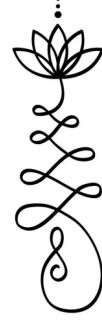
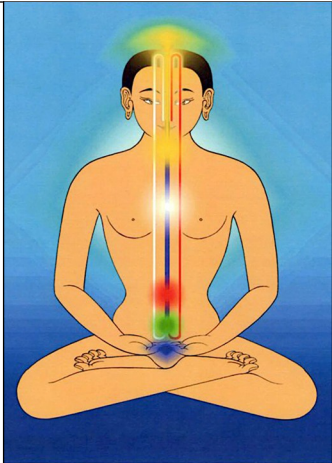






# Āryatārā Atiyoga




आर्यतारा अतियोग



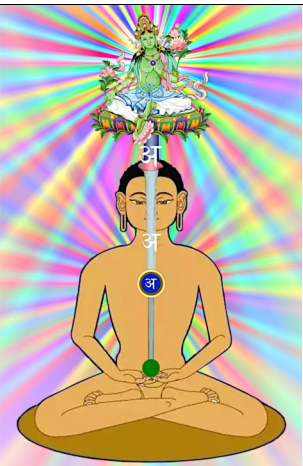

<p><b>Mālā [Prayer Beads]</b> <i>(recite the prayer, then blow and rub the mālā gently)</i> ॐ रुचिरा मणि प्रवर्तमानये स्वाहा॥ om rucirā maṇi pravartamānaye svāhā॥ [3x]</p> <p><b>Japa [Prayer]</b> ॐ सांभारा सांभारा विमानसारा महाजप हूं । ॐ स्मरा स्मरा विमानस्कारा महाजप हूं॥ om sambhara sambhara vimānasara mahājapa hūṃ । om smara smara vimānaskara mahājapa hūṃ॥ [3x]</p> <p><b>Dharma [Virtue]</b> ॐ धुरु धुरु जयामुखे स्वाहा॥ om dhuru dhuru jayaṃukḥe svāhā॥ [3x]</p> <p><b>Namaskāra [Prostration]</b> ॐ: नमो मंजुश्रिये । नमो सुश्रिये । नमो उत्तमश्रिये स्वाहा:॥ om namo mañjuśrīye । namo suśrīye । namo uttamaśrīye svāhā॥ [3x]</p>	 <p>Prāṇāyāma</p>	<p><b>Prāṇāyāma [Breathing]</b></p> <ul style="list-style-type: none"> <li>• 3 rounds of inhaling luminous green air from the left nostril down through the <i>idā (prajñā) nāḍī</i> to the <i>svādhiṣṭhāna</i>, hold our breath there for 3 to 5 seconds while tightening and pulling up the anal sphincter, exhaling black smoke through the right nostril while releasing the anal sphincter, green air rises and purifies the <i>piṅgala (upāya) nāḍī</i>.</li> <li>• 3 rounds of inhaling luminous green air from the right nostril down through the <i>piṅgala (upāya) nāḍī</i> to the <i>svādhiṣṭhāna</i>, hold our breath there for 3 to 5 seconds while tightening and pulling up the anal sphincter, exhaling black smoke through the left nostril while releasing the anal sphincter, green air rises and purifies the <i>idā (prajñā) nāḍī</i>.</li> <li>• 3 rounds of inhaling luminous green air from both nostrils down through the <i>idā-piṅgala nāḍīs</i> to the <i>svādhiṣṭhāna</i>, hold our breath there for 3 to 5 seconds while tightening and pulling up the anal sphincter, exhaling through both nostrils while releasing the anal sphincter, green air rises and purifies the <i>suṣumṇā (śūnyatā) nāḍī</i>, black smoke comes out through the <i>sahasrāra</i> and dissolves in space.</li> </ul>
Mangala	Prāṇāyāma	Viśuddhi
		3



<p><b>Trimūla Śaraṇa [Three Roots Refuge]</b> नमो गुरुभ्यः । नमो देवभ्यः । नमो डाकिनीभ्यः॥ namo gurubhyaḥ । namo devābhyaḥ । namo ḍākinībhyaḥ॥</p>  <p>Mahā Cakra Vajra</p>	<p><b>Trimūla Śaraṇa [Three Roots Refuge]</b> नमो गुरुभ्यः । नमो देवभ्यः । नमो डाकिनीभ्यः॥ namo gurubhyaḥ । namo devābhyaḥ । namo ḍākinībhyaḥ॥</p>	<p><b>Śūraṅgama [Indestructible]</b> ॐ अनले अनले विशदे विशदे वीरवज्रधरे बंध बंधनी वज्रपाणी फट् । हूं फट् स्वाहा॥ om anale anale viśade viśade vīra vajradhare bandha bandhani vajrapāṇī phaṭ । hūṃ trūṃ phaṭ svāhā॥</p> <p><b>Mahā Cakra Vajra [Great Truth Wheel]</b> ॐ विराजि विराजि महाचक्रवज्रि । सत सत सरते सरते त्रयी त्रयी विधमणि संभञ्जनी । त्रमति सिद्धप्रयत्न स्वाहा॥ om virāji virāji mahā-cakra-vajri । sata sata sarate sarate trayī trayī vidhamani saṃbhañjani । tramati siddhā gryatvaṃ svāhā॥</p>	 <p>Amoghapāśa</p>
