the three times,  
Swift and peaceful bluish-green goddess with one face  
and two hands,  
Mother holding an utpala flower; to you I prostrate.

**Outer Offerings**

OM SARWA TATHAGATA ARGHAM PRATITZA SÖHA  
OM SARWA TATHAGATA PADÄM PRATITZA SÖHA  
OM SARWA TATHAGATA PÜPE PRATITZA SÖHA  
OM SARWA TATHAGATA DHUPE PRATITZA SÖHA  
OM SARWA TATHAGATA ALOKE PRATITZA SÖHA  
OM SARWA TATHAGATA GÄNDHE PRATITZA SÖHA  
OM SARWA TATHAGATA NEWIDE PRATITZA SÖHA  
OM SARWA TATHAGATA SHAPTA PRATITZA SÖHA

**Dedication**

By this virtue may I  
Become Arya Mother Tara  
And lead every living being without exception  
To that state.

From now until the essence of enlightenment  
May I be cared for the Bhagawati Venerable Tara,  
Complete the grounds and paths without obstructions,  
And quickly attain the state of the union of the four bodies.  
Through the blessings of the Conquerors together with their  
Marvelous children and the infallible truth  
of dependent-arising  
And through the power and force  
of my pure superior intention  
May I accomplish all of these pure prayers.

**Colophon**

*his text was translated as an offering for those attending the  
empowerment given in Seattle by Geshe Konchog Tenzin on June  
20th 2011 as part of the Ganden Sharitse Monks' visit.*

**Mantra Recitation**

Upon a moon mandala at my heart is a TAM surrounded by the mantra.

*Visualize this and recite the mantra.*

OM TARE TUTTARE TURE SÖHA


**Concluding the Session**

*Recite the hundred-syllable mantra:*

OM PEMA SATTÖ SAMAYA MANU PALAYA PEMA  
SATTÖ TENO PATTITA DRIDHO ME BHAWA SUTO  
KAYO ME BHAWA SUPO KAYO ME BHAWA ANU  
RAKTO ME BHAWA SARWA SIDDHI ME PRAYATSA  
SARWA KARMA SUTSA ME SI TAM SHRIYA KURU HUM  
HA HA HA HA HOH BHAGAWAN SARWA TATHAGATA  
PEMA MA ME MUN TSA PEMA BHAWA MAHA SAMAYA  
SATTÖ AH HUM PHAT

**Outer Offerings**

OM ARYA TARA SAPARIWARA ARGHAM, PADÄM,  
PUPE, DHUPE, ALOKE, GÄNDHE, NEWIDE, SHAPTA  
PRATITZA HUM SÖHA

**Praise**

Gods and demi-gods respectfully bow with  
Their crowns to your sacred lotus feet.  
I prostrate to you, Mother Tara  
Goddess liberating all from their misery.

**Bodhisattva Vows**

I go for refuge to the Three Jewels,  
And confess each of my negative actions,  
I rejoice in the virtues of migrating beings,  
And hold with my mind a Buddha's enlightenment.

**The Four Immeasurables**

May all living beings have happiness  
and the cause of happiness,  
May all living beings be free of suffering  
and the cause of suffering,  
May all living beings never be separated from bliss  
without suffering,  
May all living beings abide in equanimity  
free from hatred and attachment.

The field of merit returns to its natural abode.

**Self-Generation**

OM SÖBHAWA SHUDDHA SARWA DHARMA SÖBHAWA  
SHUDDHO HAM

Everything becomes emptiness.

From the state of emptiness emerges a PAM from which arises a lotus and an AH which transforms into a moon mandala upon which is my own mind as a green syllable TAM from which light rays radiate, present offerings to Arya beings, accomplish the welfare of living beings, is reabsorbed, completely transforms, and I emerge as the Venerable Mother of the Rosewood Forest. I have a green colored body the color of pure emerald, luminous like crystal, and radiating rays of light. I have one face, two arms, and have the countenance of a sixteen year old in the bloom of youth. My right hand is in the mudra of supreme giving and my left holds the stem of an utpala flower between my thumb and ring finger at the level of my heart which blossoms at the left of my ear. Half of



my hair is tied up on the crown of my head as a topknot and half is hanging freely. I am adorned with various jeweled ornaments as well as various silk garments that cover the upper and lower parts of my body. I sit with my right leg slightly outstretched and my left bent as I sit amidst a mandala of light. At my crown is a white OM, at my throat is a red AH, and at my heart is a blue HUM which is marked by a green syllable TAM.

**Invoking the Wisdom Beings**

Light rays radiate from the seed syllable at my heart and invoke the wisdom beings together with the empowering deities who are similar to the visualized deity.

DZA, HUM, BAM, HO

We become nondual.

The empowering deities bestow the empowerment whereby Amitabha becomes my crown ornament.

**Blessing the Offerings to the Self-Generation**

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT  
OM SÖBHAWA SHUDDHA SARWA DHARMA SÖBHAWA  
SHUDDHO HAM

Everything becomes emptiness.

From the state of emptiness, from OM come vast and extensive jeweled vessels inside which are OMs which melt into light and transform into offering substances, water for drinking, water for the feet, flowers, incense, lights, perfume, food, and music which are radiant, unobstructed, and equal the extent of space.

OM ARGHAM AH HUM  
OM PADÄM AH HUM  
OM PUPPE AH HUM  
OM DHUPE AH HUM  
OM ALOKE AH HUM

OM GÄNDHE AH HUM  
OM NEWIDE AH HUM  
OM SHAPTA AH HUM

**Presenting Outer Offerings to the Self-Generation**

OM ARYA TARA SAPARIWARA ARGHAM  
PRATTZA HUM SÖHA

OM ARYA TARA SAPARIWARA PADÄM  
PRATTZA HUM SÖHA

OM ARYA TARA SAPARIWARA PUPPE  
PRATTZA HUM SÖHA

OM ARYA TARA SAPARIWARA DHUPE  
PRATTZA HUM SÖHA

OM ARYA TARA SAPARIWARA ALOKE  
PRATTZA HUM SÖHA

OM ARYA TARA SAPARIWARA GÄNDHE  
PRATTZA HUM SÖHA

OM ARYA TARA SAPARIWARA NEWIDE  
PRATTZA HUM SÖHA

OM ARYA TARA SAPARIWARA SHAPTA  
PRATTZA HUM SÖHA

**Praise**

Deity whom I have accomplished in previous lives,  
Who embody the enlightened actions of all the Buddhas  
of the three times,  
Swift and peaceful bluish-green goddess with one face  
and two hands,  
Mother holding an utpala flower; to you I prostrate.