



# Āryatārā Atiyoga

आर्यतारा अतियोग



## Mālā [Prayer Beads] (recite the prayer, then blow and rub the mālā gently)

ॐ रुचिरा मणि प्रवर्तमानये स्वाहा॥

ॐ रुचिरा मणि प्रवर्तमानये स्वाहा॥ [3x]

## Japa [Prayer]

ॐ सांभारा सांभारा विमानसारा महाजप हूँ। ॐ स्मरा स्मरा विमानस्कारा महाजप हूँ॥

ॐ सम्भरा सम्भरा विमानसारा महाजप हुम् ।

ॐ स्मरा स्मरा विमानस्कारा महाजप हुम्॥ [3x]

## Dharma [Virtue]

ॐ धुरु धुरु जयामुखे स्वाहा॥

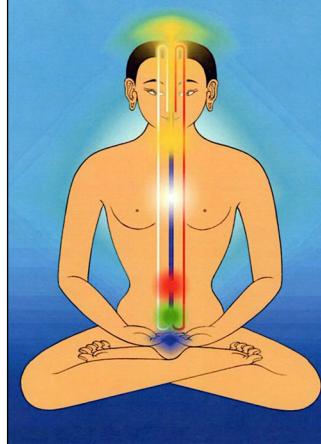
ॐ धुरु धुरु जयामुखे स्वाहा॥ [3x]

## Namaskāra [Prostration]

ॐ नमो मंजुश्रिये । नमो सुश्रिये स्वाहा॥

ॐ नमो मान्जुश्रीये । नमो सुश्रीये । नमो

उत्तमाश्रीये स्वाहा॥ [3x]



Prāṇayāma

## Prāṇayāma [Breathing]

- 3 rounds of inhaling luminous green air from the left nostril down through the *idā* (*prajñā*) nāḍī to the *svādhiṣṭhāna*, 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 *piṅgala* (*upāya*) nāḍī.
- 3 rounds of inhaling luminous green air from the right nostril down through the *piṅgala* (*upāya*) nāḍī to the *svādhiṣṭhāna*, 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 *idā* (*prajñā*) nāḍī.
- 3 rounds of inhaling luminous green air from both nostrils down through the *idā*-*piṅgala* nāḍīs to the *svādhiṣṭhāna*, 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 *suṣumṇā* (*śūnyatā*) nāḍī, black smoke comes out through the *sahasrāra* and dissolves in space.

Vिशुद्धि

3



## Trimūla Śarana [Three Roots Refuge]

नमो गुरुभ्यः । नमो देवभ्यः । नमो डाकिनीभ्यः॥

namo gurubhyah । namo devábhyah ।  
namo dākinībhyah॥

Trimūla Śarana

Mahā Cakra Vajra

## Śūraṅgama [Indestructible]

ॐ अनले अनले विरादे विरादे वीरवज्रधरे बंध बंधनी वज्रपाणी फट् । हूँ नूँ फट् स्वाहा॥

om anale anale viśade viśade vīra  
vajradhare bandha bandhani vajrapāṇī  
phaṭ । hūm trūm phaṭ svāhā॥

## Mahā Cakra Vajra [Great Truth Wheel]

ॐ विराजि विराजि महाचक्रवर्जि । सत सत सरते सरते त्रयी त्रयी विधमणि संभजनी । त्रमति सिद्धाश्चर्च स्वाहा॥

om virāji virāji mahā-cakra-vajri । sata sata  
sarate sarate trayī trayī vidhamani  
sambhañjani । tramati siddhā gryatvam  
svāhā॥