Trimūla Śaraṇa			Mettā-Bhāvanā
			5



Mettā-Bhāvanā	 <p>Sapta Atītabuddha</p>	<p><b>Amoghapāśa Maṇi Pūja [Amoghapāśa Jewels Offering]</b>          ॐ अमोघ पूजा मणिपद्म वज्रे तथागत विलोकिते समन्त प्रसर हूँ । ॐ पद्म उष्णीष विमले हूँ फट् ॥          om amogha pūja maṇipadma vajre tathāgata vilokite samanta prasara hūṃ । om padma uṣṇīṣa vimale hūṃ phaṭ ॥ [3x]</p> <p><b>Sapta Atītabuddha Karasaniya [Seven Past Buddhas Offense Eradication]</b>          रिप रिपते कुह कुहते त्रणिते णिगलते विमरिते महागते जलंचते वाहा ॥          ripa ripate kuhā kuhāte traṇite ṇigalate vimarite mahāgate jaṃlaṃcaṃte svāhā ॥</p>	 <p>Āryatārā</p>	<p><b>Āhvāna [Invitation]</b>          ॐ गुरु आर्य तारा सपरिवार । आर्य तारा जः । पद्म कमलाय सत्त्वम् ॥          om guru ārya tārā saparivāra । ārya tārā jaḥ । padma kamalāya satvam ॥ [7x]</p>	 <p>Āryatārā Mudrā</p> <p>Āhvāna</p> <p>6</p>
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Viśuddhi	 <p>Śūnyatā</p>	<p><b>Śūnyatā [Primordial State]</b> (<i>bindu at our heart</i>)          अ ॥          a ॥</p> <p><b>Pañcabhūta [Five Elements]</b> (<i>bindu at our heart radiates out these infinite lights one by one:</i>          ए blue, य green, र red, व white, ल yellow)          ॐ एहो शुद्धेशुद्धे । यंहो शुद्धेशुद्धे । रंहो शुद्धेशुद्धे । बंहो शुद्धेशुद्धे । लंहो शुद्धेशुद्धे । ए यं रं वं लं शुद्धे शोधनये स्वाहा ॥          om e ho śuddhe śuddhe ।          yaṃ ho śuddhe śuddhe ।          raṃ ho śuddhe śuddhe ।          vaṃ ho śuddhe śuddhe ।          laṃ ho śuddhe śuddhe ।          e yaṃ raṃ vaṃ laṃ śuddhe śodhanaye svāhā ॥</p>	 <p>Pañcabhūta</p>	<p><b>Śūnyatā [Primordial State]</b> (<i>bindu at our heart radiates out infinite rainbow lights to all the dimensions of: ॐ dharmakāya, आः sambhogakāya, and हूँ nirmāṇakāya. In which there are all the manifestations of enlightened beings. We communicate with them, manifest infinite offerings to them, and accumulate merits through these lights. We will receive their light, wisdom, and empowerment</i>)          अ ॥          a ॥</p>	 <p>Śūnyatā</p> <p>4</p>
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<p>Āryatārā</p>	 <p>Hṛdaya</p>	<p><b>Āryatārā Hṛdaya Japa [Noble Tārā Primary Recitation]</b> <i>(receive their light, wisdom, and empowerment, which dissolves into Noble Tārā above our sahasrāra)</i>          ॐ तारे तुत्तारे तुरे सोहा॥          om tāre tuttāre ture svāhā    [108x]</p> <p><b>Āryatārā Aṣṭaghora Tāraṇī Sūtra [Eight Dangers Protection From Noble Tārā]</b>          ॐ तारे तुत्तारे तुरे सर्वदुष्टान् प्रदुष्टान् । मम कृते जंभय स्तंभय मोहय बन्धया विध्वंसय ।          फट् फट् फट् सोहा । सर्वदुष्टास्तम्भनी तारे सोहा॥          om tāre tuttāre ture sarvaduṣṭān          praduṣṭān । mama kṛte jambhaya          stambhaya mohaya bandhaya          vidhvamśaya । hūṃ hūṃ hūṃ phaṭ phaṭ          phaṭ svāhā । sarvaduṣṭastambhani tāre          svāhā    [3x]</p>	<p><b>Āryatārā Āghoṣa [Invocation]</b> <i>(communicating and invoking Noble Tārā directly)</i>          तारे॥          tāre   </p> <p><b>Āryatārā Ātma Utpatti [Self-Generation]</b> <i>(Noble Tārā above our head descends through our sahasrāra and sits inside the open lotus bindu at our heart, radiates infinite Noble Tārā's green lights and communicates with all enlightened beings to activate and receive their wisdom)</i>          तौ॥          tāṃ   </p>	 <p>Ātma Utpatti</p> <p>7</p>
