



Arya Tara Sadhana

Overcomes Danger and Fear

Support our Spread the Dharma Mission at

Illustration by Ben Christian

BuddhaWeekly.com/Support

| Patreon.com/BuddhaWeekly

THANK YOU

We Dedicate the Merit to the Benefit of All Sentient Beings.

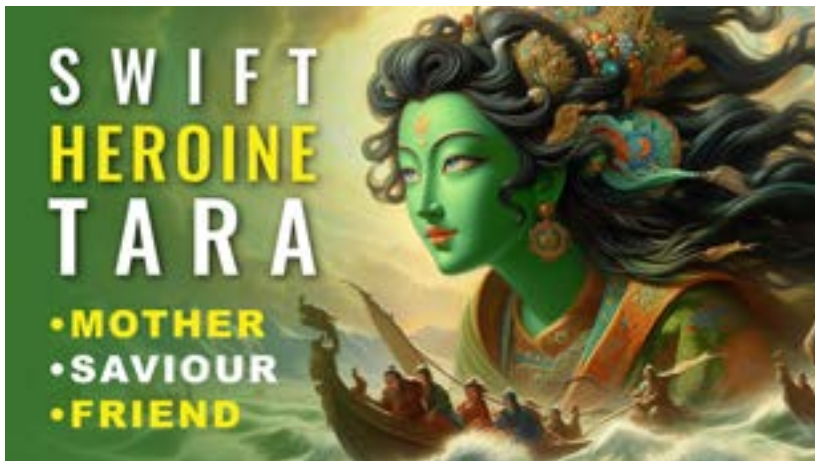
Arya Tara Sadhana

Overcomes Danger and Fear



Tara manifests in endless forms. She can be action-hero Green Tara who saves us from worldly harm. Or, blessed White Tara, who heals and brings longevity. Or charismatic Red Tara, who attracts what is helpful into our lives. Or Yellow Tara, who enriches us. Or even fierce Black Tara, who destroys all evil. Though we honor her as the Great Mother Buddha, she is, without contradiction, an intimate and treasured friend.

Like any loving Mother, Tara is ready to help us, even in mundane areas of life. She is the “practical Buddha”—the “Karma Mother”—the Buddha most active in our lives.



For a video of this recitation with introduction, see:

<https://www.youtube.com/watch?v=-7LsdX6VRtg>

Suggestions for Practice

The simplest way to practice Tara and bring her motherly protection into your life is by chanting her famous ten-syllable mantra. This mantra is:

Om Tare Tuttare Ture Svaha



Meaning of the Mantra

- Om is Taking Refuge and praising the Body, Speech, and Mind of Tara.
- Tare liberates and saves us from suffering in Samsara -- the suffering of the entire universe and all six dimensions.
- Tuttare liberates us from the eight inner dangers, eight external types of hazards and 8 supernatural dangers.
- Ture liberates us from disease.
- Svaha is the root of the path and means “be it so” or “well said.”



Great Dharani from Sutra of Tara

The supreme Dharani from Sutra that protects
from all fears and dangers is:

OM NAMO ARYA-AVALOKITESVARAYA

BODHISATTVA

MAHASATTVA

MAHA- KARUNIKAYA

TADYATHA OM TARE TUTTARE TURE

SARVA-DUSTAN PRADUSTAN MAMA KRTE

DZAMBHAYA

STAMBHAYA MOHAYA

BANDHAYA

HUM HUM HUM

PHAT PHAT PHAT SVAHA

MAMA ARYAVALOKABHAYA NARA

BODHISATTVA MAHASATTVANI

ADHISTHANA

ADHISTHITE MAMA SARVA-KARMA-

AVARANA- SVAHBAVA SUDDHE VISUDDHE

SHODHYAYA VISHODHAYA HUM PHAT

SVAHA





Downloadable PDFs

[Tara's Great Dharani and the Sutra of Tara Who Protects from Eight Fears.](https://buddhaweekly.com/taras-great-dharani-and-the-sutra-of-tara-who-protects-from-the-eight-fears/)

<https://buddhaweekly.com/taras-great-dharani-and-the-sutra-of-tara-who-protects-from-the-eight-fears/>

[Tara's 21 Praises Dharani in Sanskrit, Tibetan, and English](https://buddhaweekly.com/21-praises-dharani-to-tara/)

<https://buddhaweekly.com/21-praises-dharani-to-tara/>

Merit-Accumulating Sadhana of Tara

BY MARPA LOTSAWA

Great Marpa taught a cycle of Three Special Deities. These three are, of course, Arya Tara, the Mother who liberates us from fears in Samsara, together with Ushnisha Vijaya, in Tibetan Namgyalma, who liberates us from the Lord of Death, and finally, the Supreme Lord Buddha Vajrasattva, who liberates us from all negative karma. The puja begins with prostrations to the Three Supreme Deities, then the practice of Arya Tara.

