



Windhorse Tara

PRACTICE

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Windhorse Tara Practice:

**Tara, the Wind of Life; Tara, Goddess of Wind,
Buddha of Activity, Karma Mother**

Tara Windhorse Practice is one of the most popular practices in Vajrayana and Mahayana — and according to the introduction from the teacher Trulshik Adeu Rinpoche:

“This windhorse practice, relying upon Noble Lady Tārā, is a prayer that fulfils all wishes.”

Windhorse is Prana or Chi

Windhorse refers to Prana, or Chi, which is Buddha Mother Tara's domain. It also refers to fulfilling wishes, since we see the Windhorse on every prayer flag in Tibetan tradition. The Windhorse symbolically carries our wishes, prayers and aspirations on Tara's winds, so that she hears our noble aspirations. You also see windhorse flags of different colors, representing different activities.

How to Practice

In this practice, we begin by Taking Refuge, followed by the 21 Tara Dharani praise as many times as you can, then end with this visualization and practice -- which sends your aspirations and wishes to Green, White, Red, Yellow, Blue or Black Tara, ensuring speedy wish-fulfilment and blessings.

Due to the importance of wind and sound in Buddhism, and also life-sustaining chi, the Windhorse Tara practice is very important. It is a potent way to tap into her power and blessings. It is both supplication for blessings, and praise of her qualities as the Activity of all the Buddhas.

At the end of the 21 Tara Dharani Praise chanting, or at the end of your Tara practice, recite this well-known practice from the great teacher Trulshik Adeu Rinpoche, called Windhorse Practice of Tara.



Visualization

Visualize the wish-fulfilling horse carrying your wishes into the sky to Tara's ear. The wish-fulfilling horse is a beautiful flying horse. You can visualize your wind horse with the symbol of the Three Jewels, or the wish-fulfilling jewel on his back. He carries your wishes to Tara.

- For this practice, we visualize a white windhorse carrying our pacifying wishes and supplications to White Tara.
- This is followed by a Golden windhorse carrying our enriching and growth wishes to Golden Yellow Tara.
- Then, a red windhorse carrying our controlling and magnetizing wishes to Red Tara.
- Next, is a blue windhorse carrying our wishes to "repel our enemies", who include both internal and external enemies.
- Finally, a green windhorse carries our final wishes for protection and refuge to Green Tara.

Or, if this is too difficult, you can see the more traditional white Windhorse riding skyward on a rainbow of the same five colors. If this is too difficult, you see just the rainbow of light leaving your body and entering Tara's body of light.

As you meditate and chant the verses, mentally recall your specific wishes.

At the end of the Tārā practice, or after reciting the Praises to Tārā as much as one can, begin reciting either in Tibetan or English:



༄། སྒྲོལ་མའི་གླུང་ཏ།

Windhorse Practice of Tārā

by Trulshik Adeu Rinpoche

རྗེ་བཙུན་འཕགས་མ་སྒྲོལ་མ་ལ་བརྟེན་ནས་གླུང་ཏ་བསྐྱེད་པའི་འདོད་དོན་གསོལ་འདེབས་ནི།

This windhorse practice relying upon Noble Lady Tārā is a prayer that fulfils all wishes.

སྒྲོལ་ཚལ་གི་མཛུག་ཐོག་གམ། སྒྲོལ་བསྐྱེད་གང་མང་རྗེས།

At the end of the Tārā practice, or after reciting the Praises to Tārā as much as one can, begin:

ཨོ། ར་མ་མཁའི་རྒྱལ་མོ་འགོ་བ་ཀུན་སྒྲོལ་མ། །

om, namkhé gyalmo drowa kün drolma

Om. Queen of space, savior of all beings,

ཀུན་ཏུ་བྱུང་བ་ནམ་དག་གླུང་གི་ཁམས། །

küntu khyabpa namdak lung gi kham

Perfectly pure essence of wind that pervades all,

འཇིག་རྟེན་ཁམས་ཀུན་བསྐྱེད་དང་འཕེལ་བྱེད་པའི། །

jikten kham kün kyé dang pel jepé

You give birth to all worlds and cause them to flourish.

འཕགས་མ་སྒྲོལ་མའི་ཞབས་ལ་ཕྱག་འཚལ་ལོ། །

pakma drolmé zhab la chaktsal lo

Noble Lady Tārā, I pay homage to you!

