

ଆ ହିନ୍ଦୁମାର୍ତ୍ତିକାଶିକାର୍ଥିତାକାରୀ ପାଇଁ କାହାରେ କାହାରେ କାହାରେ କାହାରେ କାହାରେ କାହାରେ

The Lotus Hook of Attainment

Daily Recitation of Arya Tara of Overpowering Activities from the Primordial Lord, Wish-fulfilling Tantra



Tibetan Meditation Center



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ଓঁ মনুষ্যসন্তুষ্টকর্মঃ

ଶ୍ରୀମତୀ ପାତ୍ନୀ କୁମାରୀ ଦାସ ମହାନ୍ତିର ପାଦମୁଣ୍ଡଳରେ ଉପରେ ଏହା ହେଉଥିଲା ।

Homage to the Great Ascended Tara.

Sit on a comfortable cushion in an ideal surrounding.

*Do the Sevenfold Meditation Posture of Vairocana!*¹

Then exhale three times from each of the three nadis.²

Now, with devotion and love, visualize Arya Tara thus:

ରତ୍ନ-ଶ୍ଵର-ପାଦ-କଣ୍ଠ-ପଦ୍ମ-ପାତ୍ର-ପାତ୍ର-ପାତ୍ର-
ଶ୍ଵର-ପାଦ-ପାତ୍ର-ପାତ୍ର-ପାତ୍ର-ପାତ୍ର-ପାତ୍ର-ପାତ୍ର-ପାତ୍ର-

RANG GI NYING-KHA NAY WÖ-ZER TRÖ PAY LAMA
WANG-ZED PHAG-MA DOL-MAI LHA-TSHOG DUN GYI NAM
KHAR NGON SUM DU ZHUG PAR GYUR/

From your heart center radiates light rays, and there actually appear,
in front in the space above you,
the Assembly of Lama Arya Tara performing Magnetizing Activities.

କୁହୁ କଣ୍ଠାଶୁଷ୍ଟଦ୍ୟପଦର୍ଵନ୍ଦାଶୁଷ୍ଟକୁର୍ମାଶୁଷ୍ଟିଶାଶୁଷ୍ଟି
ଶୁଷ୍ଟାଶୁଷ୍ଟଦ୍ୟପଦର୍ଵନ୍ଦାଶୁଷ୍ଟକୁର୍ମାଶୁଷ୍ଟିଶାଶୁଷ୍ଟି

NAMO/ CHÖ-KU NANG-THA LONG-KU CHEN-RE-ZIG/
TUL-KU PÉ-JUNG KHA-DRO TSO-GYAL MA/

Homage to Dharmakaya Buddha of Infinite and Sambhogakaya
Chenrezig. Homage to Nirmanakaya Padmasambhava and Dakini
Yeshe Tsogyal.

ARYA TA-RE KON-CHOG KUN DÜ LA/ KYAB SU CHI WO JE-TSUN PHAG-MAI TSHOG/

Homage to Arya Tare who is the embodiment of all the Enlightened Beings. I take refuge in the Assembly of the Noble Ascended Taras.

ਤ੍ਰੇਦ' ਖੁਸਾ' ਤ੍ਰੇਦ' ਏਲੈਕ' ਰਵੰਗੁਰ' ਸੇਮਨ' ਤਤ' ਕੁਗਸ਼ੁੰ ਛੀਕ' ਲੈਂਦ' ਸੁੱਪ' ਸਦੀ' ਪ੍ਰਦ' ਕੁਨ' ਬ' ਬੱਧ' ਏਨੁੰ

KHED DRUB KHED TEN DRO KUN SEM-CHEN NAM/
MIN CHING DROL WAI JANG-CHUB MA THOB BAR/

(By the power of) propitiating and practicing you,
Until I reach Buddhahood for the sake of ripening and liberating all
sentient beings,

ਬੱਧਾ' ਮੀ' ਪ੍ਰਿਸ' ਯਦ' ਕੀ' ਧਹੁੰਦ' ਦਕ' ਸਤਦੁੰ
ਛੀਕ' ਦੁੰ ਮਹਿਸਾ' ਸਦੀ' ਪ੍ਰਦ' ਕੁਨ' ਸੇਮਨ' ਏਲੈਕ' ਨੁੰ ਏਤ' ਏਨੁੰ

SOG GI CHIR YANG MI TONG DAM CHA WO/
MON DANG JUG PAI JANG-CHUB SEM KYED DO/

I will not let go this pledge even for my life.
I, therefore, generate aspirational and applied bodhicittas.