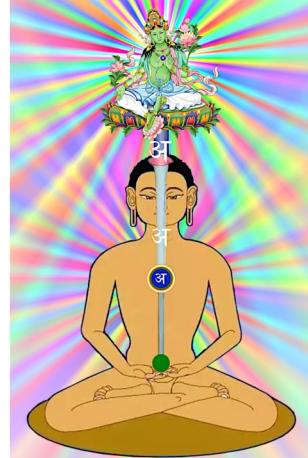
Amoghapāśa

Mettā-Bhāvanā

5

Mettā-Bhāvanā	 <p><b>Amoghapāśa Maṇi Pūja [Amoghapāśa Jewels Offering]</b>  ॐ अमोघ पूजा मणिपद्म वज्रे तथागत विलोकिते समन्त प्रसर हुँ । ॐ पद्म उच्चारि विमले हुँ फट्॥  om amogha pūja maṇipadma vajre tathāgata vilokite samanta prasara hūm । om padma uṣṇīṣa vimale hūm phaṭ॥ [3x]</p> <p><b>Sapta Atītabuddha Karasaniya [Seven Past Buddhas Offense Eradication]</b>  रिप रिपते कुह कुहते श्रणिते गिगलते दिमरिते महागते जंलंचते वाहा॥  ripa ripate kuhā kuhāte traṇite nigalate vimarite mahāgate jaṁlaṁcamte svāhā॥</p>	 <p>Āryatārā</p>	<p><b>Āhvāna [Invitation]</b>  ॐ गुरु आर्य तारा सपरिवार । आर्य तारा जः । पद्म कमलाय सत्वम्॥  om guru ārya tārā saparivāra । ārya tārā jaḥ । padma kamalāya satvam॥ [7x]</p>	 <p>Āryatārā Mudrā</p>	6
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Viśuddhi	 <p>Śūnyatā</p> <p><b>Śūnyatā [Primordial State] (bindu at our heart)</b>  अ॥  a॥</p> <p><b>Pañcabhūta [Five Elements] (bindu at our heart radiates out these infinite lights one by one: ए blue, यं green, रं red, वं white, लं yellow)</b>  ॐ ए हो शुद्धेशुद्धे । यं हो शुद्धेशुद्धे । रं हो शुद्धेशुद्धे । वं हो शुद्धेशुद्धे । लं हो शुद्धेशुद्धे । ए यं रं वं लं शुद्धेशुद्धे स्वाहा॥  om e ho śuddhe śuddhe । yaṁ ho śuddhe śuddhe । raṁ ho śuddhe śuddhe । vaṁ ho śuddhe śuddhe । laṁ ho śuddhe śuddhe । e yaṁ raṁ vaṁ laṁ śuddhe śodhanaye svāhā॥</p>	<p><b>Śūnyatā [Primordial State] (bindu at our heart radiates out infinite rainbow lights to all the dimensions of: ऽ dharmaकाय, आः saṁbhogaकाय, and नीर्माणकाय. 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)</b>  अ॥  a॥</p>	 <p>Pañcabhūta</p>	 <p>Śūnyatā</p>	4
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Āryatārā

Hṛdaya

**Āryatārā Hṛdaya Japa [Noble Tārā Primary Recitation]**

(receive their light, wisdom, and empowerment, which dissolves into Noble Tārā above our sahasrāra)

ॐ तारे तुरारे तुरे सोहा॥

om tāre tuttāre ture svāhā॥ [108x]

**Āryatārā Aṣṭaghora Tāraṇī Sūtra [Eight Dangers Protection From Noble Tārā]**

ॐ तारे तुरारे तुरे सर्वदृष्टान् प्रदृष्टान् । मम कृते जंभय स्तंभय मोहय बन्धाया विघ्वंसय । हूँ हूँ हूँ फट् फट् फट् सोहा । सर्वदुष्टास्तम्भनी तारे सोहा॥

om tāre tuttāre ture sarvaduṣṭān  
praduṣṭān I mama kṛte jambhaya  
stambhaya mohaya bandhaya  
vidhvamsaya I hūm hūm hūm phaṭ phaṭ  
phaṭ svāhā I sarvaduṣṭastambhani tāre  
svāhā॥ [3x]**Āryatārā Āgħoṣa [Invocation] (communicating and invoking Noble Tārā directly)**

