

THE YOGA OF ARYA TARA

A

Nine Purification Breathings

OM E HO SHUDDHE SHUDDHE
YAM HO SHUDDHE SHUDDHE
BAM HO SHUDDHE SHUDDHE
RAM HO SHUDDHE SHUDDHE
LAM HO SHUDDHE SHUDDHE
E YAM BAM RAM LAM
SHUDDHE SHODHANAYE SVĀHĀ

A

NAMO GURUBHYA
NAMO DEVABHYA
NAMO DAKINIBHYA

According to the system of Lower Tantras or to the method related to Guruyoga, the essence of the profound paths, in the space in front of us we imagine the presence of Guru Arya Tara as the essence that unifies all the objects of refuge:

OM GURU ARYATĀRA
SAPĀRIVARA VAJRA SAMAYA JĀ
PADMA KĀMALAYE STAM

With this mantra, together with the mudra, we invite Guru Arya Tara and ask her to remain. Then we recite the invocation:

OM JÉZUNMA PÀGMA DRÓLMA
KYEDLA DÙDDO ZEVAŠ GYON̂

We repeat the invocation two, three, or seven times since this is the quantity prescribed in the *Twenty-One Praises to Tara*. If we like, we can add the invocations:

OM LAMA GUNDÛS PÀGMA DRÓLMA
KYEDLA DÙDDO ZEVAŠ GYON̂
OM YIDĀM GUNDÛS PÀGMA DRÓLMA
KYEDLA DÙDDO ZEVAŠ GYON̂
OM KĀDRÒ GUNDÛS PÀGMA DRÓLMA
KYEDLA DÙDDO ZEVAŠ GYON̂
OM QOSGYON̂ GUNDÛS PÀGMA DRÓLMA
KYEDLA DÙDDO ZEVAŠ GYON̂
OM NORLHA GUNDÛS PÀGMA DRÓLMA
KYEDLA DÙDDO ZEVAŠ GYON̂
OM GYABNÁS GUNDÛS PÀGMA DRÓLMA
KYEDLA DÙDDO ZEVAŠ GYON̂

At the end we properly activate Tara's wisdom with the mantra:

OM TĀRE TUTTĀRE TURE SVĀHĀ

We recite the mantra many times, for instance forty-two, sixty-three, or one hundred and forty-seven times. Then we recite the invocation:

JÉZUN PÀGMA DRÓLMA KYED KYÈNNO
JĪG DĀÑ DÚGŊĀL GUNLAS GYABDU SÒL

We repeat the invocation two, three, or seven times, according to our possibilities. At the end we recite the essential mantra to activate the wisdom of Arya Tara:

TĀRE

We chant the essential mantra many times, for instance two hundred, three hundred, or seven hundred times, according to our possibilities, to properly activate her wisdom.

Then, in order to practice the Yoga of Arya Tara according to the Anuyoga system from a *terma* discovered by Adzom Drugpa Rinpoche, we communicate by sounding the essential seed-syllable:

TĀM

In the same moment that Guru Arya Tara dissolves into light and is absorbed into us, we instantly manifest as Green Arya Tara. Upon a moon disk at our heart is the seed syllable TĀM, green, possessing its own sound. While visualizing that five-colored lights expand from it and then reabsorb into the TĀM, we chant the quintessential mantra as many times as possible:

OM TĀRE TĀM SVĀHĀ

If we like, still concentrating on the five-colored lights that expand and then reabsorb, we can also chant this mantra as many times as possible:

OM TĀRE TUTTĀRE TURE SVĀHĀ

and also the essential mantra of White Arya Tara:

OM TĀRE TUTTĀRE TURE MAMA AYUR PUNYE JÑĀNA
PUṢṬĪM KURU SVĀHĀ

After having completed the session, we dedicate merits and make aspirational prayers as usual, if we like elaborating with this invocation:

QĪMED CEYI BALLA LOŊJYOD JĪŊ
Enjoying the glory of immortal life,
RIGBAI LÓ DĀÑ NĀMJYOD XESRAB DĀÑ
May intelligence, discriminating wisdom,
SĪD DAŊ XĪVAI BALJYÒR GĀŊ LAGBA
And whatever riches exist in samsara and nirvana
DĒ GUN LHUNGYIS DRŪBBAI DRAXIS XOG
Be spontaneously obtained. May all be auspicious!

SONG OF THE VAJRA

EMAKIRIKĪRĪ
MASUTAVALIVĀLĪ
SAMITASURUSŪRŪ
KUTALIMASUMĀSŪ
EKARASULIBHAṬAYE
CIKIRABHULIBHAṬHAYE
SAMUNTACARYASUGHAYE
BHETASANABHYAKULAYE
SAKARI DHUKANA MATARI VAITANA
PARALI HISANA MAKHARTA KHELANAM
SAMBHARATHAMEKHACANTAPA
SŪRYABHATARAIPASHANAPA
RANABIDHISAGHURALAPA
MASMINSAGHULĪTAYAPA
GHURAGHŪRĀSAGHAKHARṆALAM
NARANĀRĀITHAPAṬALAM
SIRṆASĪRṆĀBHESARASPALAM
BHUNDHABHŪNDHĀCISHASAKELAM
SASĀ RIRĪ LILĪ Ī MIMĪ
RA RA RĀ

DEDICATION OF MERIT

OM DHARE DHARE BHANDHARE SVĀHĀ
JAYA JAYA SIDDHI SIDDHI PHALA PHALA
HĀ A HA SHA SA MA
MAMAKOLIṆ SAMANTA