Three times

ਘਰ' ਏਥਾ' ਨਹੁਰ' ਸ' ਕੀਂ

ਕੁੰਝੀਂ ਪ੍ਰਿਸ' ਖੁਦ' ਕੁਨ' ਦਾਨਾ' ਛੀਕ' ਹੁਸਾ' ਸਾਥੀ' ਸੁੰਦੁੰ ਹੈ' ਸਤੁੰਕ' ਰਥਥਾਸਾ' ਬ' ਜ੍ਞਾਨ' ਚੂ' ਰੇ' ਏਂ

HUNG HRI/ YUL NANG NAM DAG DRON-DRUG TA WAI LONG/
JE-TSUN PHAG-MA ARYA TA-RE LA/

The Seven Limb Prayer³

In the expanse of object-appearance that is completely pure and brightly
lit by the Six Lamps;⁴ Revered noble mother Arya Tare,

ਬੱਧਾ' ਸਾਨੁਦੀ' ਸਾਨਾ' ਕੁਨਾ' ਕੁ' ਏਨੁਨ' ਸਨ' ਮਹਿਸਾ' ਕੱਧਾਸ਼ੁੰ ਵਿੰਦ' ਮੀ' ਕੁਵਾ' ਤ੍ਰੇਦ' ਖੁਸਾ' ਸਾਨੁਸਾ' ਸਾਏੰ

CHOG CHUI SANG-GYE TSA-SUM RAB-JAM TSHOG/
ZHING GI DUL-NYED TA BUR ZHUG PA LA/

is surrounded by an infinitely vast assembly of Buddhas of all
Ten Directions,⁵ and the Three Roots,⁶ who are as numerous as the
atoms in the universe.

ଶ୍ରୀଶୁଭ୍ସୁନ୍ଦରୀପାତ୍ରଙ୍କରେ ଶ୍ରୀମତୀ ଶ୍ରୀପାତ୍ରଙ୍କରେ ଶ୍ରୀମତୀ ଶ୍ରୀପାତ୍ରଙ୍କରେ

**GO-SUM GÜ PAY CHAG TSHAL DIG-DRIB SHAG/
LO YIE LANG NAY CHOD PAI JE-DAK NAM/**

To you I prostrate with devotion from my body speech and mind⁷,
and confess my sins and obscurations.
I visualize a huge array of offerings, and

ଦୂର୍ଗକୁ ପାଇଯାଇଲୁ ଏହାରୁ ଶବ୍ଦରେ ହେଲାମାତ୍ର ହେଲାମାତ୍ର ହେଲାମାତ୍ର
ହେଲାମାତ୍ର ହେଲାମାତ୍ର ହେଲାମାତ୍ର ହେଲାମାତ୍ର ହେଲାମାତ୍ର ହେଲାମାତ୍ର

KON-CHOG PHAG-MAI TSHOG LA BUL ZHING ZHEY/ TSHOG NYIE ZOG SHING CHÖ KYI KHOW-LO KOR/

I offer them to the most precious Assembly of Arya Tare.

Please accept them. Thus may I complete the Two Accumulations⁸ and may the Wheel of Dharma be turned.

ଫିସଦ୍ୱାରା ମିଳନାରୀ କାହାରାକାରୀ ଏବଂ ପରିଚାରକାରୀ
ଦୁଷ୍ଟାଙ୍ଗତି ଏବଂ କାହାରାକାରୀ ଏବଂ ପରିଚାରକାରୀ

YI-RANG NYA-NGEN MI DA ZHUG SOL DEB/
GE-WA CHI SAG DRO KUN DROL CHIR NGHO/

I rejoice and beseech you not to pass into nirvana but stay (with us).
I dedicate whatever merits generated for the liberation of all beings.