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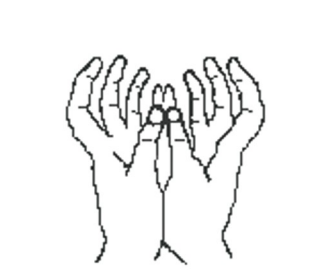
<p>Āryatārā</p>	 <p>Āryatārā Ātma Utpatti</p>	<p><b>Āryatārā Hṛdaya [Noble Tārā Primary]</b> <i>(bindu at our heart radiates infinite Noble Tārā's green lights and communicates with all enlightened beings to activate and receive their wisdom)</i>          ॐ तारे तुत्तारे तुरे सोहा॥          om tāre tuttāre ture svāhā    [21x]</p>	<p><b>Sitātārā Hṛdaya [White Tārā Primary]</b> <i>(bindu at our heart radiates infinite White Tārā's white lights and communicates with all enlightened beings to activate and receive their wisdom)</i>          ॐ तारे तुत्तारे तुरे मम आयुः-पुण्य-ज्ञान पुष्टिकुरु स्वहा॥          om tāre tuttāre ture mama āyuh-puṇya-          jñāna-puṣṭiṃ kuru svāhā    [21x]</p>	 <p>Sitātārā Ātma Utpatti</p> <p>9</p>
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<p>Sukhāvativyūha</p>	 <p>Amitābha</p>	<p><b>Sukhāvativyūha Dhāraṇī [Pure Land Rebirth Dhāraṇī]</b>          ॐ अमृते । अमृत उद्भवे । अमृत संभवे । अमृत गर्भे । अमृत सिद्धे । अमृत तेजे । अमृत विक्रान्ते ।          अमृत विक्रान्त गामिने । अमृत गगन कृतिकरे । अमृत दुन्दुभि स्वरे । सर्व अर्थ साधने । सर्व कर्म          क्लेश क्षयंकरे स्वाहा । ॐ अमिताभ ह्रीः॥          om amṛte । amṛta udbhave । amṛta          saṃbhave । amṛta garbhe । amṛta siddhe ।          amṛta teje । amṛta vikrānte । amṛta          vikrānta gāmine । amṛta gagana kṛtikare ।          amṛta duṃdubhi svare । sarva artha          sādhanē । sarva karma kleśa kṣayaṃkare          svāhā । om amitābha hrīḥ   </p>	<p><b>Ekādaśamukhalokeśvara [Eleven-Faced Avalokiteśvara]</b>          ॐ धर धर धीरे धीरे धुरु धुरु ईष्टे विष्टे । चले चले प्रचले प्रचले कुसुमे कुसुमवरे । इली मिल् विति ।          चित्ति ज्वालम् आपनाय । परम शुद्धसत्त्व महा कारुणिक स्वाहा॥          om dhara dhara dhīre dhīre dhuru dhuru          iṭṭe viṭṭe । cale cale । pracale pracale ।          kusume kusumavare । ili mili viṭi । citti          jvālaṃ āpanāya । parama śuddhasattva          mahā kāruṇika svāhā    [3x]</p>	 <p>Ekādaśamukhalokeśvara</p> <p>11</p>
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Mahāmaṇi Vipulavimāna	 <p>Avalokiteśvara</p>	<p><b>Mahāmaṇi Vipulavimāna [Great Jewel Celestial Palace]</b>          ॐ विपुलगर्भे मणिप्रभे तथागतनिदर्शने । मणि मणि सुप्रभे विमले सागर गंभीरे हूं हूं ज्वल ज्वल । बुद्धविलोकिते गुह्याधिष्ठित गर्भे स्वाहा । पद्मधर अमोघ जायते चुरुचुरु स्वाहा । ॐ मणिवज्रे हूं । ॐ मणिधरे हूं फट् । ॐ मणिपद्मे हूं ह्रीः अरपचमित हृदय स्वाहा । ॐ हनु पाश भार हृदय स्वाहा॥</p> <p>om vipulagarbhe maṇiprabhe tathāgatanidarśane । maṇi maṇi suprabhe vimale sāgara gambhīre hūṃ hūṃ jvāla jvāla । buddhāvilokite guhyādhiṣṭita garbhe svāhā । padmadhara amogha jayate curu curu svāhā । om maṇivajre hūṃ । om maṇidhare hūṃ phaṭ । om maṇipadme hūṃ hrīḥ arapacamita hṛdaya svāhā । om hanu pāśa bhāra hṛdaya svāhā॥ [3x]</p>	 <p>Mahāmaṇi Vipulavimāna Maṇḍala</p> <p>12</p>
