

## GREEN TARA PRACTICE

Visualize Green Tara in front of you she is 16 years old, beautiful, with all her power, wisdom, compassion, etc.

She is shiny, light green and transparent.

In the middle of her body in her central channel you see three drops of consciousness.

1. The first one in her third eye but in the center of her head.  
Color White
2. The second in her throat in the center of her body. Color Red
3. The third in the center of her chest. Color Blue

Visualize:

That from her first drop of consciousness shines and penetrates a white ray to your first drop and activates and purifies your body and physical plane. While you repeat in silence the bija (or sound) **OM**

Then from her second drop shines a red ray that penetrates your second drop in your throat purifying all your energy, aura, soul, all the energy planes, thoughts, etc. While you repeat in silence the bija **AH**

Then from her third drop she shines a bright blue ray to your third drop in your chest purifying your Consciousness and revealing your true nature. While you repeat in silence, the bija **HUM**

After purifying the three Kayas or three levels of existence.

Now you visualize that Tara transforms herself in pure green light and travels to placing herself over your head and suddenly she penetrates you through your central channel and when her energy reaches your drop in the center of your chest with a bija **TAM** you transform in Green Tara, with all wisdom, power, compassion, love.

From your third drop it comes out a rainbow color rays with the mantra spinning counter wise clock

**OM TARE TUTARE TUREH SUAHA**

You follow it and repeat it in silence and start to spin faster and faster until you can't follow it anymore with your rational mind and

you just put the intent and know that it will be spinning around you, you just feel the presence of it around you, protecting you and purifying everything around you.

From the mantra you offer in form of rainbow rays all kinds of offerings (incense, flowers, jewelry) but specially your true nature, your actions, everything you are you offer it to the Whole, to Creator, to that Divine Potential containing you, to realized and liberated beings. You can observe or feel that it is well welcome and that in return comes to you all kinds of blessings, spiritual initiations, liberation, compassion, love, wisdom, abundance in all dimensions of your life, wealth, health, anything you can imagine. And that it enters through your crown in your central channel and when it reaches your third drop in your chest from there you irradiate rainbow rays going out and spreading or sharing all those received blessings with your beloved ones and with all creatures and with all creation, (while you are doing this you can imagine that they transform in pure light and that any obstacle is transform in pure light releasing all the potential light and wisdom kept in it) until you are so much light spreading that you instantly by saying **TAM** you dissolve yourself in that ocean of pure light and wisdom and love. Here you stay contemplating your true nature, without judging, just observing, without attachment. All the time you want.

## GREEN TARA

I add a little bit of info about her symbolic aspect and magic history.

### TARA'S MANTRA:

### OM TARE TUTARE TURE SUAHA

Green Tara is the embodiment of the enlightened energy of Action in the world. Call on her to break through all your obstacles — in your practice, in your life and in the world.

### Her Name

The Sanskrit root *târ*-means "to traverse" or "cross over" as in using a bridge to ford a stream. In the orthodox Indian sacred tradition, *Târâ* refers to the second of Ten Means to Realization. And as **Shri Tara Devi** she is the deification of that Mahavidya, according to [Hindu tantra](#). As a Târîni, she carries you across; she serves as a bridge for you to get to immortality. But the root *tar*- can mean "tree," and "particularly," and it is also related to "star" and to "pupil of the eye."

In Tibetan, she is called Dolma or **Do'ma**, though often we see *Drolma* because it follows the Tibetan spelling (a *little* more; if we transliterate, it is actually *sgrolma*.)

### Green Tara

In Tibetan culture, and some others, green is considered to include all the other colors.

Green Tara is typically pictured as a dark, green-skinned girl of 16. She usually wears striped leggings but above, only her shoulders are covered. She wears the many characteristic ornaments of the [samboghakaya](#).

Green Tara has her right foot extended as if about to rise. Her left hand, in the gesture of granting refuge holds the stem of a blue water lily or utpala that waves over her left shoulder while her right hand also holding a flower, offers that which we desire, a boon.



According to the [first Dalai Lama](#) (1391-1474,) her hands with their blue utpalas signal, "Samsaric beings! Cling not to worldly pleasures. Enter the great city of liberation! Flower- goads prodding us to effort. Homage to you!"

The practice of Green Tara helps to overcome fear and anxiety, but devotees also believe that she can grant wishes, eliminate suffering of all kinds and bring happiness.

When called upon, she instantaneously saves us from eight specific calamities. (Another lineage describes 16.) The First Dalai Lama lists the 8, and interprets them as representative of corresponding defects, flaws, or obscurations:

- 1) Pride
- 2) delusions
- 3) hatred
- 4) envy
- 5) fanatical views
- 6) avarice
- 7) lust
- 8) doubt

### **Tara's Determination**

In a world known as Various Lights, there was a Buddha called Dundubhishvara [Lord of the Sound of Drums] and he had a devotee, a princess called Jnanachandra [Wisdom Moon.] For many ages, she made offerings to him, and to the 'hearers' and bodhisattvas, until finally there arose in her the determination to, herself, become a buddha. She was advised that she would first have to seek a rebirth in a male body, for who had ever heard of a female buddha?

"Nonsense," she thought. "What difference does the form of the body matter? In fact, to dispel this incorrect notion from the minds of certain beings, I will forever be reborn as a female!"

*Those who wish to attain supreme enlightenment in a man's body are many, but those who wish to serve the aims of beings in a woman's body are few indeed; therefore may I, until this world is emptied out serve the aims of beings with none but a woman's body.*

Then Wisdom Moon sat determinedly in meditation for many ages. She attained the knowledge that events do not arise, and the state called Saving All Beings. Every morning before she had taken food, she introduced and fixed innumerable beings in the state of acceptance; every evening she did the same, and so she became known as **Tara the Saviour**.

Reborn into the realm of Buddha Amoghasiddhi in the era called Vastly Extended, Tara took another vow before him: She determined to protect the sentient beings of the infinite worlds of all ten directions from harm. She settled into the state of meditation called 'Defeating all Maras,' and during the day, fixed in contemplation innumerable heavenly rulers of beings, and in the night, also those of the heaven of power of vision over others. She became known as **Tara the Swift**, and **Tara the Heroine**.

Then, in the era called Beginningless, a monk whose name was Stainless Light was empowered via the light of compassion of all the *tathagathas* [buddhas] and became **Avalokiteshvara** (*Lord of the World*, called in Tibetan, *Chenresi*). In him, two lights emanating from all the buddhas - that of Understanding and that of Compassion, united as a father and mother. These lights, these initiatory energies, engendered Tara who was then born from the heart of the Lord of the World 'as a bud from the lotus.'

That is how Tara is understood to have come to us -- out of Emptiness, but by the merit of her devotion and her determination, which manifesting as care, finds its way through the union of wisdom and compassion to all sentient beings.