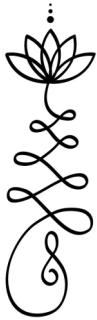


# Āryatārā Atiyoga

आर्यतारा अतियोग



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

ॐ रुचिरा मणि प्रवर्चमानये स्वाहा॥

ॐ रुचिरा मणि प्रवर्चमानये स्वाहा॥

## Japa [Prayer]

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

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

## Dharma [Virtue]

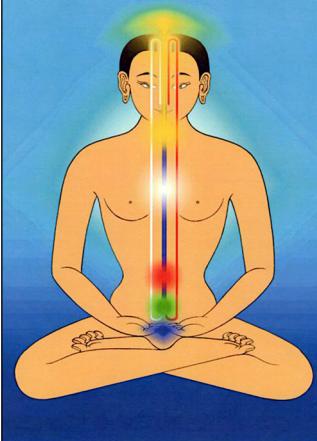
ॐ धुरु धुरु जयामुखे स्वाहा॥

ॐ धुरु धुरु जयामुखे स्वाहा॥

## Namaskāra [Prostration]

ॐ नमो मंजुश्रिये । नमो सुश्रिये । नमो उत्तमश्रिये स्वाहा॥

ॐ नमो मान्जुश्रीये । नमो सुर्तीये । नमो उत्तमाश्रीये स्वाहा॥



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.

Viśuddhi

3

Mangala



Mahā Cakra Vajra

## Trimūla Śarana [Three Roots Refuge]

नमो गुरुभ्यः । नमो देवाभ्यः । नमो डाकिनीभ्यः॥

namo gurubhyah । namo devábhyah ।  
namo ḍākinībhyah॥

## Śūraṅgama [Indestructible]

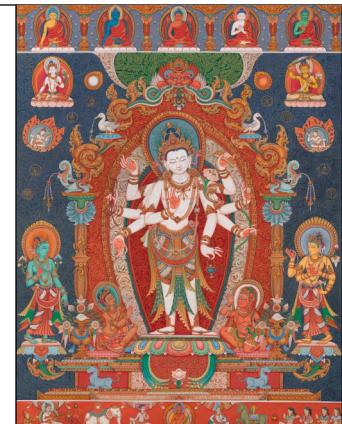
ॐ अनले अनले विरादे विरादे वीरवज्रधरे बंध बंधनी वज्रपाणी फट् । हूँ हूँ फट् स्वाहा॥

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

## Mahā Cakra Vajra [Great Truth Wheel]

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

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



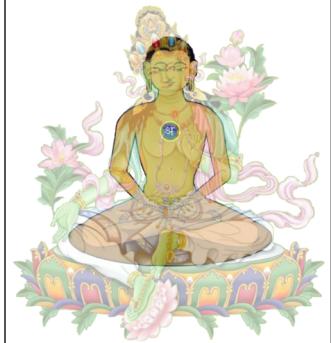
Amoghapāśa

Mettā-Bhāvanā

5

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| Mettā-Bhāvanā |  <p><b>Amoghapāśa Manī Pūja [Amoghapāśa Jewels Offering]</b><br/> ॐ अमोघ पूजा मणिपद्म वज्रे तथागत विलोकिते समन्त प्रसर हूँ । ॐ पद्म उष्णिष विमले हूँ फट्॥<br/> om amogha pūja maṇipadma vajre tathāgata vilokite samanta prasara hūm । om padma uṣṇiṣa vimale hūm phaṭ॥ [3x]</p> <p><b>Sapta Atītabuddha Karasaniya [Seven Past Buddhas Offense Eradication]</b><br/> रिप रिपते कुह कुहते त्रणिते षिगलते विमरिते महागते जंलंचते वाहा॥<br/> ripa ripate kuhā kuhāte tranite nigalate vimarite mahāgate jamlaṃcamte svāhā॥</p> |  <p>Āryatārā</p> | <p><b>Āhvāna [Invitation]</b><br/> ॐ गुरु आर्य तारा सपरिवार । आर्य तारा जः । पद्म कमलाय सत्वम्॥<br/> om guru ārya tārā saparivāra । ārya tārā jaḥ । padma kamalāya satvam॥ [7x]</p> |  <p>Āryatārā Mudrā</p> | Āhvāna |
|---------------|--|---|---|--|--------|

|          |   |   |   |  |   |
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| Vīśuddhi |  <p>Śūnyatā</p> <p><b>Śūnyatā [Primordial State] (bindu at our heart)</b><br/> आ॥<br/> all</p> <p><b>Pañcabhūta [Five Elements] (bindu at our heart radiates out these infinite lights one by one: ए blue, यं green, रं red, बं white, लं yellow)</b><br/> ॐ ए हो शुद्धे शुद्धे । यं हो शुद्धे शुद्धे । रं हो शुद्धे शुद्धे । बं हो शुद्धे शुद्धे । लं हो शुद्धे शुद्धे । ए यं रं बं लं शुद्धे शोधनये स्वाहा॥<br/> 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>Pañcabhūta</p> | <p><b>Śūnyatā [Primordial State] (bindu at our heart radiates out infinite rainbow lights to all the dimensions of: ॐ dharmakāya, आः sambhogakāya, and नीर्माणकाया)</b><br/> 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)<br/> आ॥<br/> all</p> |  <p>Śūnyatā</p> | 4 |
|----------|---|---|---|--|---|