Repeat three times)

ଓঁ শুক্র মসুদ সুন্দর শুক্র মসুদ হার্দিং কেন্দ্ৰ প্ৰতিদৰ্শুন্ড

**OM SWABHAWA SHUDDHA SARVA DHARMA SWABHAWA
SHUDDHO HUM/ TONG PA NYI DU GYUR/**

ଶ୍ରୀପଦିନାମଣାକୁମାରପାତ୍ରଙ୍ଗମାନାମାନିକାନ୍ତିର୍ଦ୍ଦେଶ୍ୱରପଦିନାମଣାକୁମାରପାତ୍ରଙ୍ଗମାନାମାନିକାନ୍ତିର୍ଦ୍ଦେଶ୍ୱର

TONG PAI NGANG LAY NAM-PAR-SHEY-PA DUL-DREL
DANG-MA TAM YIG MAR-POR GYUR PA DE NYID
KED-CHIG GIE PAD NYI LHA-CHEN PHO MOI DEN GYI TENG
DU JE-TSUN CHOM-DEN-DEY MA WANG GI DOL-MA MAR-MO
KU-DOG PAD-MA RA-GA TAR MAR LA SEL ZHING WÖ TSHER WA/

Out of the emptiness, your spotlessly pure consciousness turns into a red Tam syllable. The red Tam instantly transforms into a Red Noble Bhagavat Arya Tara of Overpowering Activities on a seat of lotus flower, sun disk and a male and female Worldly Gods/Mahadevas.

Arya Tara's body is ruby-red, bright and radiant

ZHAL CHIG CHAG ZHI PA ZHI ZHING ZUM LA
CHUNG-ZED TRO-MOI NAM-PA CHEN/
KU GEG SHING CHU-DUK LON PAI NA-TSHÖD CHANG WAI
NYAM DANG DEN PA/

Arya Tare has one face, four arms.
She is slightly smiling with a trace of wrathfulness.
She is beautiful, and has the graceful appearance of a 16 year old.

**CHAG DANG-PO NYIE KYI YEY-PAY PAD-MAI CHAG-KYU
CHAR-TAB DANG/ YON UTPALA MAR-PO KYAB-JIN GYI
CHAG GYAY THUG-KAR ZIN PA/**

The right hand of the first pair holds a lotus hook raised in the space.

The left hand, in protection mudra, holds a red *utpala* flower
at her heart center

ଦେଶ·କୁ·ଶତର୍ଣ୍ଣିଶ·ଶ୍ରୀଶ·ପଞ୍ଚନାମ·ଶେତି·ମନ୍ଦର·ଶବ୍ଦ·ତଥେତ୍ର·ଶିର୍ଦ୍ଦି·
ବ୍ରତଶ·ଯଶସ·ପର୍ବତ·କ୍ଷିତି·ଶର୍ଵତ୍ରି·ଶର୍ଵତ୍ରି·ଶର୍ଵତ୍ରି·ଶର୍ଵତ୍ରି

WOG-MA NYIE KYIE PAD-MA MAR-POI DA-ZHU GENG SHING/
ZHAB YEY KYANG ZHING YON CHUNG ZED KUM PA/

The last two hands hold a red lotus-bow and arrow fully drawn.
Her right leg is stretched out and the left is slightly retracted.

TONG-PA-NYID DANG NYING-JE ZUNG DU JUG PAI DAG-NYID CHEN SUM PA/

She is the embodiment of indivisible Emptiness and Compassion. Arya Tara has three eyes.

དར་དང་ත්වරා ශ්‍රී මහා ජ්‍යෙෂ්ඨ දේශ දායක අධ්‍යක්ෂ ප්‍රතිපත්ති ස්ථානය

DAR DANG RÜ-GYEN RIN-PO-CHHE DANG PAD-MA MAR-POI
GYEN-TRENG CHEN/

She is adorned with silky clothes, bone ornaments,⁹
precious jewels and a garland of red lotus flower.

U-TA NAG-NUM KU-GYAB SIL-BUR DOL WA/
NU BUR THO ZHING SANG-WAI PAD-MA GYAY PA/

Her shiny black hair flows freely down on her back.

The breasts are prominent and her secret lotus open.

ଶ୍ରୀ ପଦମାତ୍ରା କଣ୍ଠଶିଖା ପଦମାତ୍ରା କଣ୍ଠଶିଖା

KU LA RAB-JAM WANG GI LHA-TSHOG TIL GYI GONG-BU
TAR ZHUG PAR SEL WAI TEL-WAR OM KAR-PO/

Visualize, on Arya Tara's body, an infinite number of Deities of Overpowering Activities like a heap of mustard seeds. white OM on her forehead.

ବ୍ୟୁକ୍ତିପରିମାଣରେ ଶିଳ୍ପିଦର୍ଶନରେ ଅଧିକତଃ ପରିମାଣରେ ଏହାର ପରିମାଣରେ ଅଧିକତଃ ପରିମାଣରେ ଏହାର ପରିମାଣରେ

DRIN-PAR A MAR-PO/

NYING-KHAR HUNG NGON-PÖ TSHEN PA DANG/
a red A on her throat; and a blue HUNG on her heart center.

