



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॥

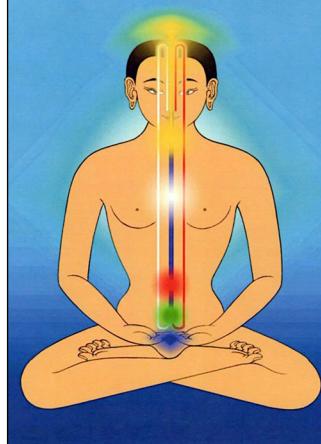
ॐ धुरु धुरु जयामुखे स्वाहा॥ [3x]

Namaskāra [Prostration]

ॐ नमो मंजुश्रिये । नमो सुश्रिये स्वाहा॥

ॐ नमो मान्जुश्रीये । नमो सुश्रीये । नमो

उत्तमाश्रीये स्वाहा॥ [3x]



Prāṇāyāma

Prāṇāyāma [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

Trimūla Śarana



Mahā Cakra Vajra

Trimūla Śarana [Three Roots Refuge]

नमो गुरुभ्यः । नमो देवभ्यः । नमो डाकिनीभ्यः॥

namo gurubhyah । namo devábhyah ।
namo dākinībhyah॥

Śūraṅgama [Indestructible]

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

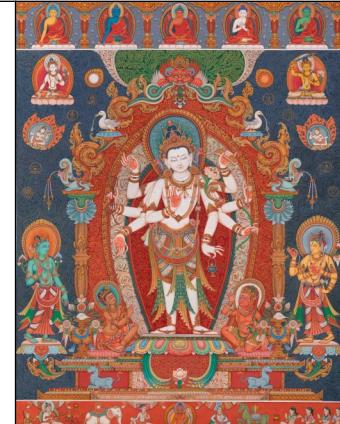
om anale anala viśade viśade vīra
vajradhare bandha bandhani vajrapāṇī
phaṭ । hūm trūm phaṭ svāhā॥

Mahā Cakra Vajra [Great Truth Wheel]

ॐ विराजि विराजि महाचक्रविंश्चि । 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॥

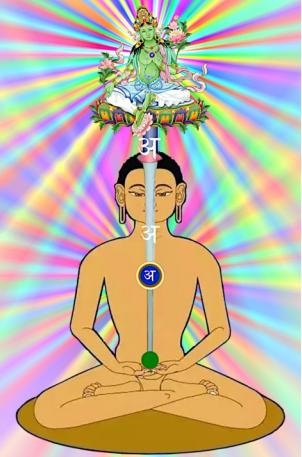
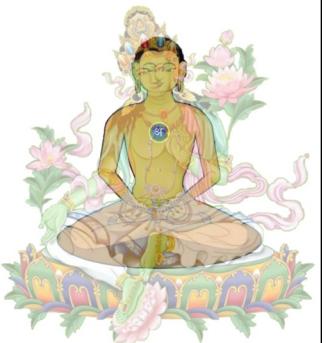
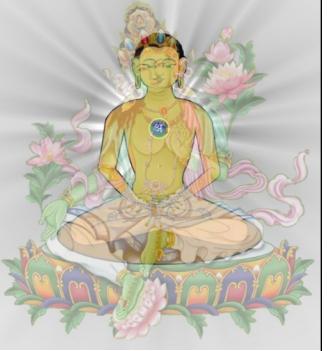
Mettā-Bhāvanā