If you have empowerment, you can visualize yourself as Tara in the normal way. If you do not have empowerment, you only visualize Tara in front of you. In this short version, we strictly recite the accumulating merit section with seven limbs of practice and the Praising of the 21 Taras and mantra with final requests for blessings.

Ideally, after the seven limbs of practice we recite the 21 Taras (see linked PDF) Praise Dharani in Sanskrit or English linked above. If you are doing an abbreviated form, recite only the mantra. Ushnisha Vijaya Namgyalma, Arising from the Ushnisha of the Buddha, destroyer of the Lord of Death.

S A D H A N A

BY MARPA LOTSAWA

Venerable Arya Tara, who liberates from the fears of Samsara.

Great Lord of All Families, Vajrasattva.

To the three Supreme Deities and the full assembly, I bow, pay homage, and make offerings.

In Tara, the Buddha, Dharma, and Supreme Assembly, I take refuge until Enlightenment. By the merit of my generosity and other deeds, may I attain Buddhahood for the sake of beings.

In front of me instantly arises a blazing green TAM syllable. By the light of the syllable, Venerable Tara appears in the sky, surrounded by an assembly of Buddhas and Bodhisattvas.

Namo Guru Arya Taraye. Namu Buddhaya. Namu Dharmaya. Namu Sanghaya.

I prostrate with complete purity to Venerable Arya Tara and all the Buddhas and Bodhisattvas who dwell in the ten directions and three times.

I offer real and imagined flowers, incense, butter lamps, scent, food, music, and so forth. Assembly of Arya Tara, please accept it.

I confess all my faults from beginningless time until now, committed with a mind under the sway of the afflictions, such as the ten nonvirtues.

S A D H A N A

I rejoice in whatever merit has been accumulated in the three times by Hearers, Solitary Realizers, Bodhisattvas, ordinary beings, and others.

Please turn the wheel of the Dharma according to the intentions and mental dispositions of sentient beings.

Until Samsara is emptied, please do not pass into Nirvana but look with compassion upon sentient beings that are drowning in the ocean of suffering.

May whatever merit I have accumulated become the cause of Enlightenment for the benefit of sentient beings.

May all beings have happiness and the causes of happiness. May they be free from suffering and the causes of suffering. May they not be separated from the sublime happiness that is free from suffering. May they rest in the great equanimity that is free of the duality of attachment and aversion.

Thus one gathers the accumulations through prostrating, offering, confessing, and generating the two types of bodhichitta of the preliminaries.

(Recite the 21 Praises if you have time.)



SADHANA

Now, while holding the visualization of Tara, I recite the mantra. As I recite, I see green light going out from the Tam at Tara's heart, blessing all beings in the entire universe, then returning and blessing my own body, speech and mind.

Om Tare Tuttare Ture Svaha.

(108 or as many times as possible.)

By the power of praising and supplicating you, wherever I and others reside may illness, obstructive spirits, poverty, and fighting be pacified, and may the Dharma and auspiciousness flourish.