**THUG-KAR TAM MAR-POI WÖ-ZER GYIE PHAG-MA DOL-MA
LA CHHOG-CHUI SANG-GYE DANG JANG CHHUB SEM-PA
TSA-SUM RAB-JAM KYI TSHOG DANG CHAY PA VAJRA
SAMAZA/ ZA HUNG BUM HO/**

The red Tam syllable from Arya Tara's heart center radiates light and the light rays invite (to the Samayasattva¹⁰) Arya Tara (Janasattva¹¹) surrounded by an infinite number of Buddhas, Bodhisattvas and the Three Roots a from all the ten directions.

དྲବ୍-ଶୀ-ଙ୍ଗ ອୁଷା-ଶୁଵ-ହନ୍ତ୍ରୀ ବିଷା-ଶୁଷଦ୍-ବଦ୍ଧା-ଶେଦ-ଶୁଷଦ୍-ବଦ୍ଧା-ଶୁଷଦ୍

WANG GI LHA NAM CHEN-DRANG/ RIG KYI DAG-PO

WÖ-PAG-ME KYIE U GYEN PAR GYUR/

Thus you invited the Deities of Enlightenment Activities.

Then Buddha Amitabha, the Lord of the family ornamentals Arya Tara's head.

ଶୁବ-ହକ୍-ବ-ଶ-କ୍ରୀଂ ଶ୍ରୀଂ ପଦ-କେବ-ଶାପ-ଶୁଦ୍-ର୍ତ୍ତ-ଶ-ଶୁଃ ଶ୍ରୀଂ ପଦ-କୋର୍ଦ୍ଦ-ପଦ-କ୍ରୀଂ ପଦ-କୋର୍ଦ୍ଦ-ଶ-ଶୁଃ

**HRI/ DE-CHEN KHA-CHOD POTALA/
YU-LO-KÖ PAI ZHING CHOG NAY/**

Deity Invitation Prayer.

HRI, From the Blissful Paradise of Potala, and the Paradise, Arrayed in Turquoise Petals most excellent;

ହୈ-ଶର୍ତ୍ତବ-ଦସଶା-ଶା-ଶୁଦ୍-ର୍ତ୍ତ-ଶ-ଶୁଃ ଶାବଶ-ହଦ୍-ର୍ତ୍ତବ-ହକ୍-ବ-ଶାପ-ଶୁଦ୍-ର୍ତ୍ତବ-ଶ-ଶୁଃ
ଅ-ଶୁଦ୍-ର୍ତ୍ତ-ଶ-ଶୁଃ ଅ-ଶୁଦ୍-ର୍ତ୍ତ-ଶ-ଶୁଃ ଅ-ଶୁଦ୍-ର୍ତ୍ତ-ଶ-ଶୁଃ

**JE-TSUN PHAG-MA DOL-MAI TSHOG/
NAY-DIR CHEN-DREN SHEG SU SOL/**

OM ARYA TARE SAPARI WARA VAJRA SAMAYA ZA/

The assembly of the noble Arya Tara,
I invite you to this place so please come.

ଶୁବ୍ରାଶ-ଶର୍ତ୍ତବ-ଶୁଦ୍-ର୍ତ୍ତବ-ଶ-ଶୁଃ

ଶ୍ରୀଂ ଶର୍ତ୍ତବ-ଶା-ଶୁଦ୍-ର୍ତ୍ତବ-ଶ-ଶୁଃ ଶର୍ତ୍ତବ-ଶା-ଶୁଦ୍-ର୍ତ୍ତବ-ଶ-ଶୁଃ

**HUNG/ DÖ NAY DAM-TSHIG YE-SHEY CHIG/
DU-DREL MED PAR ZHUG SU SOL/**

To bid them to sit down and prostrations:

Hung: From primordial times, (I) the Samayasattva and (you) the Janasattvas have been one. Please be seated as such- free from union & separation.

རිග-ප-යේ-සෙ-ය-ත-ෂ-න-ෂ- ອ-ස-ත-ි-ත-්-ස-ම-ව-ස-ත-ු- අ-ක-ස-
RIG-PA YE-SHEY DA GO YE/ CHO-NYID ZED SAR
JEL-CHHAOG TSHAL/

By opening the door to my primordial wisdom, I offer my meeting-prostrations to the state of the exhaustion of concepts and phenomena.