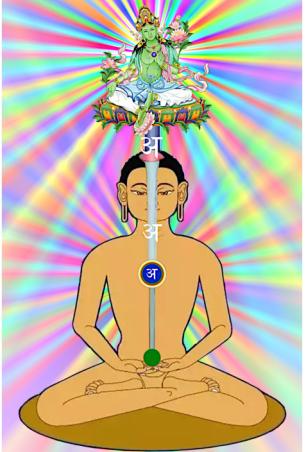
Ātmā Utpatti

**Āryatārā Hṛdaya Japa [Noble Tārā Primary Recitation]** (*receive their light, wisdom, and empowerment, which dissolves into Noble Tārā above our sahasrāra*)

ॐ तारे तुत्तरे तुरे सोहा॥  
tāre||  
tāre||

**Āryatārā Āṣṭaghora Tāraṇī Sūtra [Eight Dangers Protection From Noble Tārā]** (*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॥  
tām̄||



Hṛdaya

**Āryatārā Hṛdaya Japa [Noble Tārā Primary Recitation]** (*receive their light, wisdom, and empowerment, which dissolves into Noble Tārā above our sahasrāra*)

ॐ तारे तुत्तरे तुरे सोहा॥  
om tāre tuttare ture svāhā|| [108x]

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

ॐ तारे तुत्तरे तुरे सर्वदुष्टान् प्रदुष्टान् । मम कृते जंभय स्तंभय मोहय बन्धाया विध्वंसय । हूँ हूँ हूँ हूँ फट् फट् फट् सोहा । सर्वदुष्टास्तम्भी तारे सोहा॥

om tāre tuttare ture sarvaduṣṭān  
praduṣṭān I mama kṛte jambhaya  
stambhaya mohaya bandhaya  
vidhvāṁsaya I hūṁ hūṁ hūṁ phaṭ phaṭ  
phaṭ svāhā I sarvaduṣṭastambhani tāre  
svāhā|| [3x]



Āryatārā Ātmā Utpatti

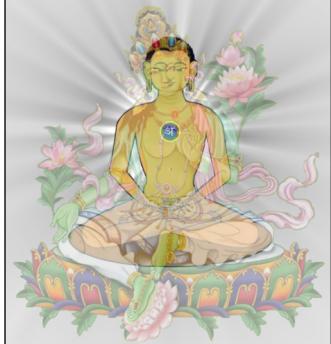
**Āryatārā Hṛdaya [Noble Tārā Primary]** (*bindu at our heart radiates infinite Noble Tārā's green lights and communicates with all enlightened beings to activate and receive their wisdom*)

ॐ तारे तुत्तरे तुरे सोहा॥  
om tāre tuttare ture svāhā|| [21x]

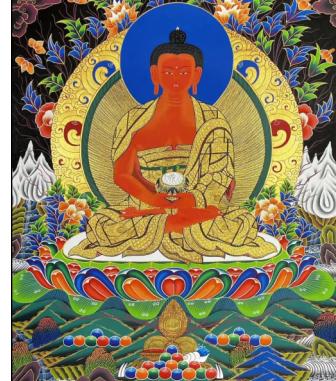
**Sitātārā Hṛdaya [White Tārā Primary]** (*bindu at our heart radiates infinite White Tārā's white lights and communicates with all enlightened beings to activate and receive their wisdom*)

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

om tāre tuttare ture mama āyuḥ-puṇya-jñāna-puṣṭim kuru svāhā|| [21x]



Sitātārā Ātmā Utpatti



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

ॐ अमृते अमृतोद्घवे अमृतगर्भे । अमृत सिद्धे अमृत तेजस् । अमृत विक्रान्ते अमृत विक्रान्त गमिनि । अमृत गगन कीर्तिकरे अमृत दुर्दुष्टवरे । सर्वर्थ साधने सर्व कर्म क्लेश क्षयकरे स्वाहा । ऊं अमिताभ ह्रीः॥

om amrte amṛtodbhave amṛta-sambhave  
amṛta-garbhe I amṛta siddhe amṛta tejas I  
amṛta vikrānte amṛta vikrānta gāminī I  
amṛta gagana kīrtikare amṛta  
dundubhisvare I sarvārtha sādhane sarva  
karma kleśa kṣayamkare svāhā I om  
amitābha hrīḥ||