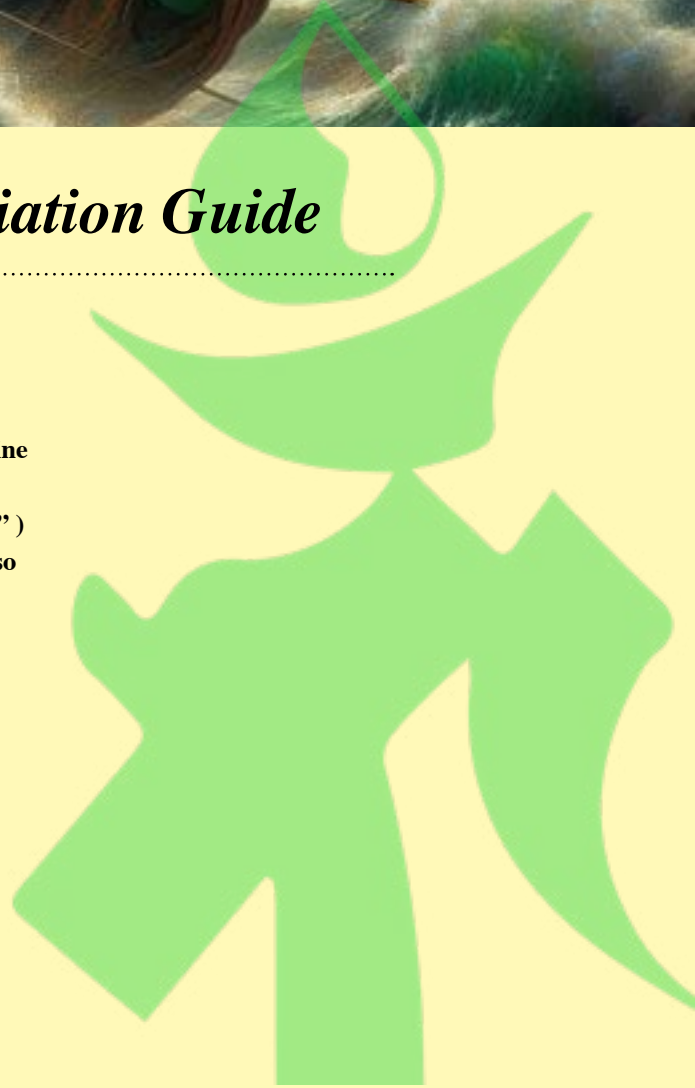
Buddhas, bodhisattvas, and the Sangha, please heed me. From the great, beginningless Samsara, I and all beings have performed the virtue of cultivating generosity and ethical discipline and have rejoiced in the expression of these deeds. By the virtue practiced thus, with the mind of holy generosity, may ornaments and belongings become the host of practitioners, and for the sake of our parents, teachers, masters, and all sentient beings, may we achieve Buddhahood. By the merit arisen from this virtue, may we acquire all the perfections such as life, merit, enjoyment, a retinue, and virtuous practice, and may all obstacles be pacified without exception.

May I attain Enlightenment for the benefit of all sentient beings.



Quick Sankrit Pronunciation Guide

1. Pronounce all the letters.
2. c is always soft as in 'churn'
3. ś or ṣ pronounce as in 'sh'.
4. ḥ softly echoes the preceding vowel (it does not combine to make ch or sh sounds)
5. v sounds close to w (but slightly harder, like "svwaha")
6. kh, gh, ch, jh, th, dh, ph, bh: the h's are pronounced so that th is a "t-h" aspirated sound rather than a "th" sound. (For instance phat is not "fat" it's 'p-hut')
7. Vowels are pronounced:
 - a as in u in cut
 - ā as in father
 - i as in bit
 - ī as in beet
 - u as in put or foot
 - ū as in brute
 - e as in bay (e.g. deva)
 - ai as in sigh
 - o as in hope





MUSIC AVAILABLE FOR STREAMING

From your favorite streaming music service (Record Label: **Buddha Weekly Mantras**): Spotify, Apple Music, iTunes, Instagram/Facebook, TikTok & other ByteDance stores, YouTube Music, Amazon, Pandora, Deezer, Tidal, iHeartRadio, Claro Música, Saavn, Boomplay, Anghami, KKBox, NetEase, Tencent, Qobuz, Joox, Kuack Media, Yandex Music (beta), Adaptr, Flo, MediaNet.



Spotify



YouTube Music



Apple Music



DEEZER

Please Help Support the “Spread the Dharma” Mission!

The power of Dharma to help sentient beings, in part, lies in ensuring access to Buddha’s precious Dharma — the mission of Buddha Weekly. We can’t do it without you!

A non-profit association since 2007, Buddha Weekly continues its Spread the Dharma mission to publish Dharma feature articles, educational videos, and beautiful recorded chanted mantras for streaming, and podcasts. Please consider supporting the mission to preserve and “Spread the Dharma.” Your support as either a patron or a supporting member helps defray the high costs of producing quality Dharma content. Thank you! Learn more here, or become one of our super karma heroes on Patreon.

[Become a Supporting Member](#)

[Become a Patron](#)