ස-ය-ය-ත-ී-ම-ූ-ක- අ-ර-ි-ප-ර-ි- ස-හ-ි-ස-ර-ි-
SAMAYA TSHTHA LHAN/ ATI PU HO PRATITSA HO/

අ-ක-ද-ය- ත-ී- ක-ු- ණ-ෂ- ග-ණ- ම-ව- ත-ි- ප-හ- ම-හ- ම-හ- ම-හ-
අ-ක-ද- ජ-ෑ- ඕ- බ- ම- ප- ම- ම- ම- ම-

HUNG/ TONG-SUM ZHING-KHAM RAB-JAM KYI
CHOD-YON ZHAB-SIL ME-TOK DANG/

Making offerings¹²

HUNG: Of the immensity of the Billion World-Systems of
Buddhafields, I make offerings of drinking water;
water for washing the feet; flower garland;

ව-ත-ු- ර-ු-
DUG-PÖ NANG-SEL DI ZHAL-ZAY/
ROL-MO NA-TSHOG DÖ-YON NAM/

incense; butter lamp; scented water; food; music and a variety of
desirable offerings.

ම-හ- ම-හ- ම-හ- ම-හ- ම-හ- ම-හ- ම-හ- ම-හ-
MAN DANG RAK-TA TOR-MAR CHAY/
NYAM-JOR SHUKRA DE-WAI CHOG/

I make offerings of medicinal amrita; blood and ritual cakes;
and the juices of the union that is the supreme bliss.

ସାମ୍ବାଦ୍ୟାନିକ ପରିଷଦ୍ ଏବଂ ପରିଷଦ୍ ପରିଷଦ୍ ଏବଂ ପରିଷଦ୍ ଏବଂ ପରିଷଦ୍

SEL-TONG KA-DAG DON GYI CHOG/ JE-TSUN PHAG-MA DOL-MÉ TSOG/

I make offerings of Clarity, and Emptiness -the supreme reality that is primordially pure. I make these offerings to the Assembly of Noble Arya Tara.

ମନ୍ତ୍ରେଣାଶ୍ଚିଦ୍ସ୍ଵର୍ଗାଶଦବ୍ରାହ୍ମନାଶୁଦ୍ଧିକାରୀଃ ଏକଷ୍ଟ୍ରେଣାଶ୍ଚିଦ୍ସ୍ଵର୍ଗାଶଦବ୍ରାହ୍ମନାଶୁଦ୍ଧିକାରୀଃ

NYEY SHING THUG-DAM KANG GYUR NAY/
CHOG DANG THUN-MONG NGÖ-DRUB TSOL/

May you, therefore, be pleased and may your pledges be fulfilled:
may I be granted both the Supreme and the Common Siddhis.¹³

**OM ARYA TARE SAPARI WARA ARGHAM, PADYAM, PUSHPE,
DHUPE, ALOKE, GHANDE, NEWIDYE, SHABTA PRATITSA
SVA HA/ RUPA SHABTA GANDHERA SASPARESHA A HUNG/
MAHA PENYTSNA AMRITA KHARAM KHAHI/
MAHA RAKTA LA KHARAM KHA HI/
MAHA BALINGTA LA KHA RAM KHA HI/
MAHA SUKHA SHUKRA DHARMA DHATU A/**

ସଞ୍ଜନ୍ମ'ଦ୍ୟା'କେବଳ ଶୁଣି ଦ୍ୟା'ଚୁ'ପ୍ରଥିଷାକର୍ତ୍ତା'ଯକ୍ଷ୍ମା'କର୍ତ୍ତା । ହିଁ'ଧୀନ'ଦ୍ୟା'ଦ୍ୟା'ଦ୍ୟା'ତ୍ରେ'ତ୍ରେ' ।

HRI/ POTALA YI NAY-CHOG NAY/ TAM YIG MAR-PO WÖ-ZER CHEN/

Praise HRI: From the Supreme Potala Paradise, shines a radiant Red Tam syllable.

କ୍ରୂଣାଶ' ଏନ୍ତୁରି' କୁରୁ' ଏ' ଶାର୍ଦ୍ଦ' ଦ୍ଵା' ପରିଷମ' ଇଶବନାଶ' ମ' କ୍ଷେତ୍ର' ଏତ' କୁରୁ' ଏକଶ' ଏକ୍ଷଦ' ।

CHOG CHUI GYAL-WA TSO DANG KHOR/ PHAG-MA DOL-MAR CHHAG-TSHAL TÖ/

The Glorious Principal Buddhas of the ten directions and their retinues
praise and offer, prostrations to the Ascended Arya Tara.