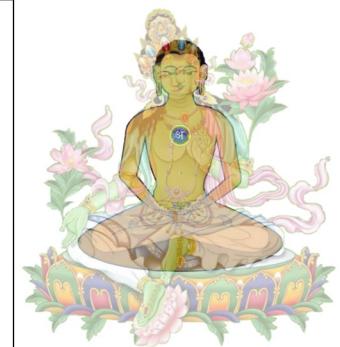
तारे॥

tāre॥

**Āryatārā Ātmā Utpatti [Self-Generation]** (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)

ताँ॥

tāṁ॥



Ātmā Utpatti



Āryatārā

Āryatārā Ātmā Utpatti

**Āryatārā Hṛdaya [Noble Tārā Primary]** (bindu at our heart radiates infinite Noble Tārā's green lights and communicates with all enlightened beings to activate and receive their wisdom)

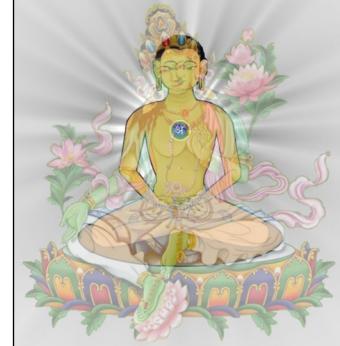
ॐ तारे तुरारे तुरे सोहा॥

om tāre tuttāre ture svāhā॥ [21x]

**Sitātārā Hṛdaya [White Tārā Primary]** (bindu at our heart radiates infinite White Tārā's white lights and communicates with all enlightened beings to activate and receive their wisdom)

ॐ तारे तुरारे तुरे मम आपु-पुण्य-ज्ञान पुष्टिकुरु स्वहा॥

om tāre tuttāre ture mama āyuḥ-puṇya-jñāna-puṣṭim kuru svāhā॥ [21x]



Sitātārā Ātmā Utpatti



Sukhāvatīvyūha

**Sukhāvatīvyūha Dhāraṇī [Pure Land Rebirth Dhāraṇī]**

ॐ अमृते । अमृत उद्धवे । अमृत संभवे । अमृत गर्भे । अमृत सिद्धे । अमृत तेजे । अमृत विक्रान्ते । अमृत विक्रान्त गामिने । अमृत गगन कृतिकरे । अमृत दुर्दुष्प्रसवे । सर्व अर्थ साधने । सर्व कर्म करेश क्षयकरे स्वाहा । ॐ अमिताभ हीः॥

om amṛte I amṛta udhbhave I amṛta  
saṁbhavē I amṛta garbhe I amṛta siddhe I  
amṛta teje I amṛta vikrāntē I amṛta  
vikrānta gāmine I amṛta gagana kṛtikare I  
amṛta dumḍubhi svare I sarva artha  
sādhane I sarva karma kleśa kṣayamkare  
svāhā I om amitābha hrīḥ॥**Ekādaśamukhalokeśvara [Eleven-Faced Avalokiteśvara]**ॐ धर धर धीर धीर धुरु धुरु इष्टे विष्टे । चले चले प्रचले प्रचले कुसुमे कुसुमवरे । इली मिल् विटि ।  
चिति ज्वालम् आपनाय । परम शुद्धसत्त्व महा कारुणिक स्वाहा॥om dhara dhara dhīre dhīre dhuru dhuru  
iṭṭe viṭṭe I cale cale I pracale pracale I  
kusume kusumavare I ili mili viṭi I citti  
jvālam āpanāya I parama śuddhasattva  
mahā kāruṇika svāhā॥ [3x]