Vajragītā	 <p>Samantabhadra</p>	<p><b>Vajragītā [Vajra Song]</b> <i>(remain within the all-pervasive expanse of the mind's nature)</i>          एम किरि किरि । मस्स्त वालि वालि । समित सुरु सुरु । कुटाली मसु मसु । एकर सुलि भतये । चकिर भुलि भतये । समुन्त चर्य सुघये । भेतसन भ्यकुलये । सकरि धुकन । मतरि वैतन । परलि हिसन । मखर्त केलनम् । सम्भर तमेक चन्तप । सुर्य भतरे पशनप । रनभिति सघुरलप । मस्मिन् सगुलितयप । घुर घुर सग खर्नलम् । नर नर इथर् पतलम् । सिर्न सिर्न भेस रस्पलम् । भुन्ध भुन्ध चिस्ह सकेलम् । ससह । रिरिह । लिलिह । इइह । मिमिह । रररह॥</p> <p>ema kiri kiri । mashta vāli vāli । samita suru suru । kutali masu masu । ekara suli bhatayé । cakira bhuli bhatayé । samunta carya sughayé । bhetasana bhyakulayé । sakari dhukana । matari vaitana । parali hisana । makharta kelanam । sambhara tameka cantapa । surya bhatare pashanapa । ranabhiti saghuralapa । masmin sagulitayapa । ghura ghura saga kharnalam । nara nara ithar patalam । sirna sirna bhesa raspalam । bhundha bhundha cisha sakelam । sasah । ririh । lilih । i ih । mimih । ra ra rah॥</p>	<p>10</p>
Pūjā	 <p>Maṇḍala Arpaṇa Mudrā</p>	<p><b>Trikāya [Body, Speech, Mind]</b> <i>(ॐ at our glabella, आः at our throat, हूं at our heart)</i>          ॐ आः हूं॥          om āḥ hūṃ॥ [3x]</p> <p><b>Maṇḍalapūjā [Mandala Offering]</b> <i>(maṇḍala arpaṇa mudrā with the sun behind our back and the moon in front of us. Offering self-generated and pure land to all enlightened beings)</i>          ॐ गुरु आर्य तारा सपरिवारणाम् इदं रत्नमण्डलकं निर्यातयामि॥          om guru ārya tāra saparivāraṇām idaṃ ratna maṇḍalakam niryātayāmi॥ [7x]</p> <p><b>Raktatārā Hṛdaya [Red Tārā Primary]</b> <i>(bindu at our heart radiates infinite Red Tārā's red lights and communicates with all enlightened beings to activate and receive their wisdom)</i>          ॐ तारे तौ सोहा॥          om tāre tāṃ svāhā॥ [21x]</p> <p>Maṇḍala Arpaṇa Ātma Utpatti</p>	 <p>Raktatārā Ātma Utpatti</p> <p>8</p>



Dhanadatārā	 <p>Dhanadatārā</p>	<p><b>Dhanadatārā [Wealth And Prosperity Granting Tārā]</b>  ॐ तारे तुत्तारे तुरे धनम् मे दद सोहा॥  om tāre tuttāre ture dhanam me dada  svāhā    [3x]</p>	<p><b>Prajñāpāramitā Hṛdaya [Perfection Of Wisdom Primary]</b>  ॐ गते गते पारगते पारसंगते बोधि स्वाहा॥  om gate gate pāragate pārasaṃgate  bodhi svāhā    [3x]</p>	 <p>Prajñāpāramitā</p> <p>13      Prajñāpāramitā Hridaya</p>
