

Absorption

Then the image of Tara dissolves into light and the light dissolves into you. Because the light energy dissolves into you, fear and delusion are purified and you receive the full blessings of the mantra. You and Tara become inseparable:

Your body becomes Tara's body.

Your speech becomes Tara's speech.

Your mind becomes Tara's mind.

Dedication

By this virtuous action may I quickly attain the state of Tara
and
place all beings without exception in that pure world.

*GE WA DI YI NYUR DU DAG
PAK MA DROLMA DRUB GYUR NAY
DRO WA CHIG KYANG MA LU PA
DE YI SA LA GO PAR SHOG*



Green Tara Meditation

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In the past, as well as today, many people have fulfilled their worldly needs and reached Nirvana and Enlightenment through the practice of Mother Tara. The practice of Tara is powerful to help us overcome our fears, reduce stress, achieve a better future, heal physical and mental illness, as well as improve our relationships with ourselves and others. If anyone completes just one Tara mantra meditation with positive intention, it is very beneficial. Taking Tara into our daily practice is extremely beneficial and helps us overcome mental, physical, and spiritual obstacles. Those who are willing to take Green Tara as their personal deity (yiddam) receive tremendous benefits.

In India, where Buddhist practice originated, we see the image of Tara frequently depicted, which shows that this is one of the main practices since the beginning of Buddhism. This is an ancient practice that has been transmitted with unbroken lineage for over 2500 years. In Tibet, the four major schools of Buddhism (Nyingma, Kagyu, Sakya, and Gelug) each have some unique practices, but Green Tara is common to all four of the schools and is the main practice of many highly realized people.

All the Buddhas of the past, present, and future possess wisdom, compassion, and action; they are all enlightened and possess all abilities. However, each Buddha has been granted unique qualities that stand out among others, based upon their specific motivation prior to becoming enlightened. Mother Tara is associated with the qualities of action and protection (as a mother who is willing to give her life to protect her children), kindness and caring, and a strong connection to the earth. It is said that those who meditate on Tara receive these qualities more quickly than through meditation on male Buddhas.

Seven-limb Prayer

Reverently I prostrate with my body, speech, and mind to
Green Tara,
And present clouds of every type of offering, actual and
mentally transformed.
I confess all my negative actions accumulated since
beginningless time,
And rejoice in the virtues of all holy and ordinary beings.
Please remain until cyclic existence ends,
And turn the wheel of Dharma for sentient beings.
I dedicate all the virtues of myself and others to the great
enlightenment.

Mantra

OM TARE TUTTARE TURE SOHA



Meaning of the Mantra

OM – Tara’s enlightened body, speech and mind
TARE – Liberation from true suffering, the suffering of
samsara
TUTTARE – Liberation from fear and delusion
TURE – Tara is willing to provide all that is required to
become free from suffering
SOHA – may the meaning of the mantra take root in my mind

Imagine you are receiving all the blessings and gifts from Tara and that you are cleansing all the negative thoughts and karma that you have accumulated in this lifetime and across all previous lifetimes. After the mantras circle for a while within the lotus of your heart, visualize the mantras exiting from your heart, and floating back to Tara's heart. This creates a continuous loop of mantras between Tara's heart, to her mouth, to your mouth, to your heart, and back to Tara, and so on.

Homage



In the most perfect place, the Potala,
Born of the green letter TAM,
Drolma emanates on the light rays of TAM
Drolma and entourage, please grant your presence.
The gods and demigods bow their crowns at your lotus feet.
The one who liberates all the destitute,
I bow to you, Drolma, the Mother.

*POTALA YIN E CHOK NE
TAM YIK JANG KU LE TRUNG SHING
TAM YIK O KYI DROLMA TRUL
DROLMA KOR CHE SHE SU SOL
LHA DANG LHA MIN CHO PEN GYI
SHAP KYI PE MA LA TU CHING
PONG PA KUN LE DROL DZE MA
DROLMA YUM LA CHAK TSAL LO*

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Prayer of Refuge and Bodhicitta

I take refuge until I am enlightened
In the buddhas, the dharma, and the sangha.
Through the merit I create by practicing giving and the other
perfections,
May I attain buddhahood for the sake of all sentient beings.