Ekādaśamukhalokeśvara

**Mahāmaṇī Vipulavimāna**

Avalokiteśvara

**Mahāmaṇī Vipulavimāna [Great Jewel Celestial Palace]**

ॐ विपुलगर्भे मणिप्रभे तथागतनिदर्शने । मणि मणि सुप्रभे विमले सागर गंभीरे हूँ हूँ ज्वल ज्वल । बुद्धविलोकिते गुह्याधिष्ठित गर्भे स्वाहा । पद्मधर अमोघ जायते चुरुयुरु स्वाहा । ॐ मणिवत्रे हूँ । ॐ मणिधरे हूँ फट । ॐ मणिपच्छे हूँ हीः अरपचमित हृदय स्वाहा । ॐ हनु पाश भार हृदय स्वाहा ॥

om vipulagarbhe maṇiprabhe tathāgatanidarśane I maṇi maṇi suprabhe vimale sāgara gambhīre hūṁ hūṁ jvāla jvāla I buddhāvilokite guhyādhiṣṭita garbhe svāhā I padmadhara amogha jayate curu curu svāhā I om maṇivajre hūṁ I om maṇidhare hūṁ phaṭ I om maṇipadme hūṁ hrīḥ arapacamita hr̄daya svāhā I om hanu pāśa bhāra hr̄daya svāhā II [3x]



Mahāmaṇī Vipulavimāna Maṇḍala

**Vajragītā**

Samantabhadra

**Vajragītā [Vajra Song] (remain within the all-pervasive expanse of the mind's nature)**

एम किरि किरि । मस्तृत वालि वालि । समित सुरु सुरु । कुटाली मसु मसु । एकर सुलि भतये । चकिर भुलि भतये । समुत्त चर्य सुधये । भेतसन भ्यकुलये । सकरि धुकन । मतरि धैतन । परलि हिसन । मखर्त केलनम् । सम्भर तमेक चन्तप । सुर्य भतरे पशनप । सम्भिति सध्यरलप । मस्मिन् सगुलितयप । धूर धूर सग खर्नलम् । नर नर इथर् पतलम् । सिर्न सिर्न भेस रस्पलम् । भुन्ध भुन्ध चिस्स सकेलम् । ससह् । रिरिह् । लिलिह् । इइह् । मिमिह् । रररह् ॥

ema kiri kiri I mashta vāli vāli I samita suru suru I kutali masu masu I ekara suli bhatayé I cakira bhuli bhatayé I samunta carya sughayé I bhetasana bhyakulayé I sakari dhukana I matari vaitana I parali hisana I makharta kelanam I sambhara tameka cantapa I surya bhatare pashanapa I ranabhiti saghuralapa I masmin sagulitayapa I ghura ghura saga kharnalam I nara nara ithar patalam I sirna sirna bhesa raspalam I bhundha bhundha cisha sakelam I sasah I ririh I lilih I i ih I mimih I ra ra rahII

**Pūjā**

Māṇḍala Arpaṇa Mudrā

**Trikāya [Body, Speech, Mind]** (ॐ at our glabella, आः at our throat, श्वः at our heart)  
ॐ आः हूँ॥  
om ाः हूँ॥  
om ाः हूँ हुम्॥ [3x]

**Māṇḍalapūjā [Mandala Offering]** (*māṇḍala 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)  
ॐ गुरु आर्या तारा सपरिवारणाम् इदं रत्नमण्डलकं नियतायामि॥  
om guru ārya tārā saparivāraṇām idam ratna māṇḍalakam niryātayāmi॥ [7x]

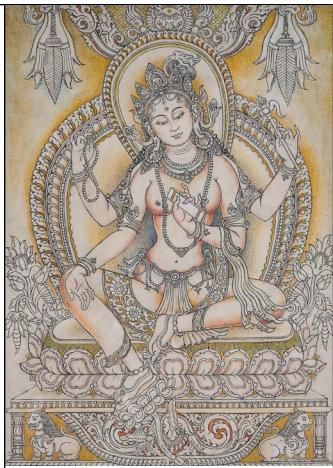


Māṇḍala Arpaṇa Ātmā Utpatti

**Raktatārā Hṛdaya [Red Tārā Primary]**  
(bindu at our heart radiates infinite Red Tārā's red lights and communicates with all enlightened beings to activate and receive their wisdom)  
ॐ तारे ताम् स्वाहा॥ [21x]