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Trimūla Namaskāra	 <p>Añjali Mudrā</p>	<p><b>Trimūla Namaskāra [Three Roots Homage]</b>  <b>Gurus (Buddhas, Dharmakāya) of all times and directions</b>  <i>(kneel with añjali mudrā, say ॐ at our glabella, say आः at our throat, say हूँ at our heart, then back to our glabella. Bow with palm and head down on the ground to pay homage and then palm up to receive their wisdom and empowerment)</i>  ॐ आः हूँ॥  om āḥ hūṃ    [3x]</p>	<p><b>Devās (Dharmas, Saṃbhogakāya) of all times and directions</b>  <i>(kneel with padma mudrā, say ॐ at our glabella, say आः at our throat, say हूँ at our heart, then back to our glabella. Bow with palm and head down on the ground to pay homage and then palm up to receive their wisdom and empowerment)</i>  ॐ आः हूँ॥  om āḥ hūṃ    [3x]</p>	 <p>Padma Mudrā</p> <p>15</p>
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Trimūla Namaskāra	 <p>Karkāṭa Mudrā</p>	<p><b>Dākinīs (Saṅghas, Nirmāṇakāya) of all times and directions</b> (kneel with karkāṭa mudrā, say ॐ at our glabella, say आः at our throat, say हूँ at our heart, then back to our glabella. Bow with palm and head down on the ground to pay homage and then palm up to receive their wisdom and empowerment)  ॐ आः हूँ ॥  om āḥ hūṃ ॥ [3x]</p>	<p><b>All enlightened beings of all times and directions</b> (kneel with uttarabodhi mudrā at our glabella, half bow, then back to our glabella)</p>	 <p>Uttarabodhi Mudrā</p>	16
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Puṇya Pariṇāmanā	<p><b>Puṇya Pariṇāmanā [Merit Dedication]</b> (in our own words)</p> <p><b>Āryatārā Svapratijñā Nāma Dhāraṇī [Noble Tārā's Own Promise]</b>  ॐ तारे ताराये । हूँ हूँ हूँ । समयस्थिति । भारा भारा । सर्वअभरणविभूषिते । पद्मनि पद्म । महापद्मआसनस्थिति । हस हस । त्रैलोक्यवरदे । सर्वदेवदानवपूजिते स्मरहि । भगवते तारे स्मरहि । भगवान् तथागतस्य पुरत समयं । धर धर । महासत्त्वावलोकिते मणिकनकविचित्राभरणे । ॐ विलोक्य [अमुकः] भगवते तारे । ह्रीं ह्रीं ह्रीं फट् सोहा॥  om tāre tārāye । hūṃ hūṃ hūṃ । samayasthite । bhara bhara । sarvābharaṇavibhūṣite । padmani padma । mahāpadmāsanasthite । hasa hasa । trailokyavarade । sarvadevadānavapūjite smarāhi । bhagavate tāre smarāhi । bhagavān tathāgatasya purata samayaṃ । dhara dhara । mahāsattvāvalokite maṇikanakavicitrābharaṇe । om vilokāya [insert the name] bhagavate tāre । hrīm hrīm hrīm phaṭ svāhā ॥</p>	<p><b>Pariṇāmanā [Dedication]</b>  ॐ धरे धरे बंधरे स्वहा । जय जय सिद्धि सिद्धि फल फल । अ आ शा स म ह । मम कॉलिंग समन्त॥  om dhare dhare bandhare svāhā । jayā jayā siddhi siddhi phala phala । a āḥ śa sa ma ha । mama koling samanta ॥ [3x]</p> <p><b>Āryatārā Śatākṣara [Noble Tārā 100 Syllables]</b>  ॐ आर्य तारा समय मनुपालय । आर्य तारा त्वेनोपतिष्ठ । दृढो मे भव । सुतोष्यो मे भव । सुपोष्यो मे भव । अनुरक्तो मे भव । सर्वसिद्धिं मे प्रयच्छ । सर्वकर्मसु च मे । चित्तं श्रियं कुरु हूं । ह ह ह ह होः । भगवं सर्वतथागत तारा मा मे मुञ्च । तारा भव महासमय सत्त्व आः॥  om ārya tārā samaya manupālaya । ārya tārā tvenopatiṣṭha । dṛḍho me bhava । sutoṣyo me bhava । supoṣyo me bhava । anurakto me bhava । sarva siddhiṃ me prayaccha । sarva karmasu ca me । cittam śreyaḥ kuru hūṃ । ha ha ha ha hoḥ । bhagavan sarva tathāgata tārā mā me muñca । tārā bhava mahāsamaya sattva āḥ ॥</p>	14
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