*SANG GYAY CHO DANG TSOG KYI CHOG NAM LA
JANG CHUB BAR DU DAG NI KYAB SU CHI
DAG GI JIN SOG GYI PAY SO NAM GYI
DRO LA PEN CHIR SANG GYAY DRUB BAR SHOG*

Four Immeasurables

May all sentient beings have happiness and the causes of
happiness;
May all sentient beings be free from suffering and the
causes of suffering;
May all sentient beings never be separated from the
happiness that knows no suffering;
May all sentient beings live in equanimity, free from
attachment and aversion.

*SEM CHEN TAM CHAY DE WA DANG
DE WAY GYU DANG DEN PAR GYUR CHIG
SEM CHEN TAM CHAY DUG NGEL DANG
DUG NGEL KYI GYU DANG DEL WAR GYUR CHIG
SEM CHEN TAM CHAY DUG NGEL ME PAY
DE WA DANG MI DREL WAR GYUR CHIG
SEM CHEN TAM CHAY NYE RING CHAG DANG
NYI DANG DREL WAY DANG NYOM LA NAY PAR GYUR
CHIG*

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Tara Visualization and Motivation

Visualization is a common practice in Buddhism, especially in Vajrayana Buddhism. Visualizing an image can be used at any level of spiritual practice, for Buddhists (with Hinayana, Mahayana or Vajrayana motivations) and non-Buddhists alike. In Buddhism, especially Mahayana Buddhism, the image is visualized based on a foundation of loving-kindness and compassion to all living beings. Sometimes it is difficult to expand your thoughts to all living beings, but it is beneficial if you can.

To generate Bodhicitta, the prayer of refuge and the four immeasurable thoughts help generate strong positive motivation. Once that feeling has been generated, it is beneficial to include a short practice on sunyata (emptiness). Generate a sense of emptiness and all ordinary (mundane) thoughts and appearances dissolve.

There arises an awareness of interdependence and interconnectedness, as well as an awareness that nothing exists in the way we perceive it. Remain in that level of consciousness (state) as long as possible. Then from that state, there will arise a beautiful red open lotus, with beautiful petals. The petals are fresh and covered with dew. On that lotus, standing on a moon disc is the green letter TAM. Green symbolizes air, action, and protection. TAM is the seed syllable of Tara, it represents her essence. The syllable TAM and the lotus should be visualized holding the image in your mind with the same size and colours each day (which strengthens your concentration). It can be any shade of green, but should remain the same for each meditation.

If it is difficult to hold the detail of Tara, look upon the image of Tara on the cover of this booklet, or any image you find attractive. Begin with the general outline, drawing the outline of the image of Tara, and then begin to fill in the image. The brush is the wisdom and the ink is compassion. There is always the combination of wisdom and compassion, as well as inner peace and bliss during the meditation (this is the goal to constantly keep in mind).

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Start with a little detail and then add increasing details as your concentration becomes stronger and stronger. Slowly we begin to feel that this image is increasingly life-like, transforming from an image or painting into a real-living human! In Tara's third-eye, throat and heart, there are the three letters

OM – white



AH – red



HUNG – blue



The blue letter Hung is in Tara's heart, and her heart is fully open and the syllable HUNG is standing in the center of the heart, which is in the form of a lotus. The lotus has ten petals and on each petal are the syllables of Tara's mantra, *OM TARE TUTTARE TURE SOHA*. The green letter TAM is standing in the middle of the lotus beside the letter HUNG. In your third eye is *OM*, in your throat is *AH*, and in your heart is *HUNG*. Imagine your own heart being completely open, also transformed into a ten petalled lotus, with the letters HUNG and TAM in the centre, with *OM TARE TUTTARE TURE SO HA* on the ten petals. It is important that as you visualize each syllable you think about the meaning of the syllable.

Then begin to visualize the lotus rotating, clockwise, and, as the flower rotates, mantras are emitted from the lotus petals. The mantras that rise are luminous, like a rainbow. As one mantra is emitted, another forms behind it in a continuous spiral of mantras. The mantras float in a spiral from her heart, up through her chest to her mouth, and spiral across to your mouth. The mantras then enter your mouth and spiral down into your chest to circle clockwise in your heart, where there is also a lotus with ten petals. The mantras circle in your chest radiating all of the blessings from Tara, purifying your body, speech, and mind.

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