Amoghapāśa

5

Mettā-Bhāvanā	 <p>Amoghapāśa Maṇi Pūja [Amoghapāśa Jewels Offering] ॐ अमोघ पूजा मणिपद्म वज्रे तथागत विलोकिते समन्त प्रसर हूँ । ॐ पद्म उज्ज्विष विमले हूँ फट्॥ om amogha pūja maṇipadma vajre tathāgata vilokite samanta prasara hūm । om padma uṣṇīṣa vimale hūm phaṭ॥ [3x]</p> <p>Sapta Atītabuddha Karasaniya [Seven Past Buddhas Offense Eradication] रिप रिपते कुह कुहते त्रषिते गिगलते विमरिते महागते जंलंचते वाहा॥ ripa ripate kuhā kuhāte traṇite nigalate vimarite mahāgate jaṁlaṁcamte svāhā॥</p>	<p>Āhvāna [Invitation] ॐ गुरु अर्य तारा सपरिवार । अर्य तारा जः । पद्म कमलाय सत्वम्॥ om guru ārya tārā saparivāra । ārya tārā jaḥ । padma kamalāya satvam॥ [7x]</p>	 <p>Āryatārā</p>	 <p>Āryatārā Mudrā</p>	Āhvāna	
Viśuddhi	 <p>Śūnyatā</p>	<p>Śūnyatā [Primordial State] (bindu at our heart) अ॥ a॥</p> <p>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) 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>Pañcabhūta</p>	<p>Śūnyatā [Primordial State] (bindu at our heart radiates out infinite rainbow lights to all the dimensions of: ॐ dharmakāya, आः saṁbhogakāya, and नीर्माणकाया. 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) अ॥ a॥</p>	 <p>Śūnyatā</p>	4

<p>Āryatārā</p>	 <p>Āryatārā Hṛdaya Japa [Noble Tārā Primary Recitation] (receive their light, wisdom, and empowerment, which dissolves into Noble Tārā above our <i>sahasrāra</i>) ॐ तारे तुरारे तुरे सोहा॥ om tāre tuttāre ture svāhā II [108x]</p> <p>Āryatārā Aṣṭaghora Tāraṇī Sūtra [Eight Dangers Protection From Noble Tārā] ॐ तारे तुरारे तुरे सर्वदुष्टान् प्रदुषान् । 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 II [3x]</p> <p>Hṛdaya</p>	<p>Āryatārā Āgħoṣa [Invocation] (communicating and invoking Noble Tārā directly) तारे॥ tāre II</p> <p>Āryatārā Ātma Utpatti [Self-Generation] (Noble Tārā above our head descends through our <i>sahasrāra</i> 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 II</p>	 <p>Ātma Utpatti</p>	<p>7</p>
<p>Āryatārā</p>	 <p>Āryatārā Ātma Utpatti</p>	<p>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 II [21x]</p>	<p>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 आयु-पुण्य-ज्ञान पुष्टिकुरु स्वहा॥ om tāre tuttāre ture mama āyuh-puṇya-jñāna-puṣṭim kuru svāhā II [21x]</p>	 <p>Sitātārā Ātma Utpatti</p>
<p>Sukhāvatīvyūha</p>	 <p>Sukhāvatīvyūha Dhāraṇī [Pure Land Rebirth Dhāraṇī] ॐ अमृते । अमृत उद्धवे । अमृत संभवे । अमृत गर्भे । अमृत सिद्धे । अमृत तेजे । अमृत विक्रान्ते । अमृत गगन कृतिकरे । अमृत दुर्दुष्ट स्वरे । सर्व अर्थ साधने । सर्व कर्म करेश क्षयकरे स्वाहा । ॐ अमिताभ हीः॥ om amrte I amrta udhavre I amrta sambhavre I amrta garbhe I amrta siddhe I amrta teje I amrta vikrante I amrta vikranta gāmine I amrta gagana kṛtikare I amrta dumdubhi svare I sarva artha sādhane I sarva karma kleśa kṣayamkare svāhā I om amitābha hrīḥ॥</p> <p>Amitābha</p>	<p>Ekādaśāmukhalokeśvara [Eleven-Faced Avalokiteśvara] ॐ धर धर धीर धीर धुरु धुरु ईरु 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 II [3x]</p>	 <p>Ekādaśāmukhalokeśvara</p>	<p>9</p>