Raktatārā Ātmā Utpatti

**Raktatārā**



Dhanadatārā

**Dhanadatārā [Wealth And Prosperity Granting Tārā]**  
ॐ तारे तुलारे तुरे धनम् मे दद सोहा॥  
om tāre tuttāre ture dhanam me dada  
svāhā॥ [3x]

**Prajñāpāramitā Hṛdaya [Perfection Of Wisdom Primary]**  
ॐ गते गते पारगते पारसंगते बोधि स्वाहा॥  
om gate gate pāragate pārasaṁgate  
bodhi svāhā॥ [3x]



Prajñāpāramitā



Añjali Mudrā

**Trimūla Namaskāra [Three Roots Homage]**

**Gurus (Buddhas, Dharmakāya) of all times and directions**  
(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)

ॐ आः हूँ॥  
om āḥ hūṁ॥ [3x]

**Devás (Dharmas, Saṁbhogakāya) of all times and directions** (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)  
ॐ आः हूँ॥  
om āḥ hūṁ॥ [3x]



Padma Mudrā

Trimūla Namaskāra	 <p>Karkaṭa Mudrā</p>	<p><b>Dākinīs (Saṅghas, Nirmāṇakāya) of all times and directions</b> (kneel with karkaṭa mudrā, say ऽ at our glabella, say आः at our throat, say नमः 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)</p> <p>ॐ अः नमः॥ om āḥ hūṁ॥ [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>
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Pūṇya Pariṇāmanā [Merit Dedication] (in our own words)	Pariṇāmanā [Dedication]
<p><b>Āryatārā Svapratijñā Nāma Dhāraṇī [Noble Tārā's Own Promise]</b></p> <p>ॐ तरे तारये । ह्रीं ह्रीं ह्रीं । समयस्थिति । भारा भारा । सर्वज्ञभरणविभूषिते । पद्मनि पद्म । महापद्मासनस्थिति । हस्य हस्य । त्रैलोक्यवरदे । सर्वदेवदानवपूजिते स्मरहि । भगवते तारे स्मरहि । भगवान् तथागतस्य पुरत समर्य । धर धर । महासत्त्वावलोकिते मणिकनकविचित्राभरणे । ॐ विलोक्य [अमृकः] भगवते तारे । ह्रीं ह्रीं ह्रीं फट् सोहो॥</p> <p>om tāre tārāye   hūm hūm hūm   samayasthite   bhara bhara        sarvābharaṇavibhūṣite   padmani padma        mahāpadmāsanasthite   hasa hasa   trailokyavarade        sarvadevadānavapūjite smarāhi   bhagavate tāre smarāhi        bhagavān tathāgatasya purata samayam   dhara dhara        mahāsattvāvalokite maṇikanakavicitrābharaṇe   om vilokāya      [insert the name] bhagavate tāre   hrīṁ hrīṁ hrīṁ phaṭ svāhā॥</p>	<p>ॐ धरे धरे बंधरे स्वहा । जय जय सिद्धि सिद्धि फल फल । अ आ शा स म ह । मम कॉलिंग समन्तः ॥</p> <p>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></p> <p>ॐ आर्य तारा समय मनुपालय । आर्य तारा त्वेनोपतिष्ठ । दृढो मे भव । सुतोषो मे भव । सुपोषो मे भव । अनुरक्तो मे भव । सर्वसिद्धि 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 ॥</p> <p>om ārya tārā samaya manupālaya   ārya tārā tvenopatiṣṭha        dṛḍho me bhava   sutoṣyo me bhava   supoṣyo me bhava        anurakto me bhava   sarva siddhim me prayaccha   sarva      karmasu ca me   cittam śreyah kuru hūm   ha ha ha ha hoḥ        bhagavan sarva tathāgata tārā mā me muñca   tārā bhava      mahāsamaya sattva āḥ   </p>