

Green Tara (Dolma) of the Forest - Khadiranyatara Sadhana

Do not perform this meditation or show it to others without this tantric initiation.

Recite only the portions in bold. Arise the precious mind to be free and feel the enthusiastic energy. You can do it!

With discrimination, I go for refuge, seeking freedom. I offer all that I was, am and will be for the precious state of enlightenment. For that reason I shall now practice the sadhana of Green Tara.

Prostration with Refuge & Bodhichitta Vows

First I take refuge by imagining before me a great wish-fulfilling tree within a pure realm. Upon the tree is a lotus and moon disk, on which sits my root guru in the form of the perfectly enlightened one, Amitabha, surrounded by Buddhas and Bodhisattvas. (Alternately, visualize the refuge field as a mass of white light and a knowing that the refuge objects are present). Together with all living beings, who are around me in human form, acting as the leader, I take heartfelt refuge.

(Create the powerful enlightenment motivation while reciting the following prayer.)

I take refuge until I am enlightened in the Buddha, Dharma, and Sangha. By the merit I create by practicing generosity and the other perfections, may I attain Buddhahood for the sake of all sentient beings (3x)

(Dissolve the refuge field into white light, which enters through the top of your head to your heart, thereby receiving the blessings.)

Four Great Wishes

(Recite with an inner motivation and wish for the arising of loving-kindness, compassion, joy and equanimity in your mind)

May all sentient beings experience happiness and the cause of happiness.

May they all be free from suffering and the inner and outer causes of suffering.

May they never be separated from the bliss that is sorrowless.

May they abide in equanimity free from attachment and aversion.

Seven Limb Prayer

**Reverently I prostrate with my body, speech and mind,
and present clouds of every type of offering, both 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.

Suchness mantra

(Place your mind into the unencumbered state of your innermost being.)

All things by nature are utterly pure, and so too am I by nature utterly pure.

OM SVABHAVA SHUDDHO SARVA DHARMA, SVABHAVA SHUDDHO HUM

Visualization

(With joy and faith one begins to visualize.) Out of the state of emptiness appears the syllable PAM, from which arises a white lotus. Within this appears an AH, from which arises a white moon disk. On top of this is my own mind in the form of a green TAM, clear and shining. From this TAM and from a sudden transformation of the syllable, I arise as wish-fulfilling Tara whose body is flawless, translucent, and green like an emerald. On lotus and moon cushion, with one face and two arms, peaceful and smiling, my eyes are long and round, my long hair is half bound up and half falls loosely downward. Youthful and radiant, with my body fully developed, my right hand is in the gesture of giving, while the third finger and thumb of my left hand are at my heart in the mudra of showing the three jewels and holding a white utpala lotus stem which blossoms at my left shoulder. I am beautifully dressed in silks and precious adornments with a full moon as a backrest. I sit with my feet in the Chittavira position with my right foot resting upon a small lotus.



Within my heart resting upon a moon disk is a green syllable TAM. Rays of light issue forth from this to invoke the transcendental knowledge aspect of the deity in the form of the guru

OM VAJRA SAMAJA - *With the vajra invoking mudra (wrists crossed right over left, snap ring fingers gently). This now transforms to appear before me in the form of Guru Tara. I visualize that many offering goddesses issue forth from my heart to make offering to Guru Tara, and recite the mantras with mudras if I know them.*

Om Arya Tara Sagarivara Argham Praticchaya Soha	<i>drinking water</i>
Om Arya Tara Sagarivara Padhye Praticchaya Soha	<i>washing for the feet</i>
Om Arya Tara Sagarivara Pupe Praticchaya Soha	<i>flowers</i>
Om Arya Tara Sagarivara Dhupe Praticchaya Soha	<i>incense</i>
Om Arya Tara Sagarivara Aloke Praticchaya Soha	<i>lamp</i>
Om Arya Tara Sagarivara Gandhe Praticchaya Soha	<i>perfumed water</i>
Om Arya Tara Sagarivara Nawidhye Praticchaya Soha	<i>food</i>
Om Arya Tara Sagarivara Shabdha Praticchaya Soha	<i>music</i>

While reciting the following mantra with mudra, I visualize that the transcendental knowledge aspect of Guru Tara is absorbed into myself whereby I become not different from Tara herself.

TZA HUM BAM HO, The wisdom beings become inseparable with the commitment being.

At the forehead is white OM, at the throat red AH, at the heart green TAM marked by blue HUM. Light radiates from the heart center inviting the wisdom beings and the five Buddhas of consecration: Akshobya, Amitabha, Vairochana, Ratnasambhava, and Amogasiddhi.



OM VAJRA SAMAJA with mudra
They confer blessing. Amitabha Buddha adorns my crown.

From the syllable TAM masses of white light go out in the ten directions, making offerings to the Buddhas and Bodhisattvas and accomplishing the benefit of living beings. Again light issues forth from the TAM in my heart, which rests upon a moon disk surrounded by the ten syllables of the mantra. The light returns, bringing the inexhaustible vitality and wisdom, compassion and powerful blessings of body, speech and mind from guru, which are absorbed into the syllable TAM and the mantra rosary in my heart.

I am within the ocean of compassion and wisdom.

The mantra is the essence wisdom of all of the Buddhas in the form of Guru Tara. Maintaining this visualization, recite the mantra of Tara as many times as possible. After concentrated recitation, continue to recite with relaxation and enjoyment.

OM TARE TU TARE TURE SOHA (21x, 108x or more)

The crowns of gods and demigods are bowed to her two lotus feet. I prostrate to the mother Tara, the savior from all poverty. O Blessed One, please bestow the ordinary and extraordinary accomplishments on all living beings and myself.

OM VAJRASATTVA HUM (21x) *Recite in order to purify any errors which might have been made*

Together with the lotus and moon disk, the body now dissolves from the head down and feet up, into light which is absorbed into the mantra rosary around the TAM in the heart. The moon disk is absorbed into the mantra rosary, and the mantra rosary into the TAM. TAM then dissolves from the bottom upwards until finally the nada at the top disappears into emptiness. (Remain in the state beyond thought for some time. Then I reappear in the form of Tara and remain in this form throughout my daily activities.)

Dedication

By this virtue may I quickly attain the enlightened state of noble Tara and secure every being without exception in that state.