<p>Mahāmaṇī Vipulavimāṇa</p>  <p>Avalokiteśvara</p>	<p>Mahāmaṇī Vipulavimāṇa [Great Jewel Celestial Palace]</p> <p>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 मणिपद्मे हूँ हीः अरपचमित हृदय स्वाहा । ॐ हनु पाश भार हृदय स्वाहा ॥</p> <p>om vipulagarbhe maṇiprabhe tathāgatanidarśane maṇi maṇi suprabhe vimale sāgara gambhīre hūṁ hūṁ jvāla jvāla 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 pāśa bhāra hr̄daya svāhā [3x]</p>	 <p>Mahāmaṇī Vipulavimāṇa Maṇḍala</p>
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<p>Vajragītā</p>  <p>Samantabhadra</p>	<p>Vajragītā [Vajra Song] (remain within the all-pervasive expanse of the mind's nature)</p> <p>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 । रिरह् । लिलिह् । इहह् । मिमिह् । रररह् ॥</p> <p>ema kiri kiri mashta vāli vāli samita suru suru kutali masu masu ekara suli bhatayé cakira bhuli bhatayé I samunta carya sughayé bhetasana bhyakulayé sakari dhukana matari vaitana parali hisana makharta kelanam sambhara tameka cantapa surya bhatare pashanapa ranabhit 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>
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<p>Pūjā</p>  <p>Mandala Arpaṇa Mudrā</p>	<p>Trikāya [Body, Speech, Mind] (ॐ आः हूँ॥ om āḥ hūṁ॥ [3x])</p> <p>Maṇḍalapūjā [Mandala Offering] (manḍala 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)</p> <p>ॐ गुरु आर्या तारा सपरिवारणाम् इदं रत्नमण्डलकं नियतायामि । om guru ārya tārā saparivāraṇām idam ratna maṇḍalakam niryatayāmi ॥ [7x]</p>	 <p>Mandala Arpaṇa Ātmā Utpatti</p>	<p>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)</p> <p>ॐ तारे ताम् स्वाहा ॥ [21x]</p>	 <p>Raktatārā Ātmā Utpatti</p>
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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



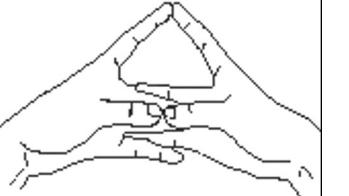
Añjali Mudrā

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 त्र्यं 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 त्र्यं॥
 om ाः त्र्यं॥ [3x]

Devás (Dharmas, Saṁbhogakāya) of all times and directions (kneel with padma mudrā, say ॐ at our glabella, say आः at our throat, say त्र्यं 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 त्र्यं॥
 om ाः त्र्यं॥ [3x]



Padma Mudrā

Trimūla Namaskāra	 <p>Karkaṭa Mudrā</p>	<p>Dākinīs (Saṅghas, Nirmāṇakāya) of all times and directions (kneel with karkaṭa mudrā, say ॐ at our glabella, say आः at our throat, say हृं 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 आः हृं॥ om āḥ hūṁ [3x]</p>	<p>All enlightened beings of all times and directions (kneel with uttarabodhi mudrā at our glabella, half bow, then back to our glabella)</p>	 <p>Uttarabodhi Mudrā</p>
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Puṇya Pariṇāmanā	<p>Puṇya Pariṇāmanā [Merit Dedication] (in our own words)</p> <p>Āryatārā Svapratijñā Nāma Dhāraṇī [Noble Tārā's Own Promise]</p> <p>ॐ तारे तारये । हूँ हूँ हूँ । समयस्थिति । भारा भारा । सर्वअभरणविभूषिते । पद्मानि पद्म । महापद्माआसनस्थिति । हस हस । त्रैलोक्यवरदे । सदिवदानपूजिते स्मरति । भगवते तारे स्मरहि । भगवान् तथागतस्य पुरत समयं । धर धर । महासत्त्वावलोकिते मणिकनकविचित्राभरणे । ॐ विलोक्य [अमृकः] भगवते तारे । हीं हीं हीं फट सोहा॥</p> <p>om 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 । om vilokāya [insert the name] bhagavate tāre । hrīṁ hrīṁ hrīṁ phaṭ svāhā॥</p>	<p>Pariṇāmanā [Dedication]</p> <p>ॐ धरे धरे बंधे रस्वहा । जय जय सिद्धि सिद्धि फल फल । अ आ शा स म ह । मम कॉलिंग समन्ता॥</p> <p>om dhare dhare bandhare svāhā । jayā jayā siddhi siddhi phala phala । a āḥ śā sa ma ha । mama koling samanta॥ [3x]</p> <p>Āryatārā Śatākṣara [Noble Tārā 100 Syllables]</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 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 hūṁ । ha ha ha hoḥ । bhagavan sarva tathāgata tārā mā me muñca । tārā bhava mahāsamaya sattva āḥ॥</p>
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