

OM TARE TUTARE TURE SO HA

ཨོཾ་ཏཱ་རེ་ཏུ་ཏུ་རེ་ཏུ་རེ་སྐྱ་ཏུ་

at least 108 times or as much as is possible. At the end, one makes the request:

Please bestow all the common and supreme siddhis (powers) to all sentient beings and to myself.

From one's heart, light is extended and reflects from the moon seat upon which one sits. This causes the seat to absorb into oneself. Then one concludes by sharing merits by reciting thus:

GYAY NAM DRU CHING SOL WA TAB PAY TU
DA SOK KANG DU NAY BAY SA CHOK SU
NAY DUN OO PONG TAP TSO SHI WA TANG
CHO TANG TRA SHI PEL WA ZA DU SOL

Through our praises and supplicating to you
May sickness, poverty and warfare
Subside wherever we may be and
May Dharma and good omens increase.



*Compiled and translated from traditional sources by
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The Short Sadhana of the Green Tara
from the System of Atisha

First, one takes Refuge: (repeat 3 times)

SANG GYAY CHO TANG TSO KI CHO NAM LA
CHANG CHUB BARDU DA NI GYEP SU CHI
DA KI CHIN SOK GYI BA DI TA KI
DRO LA PEN CHIR SANG GYAY DRU BAR SHO

In the Buddha, Dharma and Sangha, supreme among all grouping, until enlightenment, I take Refuge.

By my giving, etc., all those good deeds, may I attain Buddhahood in order to help all sentient beings

Then one develops the Four Boundless Minds: (repeat 3 times)

SEM CHEN TAM CHEH DEWA TANG
DEWEH GUY TANG DEN BAR GYUR CHICK
SEM CHEN TAM CHEH DUNGEH TANG
DUNGEH KI GYU TAN DRALWAR GYUR CHICK
SEM CHEN TAM CHEH DUNGEH MEBEH
DEWEH TANG ME DRALWAR GYUR CHICK
SEM CHEN TAM CHEH NYEH RING CHA DANG
TANG DRALWEH DANG NYOM LA NEH BAR GYUR CHICK

May all sentient beings possess happiness and the seed of happiness.
May all sentient beings be separated from suffering and the seed of suffering.
May all sentient beings not be separated from the happiness that has no suffering.
May all sentient beings stay in the equanimity which is separated from attachment and hatred for near and far.

One then should say:

OM SUM BA WA SHU DA SAR WA DHAR MA SUM BA WA SHU DO
HANG

From the emptiness appears the letter PAM which transforms into a lotus seat. On the top of this appears the letter AH which transforms into a moon seat on which your mind appears in the form of the green letter TAM, From this green letter TAM, rays of light are manifested which make offerings to all the Aryas for the benefit of all sentient beings. The light then reabsorbs into oneself and one becomes the Tara of the Forest of Seng Teng Wood. The color of her body is green and she has one face and two hands. Her right hand, which rests on her right knee, is in the giving mudra. In it she holds the Vessel of Life. Her left hand is at her heart with the ring finger and thumb pressed together holding the stem of the blue Upala



Flower, which blossoms at her left ear. She is peaceful and smiling and she is fully matured. She is adorned by all precious ornaments and garments. Her right foot is slightly extended and the left leg is tucked in. Her back rests against a wall of moon. On her forehead is the letter OM. At her throat is the letter AH. At her heart is the letter HUM. From the HUM light rays are extended and invoke all the Tatagatas of the ten directions in the form of Green Taras. With the recitation,

OM BENZAR SA MA YA / ZA HUM BAM HO

all these deities absorb into oneself. Again from the seed syllable at her heart, light rays are extended and invoke the five initiating Dhyani Buddhas. Then one recites,

OM BENZAR SA MA YA

and makes the request:

Please, all Tatagatas, bestow on me all empowerments.

Then the Tatagatas say:

OM SARWA TATAGATA ABHI SHIKA SAMAYA SHIRIYA HUM

Having thus said, they pour water from a vessel on top of your head. The water goes through your body purifying your bodily defilements. It fills up your body to the top of your head. Then on top of your head appears the Nirmanakaya form of Amitabha. You then say:

OM ARYA TARA SA PA RI WA RA ARGHAM PAR TI ZA SO HA OM ARYA
TARA SA PA RI WA RA PADAM PAR TI ZA SO HA OM ARYA TARA SA
PA RI WA RA PUBEI PAR TI ZA SO HA OM ARYA TARA SA PA RI WA RA
DUBEI PAR TI ZA SO HA OM ARYA TARA SA PA RI WA RA ALOKE PAR
TI ZA SO HA OM ARYA TARA SA PA RI WA RA GANDE PAR TI ZA SO HA
OM ARYA TARA SA PA RI WA RA NEVIDIYA PAR TI ZA SO HA OM ARYA
TARA SA PA RI WA RA SHAPDA PAR TI ZA SO HA

In one's heart, on the moon seat, there is a green letter TAM surrounded by the syllables:

OM TA RE TU TA RE TU RE SO HA.

From these syllables rays of light are extended and make offerings to the Buddhas and Bodhisattvas and which become useful for the benefit of all sentient beings. All the powers, blessings and compassion of all the Buddhas and Bodhisattvas manifest in the form of rays of light which absorb into the rosary of seed syllables. Then one recites the mantra,