Sukhāvatīvyūha

Amitābha

**Ekādaśamukhalokeśvara [Eleven-Faced Avalokiteśvara]**

ॐ धर धर धीर धीर धुरु धुरु ई विष्टे । चर्वे चले प्रचले प्रचले कुसुमे कुसुमवरे । इली मिल विटि चिति ज्वलम आपनाय । परम शुद्धसत्त्व महा काशणिक स्वाहा॥

om dhara dhara dhīre dhīre dhuru dhuru  
iṭṭe viṭṭe I cale cale I pracale pracale I  
kusume kusumavare I ili mili viṭi citti  
jvālam āpanāya I parama śuddhasattva  
mahā kāruṇika svāhā|| [3x]



Ekādaśamukhalokeśvara



Mahāmaṇī Vipulavimāna  
Maṇḍala

### Mahāmaṇī Vipulavimāna [Great Jewel Celestial Palace]

ॐ विपुलगर्भे मणिप्रभे तथागतनिर्दर्शन् । मणि सुप्रभे विमले सागर गंगीरे हूँ हूँ ज्वल ज्वल । बुद्धविलोकिते गुह्याधिष्ठित गर्भे स्वाहा । पद्मधर अमोघ जायते चुरुचुरु स्वाहा । ॐ मणिवज्रे हूँ । ॐ मणिधरे हूँ हूँ फट । ॐ मणिपद्मे हूँ हूँ फट । अरपचमित हृदय स्वाहा । ॐ हनु भष भर हृदय स्वाहा ।

om vipulagarbhe maṇiprabhe tathāgatanidarśane । maṇi maṇi suprabhe vimale sāgara gambhīre hūṁ hūṁ jvala jvala । buddhāvilokite guhyādhiṣṭita garbhe svāhā । padmadhara amogha jayate curu curu svāhā । om maṇivajre hūṁ । om maṇidhare hūṁ phaṭ । om maṇipadme hūṁ hrīḥ arapacamita hr̄daya svāhā । om hanu bhaṣa bhara hr̄daya svāhā ॥ [3x]



Mahāmaṇī Vipulavimāna

Avalokiteśvara



Vajragītā

Samantabhadra

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

एम किरि किरि । महस्त भलि भलि । समित सुरु सुरु । कुञ्चलि मसु मसु । एकर सुलि भतये । त्यक्तिर भुलि सलये । समुन्त त्सरय सुधये । भेतसन भुकुलिये । सकरि धूकन । मतरि बेतन । बरलि हिसन । मखर्त किलनम् । सम्भर तमेक त्सम्तप । सुर्य भतरे पस्हनस । सनभिति सघु रलप । मस्मिन्स गुलि तयप । घुर घुर सग खन्लम् । नर नर इथै पतलम् । सिर्व सिर्व भेस रस्पलम् । भूच्य भूच्य चिस्ह सक्लेम् । ससह । रिरेह । लिलिह् । इइह् । मिमिह । रररह्॥

ema kiri kiri । mashta bhali bhali । samita suru suru । kundhali masu masu । ekara suli bhatayé । tsakira bhuli salayé । samunta tsaraya sughayé । bhetasana bhukuliyé । sakari dhukana । matari betana । barali hisana । makharta kilanam । sambhara tameka tsamtapa । surya bhatare pashanasa । ranabhiti saghu ralapa । masmins guli tayapa । 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 ॥



Pūjā

Mandala Arpaṇa Mudrā

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

**Maṇḍalapūjā [Mandala Offering]** (*mandala 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 आर्य तारा सपरिवाराम् इदं रत्नमण्डलकं नियतियामि॥  
om guru ārya tārā saparivāraṇām idam ratna maṇḍalakam niryatayāmī ॥ [7x]



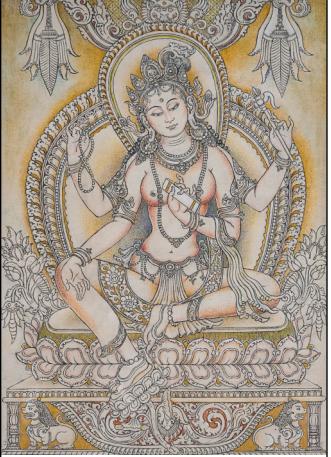
Mandala Arpaṇa Ātmā Utpatti

**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 तरे तां सोहा ॥

om tāre tāṁ svāhā ॥ [21x]