དཀར་མོ་སྟོན་ཟླ་རྒྱས་པའི་ཞལ་མངའ་མ། །

karmo tön da gyepé zhal nga ma

Lady whose face gleams as white as the autumn moon,

གང་དེས་མི་མཐུན་གཞོད་པ་ཀུན་ནི་ནིང་། །

gang dé mitün nöpa kün zhi zhing

By pacifying all adversity and affliction,

མཐུན་སྐྱེན་བསམ་དོན་ལྷན་གྱིས་འབྲུབ་མཛད་པས། །

tünkyen samdön lhün gyi drub dzepé

And spontaneously bringing favorable conditions and fulfilling wishes,

འཇིགས་བརྒྱད་དབྱིངས་སུ་ནི་བའི་ལྷུང་རྟ་བསྐྱེད། །

jikgyé ying su zhiwé lung ta kyé

Generate the windhorse of dissolving the eight dangers into space!

སེར་མོ་གསེར་མདོག་ཉི་མའི་གཟི་མངའ་མ། །

sermo ser dok nyimé zi nga ma

Lady who shines as brightly as the golden sun,

གང་དེས་རྒྱུད་དང་ཐོངས་པ་ཀུན་སེལ་ནིང་། །

gang dé gü dang pongpa kün sel zhing

By eliminating all decadence and poverty,

ཆོ་བསོད་དཔལ་འབྱོར་གྲགས་པ་རབ་འཕེལ་བས། །

tsé sö paljor drakpa rab pelwé

And increasing lifespan, merit, wealth and renown,

ཕུན་ཚོགས་དཔལ་ཡོན་རྒྱས་པའི་གྲང་རྟ་བསྐྱེད། །

püntsok palyön gyepé lung ta kyé

Generate the windhorse of expanding prosperity and fortune!

དམར་མོ་རྒྱ་གཞི་མདངས་ལྗན་གཟི་འབར་མ། །

marmo ragé dangden zibar ma

Lady who blazes with the luster of red rubies,

གང་དེས་གཞན་དབང་འགལ་རྒྱུན་ཀླན་སེལ་ནིང་། །

gang dé zhenwang galkyen kün sel zhing

By dispelling all dependency and misfortune,

རང་དབང་འཇིག་རྟེན་སྣང་བ་ཀླན་འདུ་བས། །

rangwang jikten nangwa kün duwé

And bringing the whole apparent world under my control,

ཁམས་གསུམ་དབང་དུ་འདུ་བའི་གྲང་རྟ་བསྐྱེད། །

kham sum wang du duwé lung ta kyé

Generate the windhorse of magnetizing the triple world!

སྒྲོན་མོ་ཨིངྩ་ནི་ལའི་མདངས་ལྗན་མ། །

ngönmo indanilé dangden ma

Lady who sparkles with blue sapphire brilliance,

གང་དེས་དབྲ་གདོན་གཞོན་པ་ཀླན་བསྐྱོག་ཅིང་། །

gang dé dra dön nöpa kün dok ching

By repelling all enemies, obstacles and harm,

མི་མཐུན་འཛིགས་པའི་ཕྱོགས་ལས་རྣམ་རྒྱལ་བས། །

mitün jikpé chok lé namgyalwé

And granting total victory over all danger and adversity,

བདུད་ལྷེ་བིལ་གྱིས་གཞོན་པའི་གླང་རྟ་བསྐྱེད། །

dü dé zil gyi nönpé lung ta kyé

Generate the windhorse of overpowering demonic hordes!

ལྷང་མོ་མ་ར་ཀ་ཏའི་འོད་ལྷན་མ། །

jangmo ma ra katé öden ma

Lady who beams with emerald green light,

གང་དེས་མི་འདོད་ཕྱོགས་རྣམས་ཀྱན་ནི་ཞིང་། །

gang dé mindö chok nam kün zhi zhing

By pacifying all unwanted circumstances,

བཀྲ་ཤིས་དཔལ་གྱིས་དོན་ཀྱན་འགྲུབ་བྱེད་པས། །

tashi pal gyi dön kün drub jepé

And accomplishing all aims with auspicious glory,

ཐྲིན་ལས་མཁའ་དང་མཉམ་པའི་གླང་རྟ་བསྐྱེད། །

trinlé kha dang nyampé lung ta kyé

Generate the windhorse of acting on a space-like scale!

རྟེན་འབྲེལ་སྙིང་པོ་བརྗོད།

Next, recite the Essence of Interdependence mantra (Tendrel Nyingpo):



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