Raktatārā Ātmā Utpatti

|                   |   |   |  |                          |
|-------------------|---|---|--|--------------------------|
| Dhanadatārā       |  <p><b>Dhanadatārā [Wealth And Prosperity Granting Tārā]</b><br/> ॐ तारे तुत्तारे तुरे धनम् मे दद्द सोहा॥<br/> om tāre tuttāre ture dhanam me dada<br/> svāhā॥ [3x]</p>  | <p><b>Prajñāpāramitā Hṛdaya [Heart of the Perfection of Wisdom]</b><br/> ॐ गते गते पासगते पारसंगते बोधि स्वाहा॥<br/> om gate gate pāragate pārasamgate bodhi<br/> svāhā॥ [3x]</p>   |  <p>Prajñāpāramitā</p> | 13 Prajñāpāramitā Hṛdaya |
| Trimūla Namaskāra |  <p>Añjali Mudrā</p> <p><b>Trimūla Namaskāra [Three Roots Homage]</b><br/> <b>Gurus (Buddhas, Dharmakāya) of all times and directions</b> (kneel with añjali mudrā, say ॐ at our glabella, say आः at our throat, say त्रिंशुः 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)<br/> ॐ आः ॐ॥<br/> om āḥ hūṁ॥ [3x]</p> | <p><b>Devás (Dharmas, Saṃbhogakāya) of all times and directions</b> (kneel with padma mudrā, say ॐ at our glabella, say आः at our throat, say त्रिंशुः 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)<br/> ॐ आः ॐ॥<br/> om āḥ hūṁ॥ [3x]</p> |  <p>Padma Mudrā</p>   | 15                       |

|  |   |  |  |
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| <p>Trimūla Namaskāra</p>  <p>Karkaṭa Mudrā</p> | <p><b>Dākinīs (Saṅghas, Nirmāṇakāya) of all times and directions</b> (kneel with karkaṭa mudrā, say ओऽ 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)</p> <p>ओऽ आः हूँ॥<br/>om̄ 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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| <p>Puṇya Pariṇāmanā</p> <p><b>Puṇya Pariṇāmanā [Merit Dedication] (in our own words)</b></p> <p><b>Āryatārā Svapratijñā Nāma Dhāranī [Noble Tārā's Own Promise]</b></p> <p>ॐ तारे तारये । हुम् हुम् हुम् । समयस्थिति । भारा भारा । सर्वअभरणविभूषिते । पद्मनि पद्मा । महापद्माआसनस्थिति । हस हस । त्रैलोक्यवरदे । सदिवदानवपूजिते स्मरहि । भगवते तारे स्मरहि । भगवान् तथागतस्य पुरुत समयं । धर धर । महासत्वावलोकिते मणिकन्कविचित्राभरणे । ॐ विलोक्य [अमृकः] भगवते तारे । हीं हीं हीं फट सोहा॥</p> <p>om̄ tāre tārāye । hūṁ hūṁ hūṁ । samayasthite । bhara bhara । sarvābharaṇavibhūṣite । padmani padma । mahāpadmāsanasthite । hasa hasa । trailokyavarade । sarvadevadānavapūjite smarāhi । bhagavate tāre smarāhi । bhagavān tathāgatasya purata samayam । dhara dhara । mahāsattvāvalokite maṇikanakavicitrābharaṇe । om̄ vilokāya [insert the name] bhagavate tāre । hrīṁ hrīṁ hrīṁ phaṭ svāhā॥</p> | <p><b>Pariṇāmanā [Dedication]</b></p> <p>ॐ धरे धरे बंधेरे स्वहा । जय जय सिद्धि सिद्धि फल फल । अ आ शा स म ह । मम कॉलिंग समन्त॥</p> <p>om̄ dhare dhare bandhare svāhā । jayā jayā siddhi siddhi phala phala । a āḥ śa sa ma ha । mama koling samanta॥ [3x]</p> <p><b>Āryatārā Śatāksara [Noble Tārā 100 Syllables]</b></p> <p>ॐ आर्य तारा समय मनुपालय । आर्य तारा त्वेनोपतिष्ठ । दृढ़े मे भव । सुतोष्यो मे भव । सुपोष्यो मे भव । अनुरक्तो मे भव । सर्वसिद्धि मे प्रयच्छ । सर्वकर्मसु च मे । चित्तं श्रियं कुरु हूँ । ह ह ह ह होः । भगवं सर्वतथागत तारा मा मे मुच्च । तारा भव महासमय सत्त्व आः॥</p> <p>om̄ 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 । cittam̄ śreyah kuru hūṁ । ha ha ha hoḥ । bhagavan sarva tathāgata tārā mā me muñca । tārā bhava mahāsamaya sattva āḥ॥</p> |
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