ସନ୍ତେଷ-ଦ୍ଵିଷଣାକ୍ରମଃ ଏତ୍ସା-ପ୍ରକର-ଶାର୍କ-ପର୍ବତ-ଶୁକ୍ଳ-କ୍ଷୟାନ-ଗ୍ରୀ | କ୍ରି-ଗଣ୍ଡ-ବ୍ସାନ-ଗ୍ରୀ-ତ୍ରୈ-ତ୍ରୈ-ଶ୍ରୀଶା |

**DAG DUN TSO KHOR LHA-TSHOG KYI/
KU SUNG THUG KYI WÖ-ZER GYI/**

Visualization and Recitation:

The Assembly of the Principal Deities and their Retinues who are in front of me exude light rays from their Body, Speech and Mind.

ପ୍ରିକ' ଲେଖଣି କୁଣ୍ଡା ମସ୍ତୁ କଥା ଦ୍ୱାରା ସନ୍ଧାନ କରିବାକୁ ପରିଚାରିତ ହେଉଛି।

JIN-LAB NÜ-THU TSAL WANG KUR/
DAG LA ZI-JID CHAY CHER BAR/

These light rays empower me with their blessings, energy, power, and prowess. Therefore I blaze with magnificence.

ଶ୍ରୀମଦ୍ଭଗବତପ୍ରକାଶନ ପରିଚୟ | ଶ୍ରୀମଦ୍ଭଗବତପ୍ରକାଶନ ପରିଚୟ |

TONG-SUM TONG GI JIG-TEN GYI/ LHA LU MI SUM CHE GU KUN/

Of the Three-Thousand-World-Systems of samsara, the elite Gods,
the Nagas, the Humans and all

**YAM-YAM SHIG-SHIG GUL-GUL DU/
DAG LA GÜ SHING DÜ PAR GYUR/**

are in motion - hurrying and scurrying to show me their respects
and submission.



ॐ तेर्तुत्तरे तुरे स्वाहा ॥

OM TARE TUTTARE TURE SVAHA/

Recite as many times as possible.

ଶକ୍ତିବ୍ୟାଗାନ୍ଧାନ୍ତିଯାଦେହଙ୍କରିଣୀ ମୁଖ୍ୟାନ୍ତିକ୍ଷିଦେହଙ୍କରିଣୀ ଶ୍ରୀଅଞ୍ଜନ୍ମମ୍ବ୍ୟାନ୍ତିକ୍ଷିଦେହଙ୍କରିଣୀ

The Application Mantra

SARWA LOKA AKARSHAYA ZA/
WASHAM KURU HREM ZA/
NIRI ANGKU SHAYA HUNG ZA/

ଶର୍ଦ୍ଦର୍ଶନାପତିଷ୍ଠାନକୁ ଅନ୍ତର୍ମାଲେ ହିନ୍ଦୁରୁହି

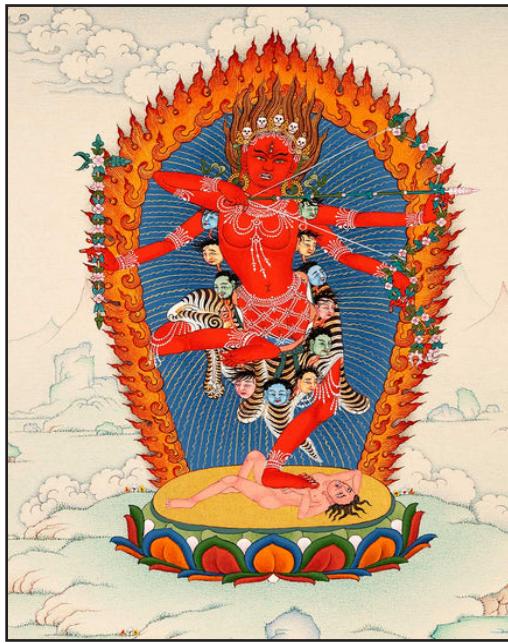
Secret Concealed Manta

OM KURUKULLE HRI SVA HA/

Emanating and absorbing processes of visualizations are as traditionally prescribed.

**OM ARYA TARE SAPARI WARA VAJRA ARGHAM/ PADYAM/
PUSHPE/ DHUPE/ ALOKE/ GANDHE/ NEWIDYE/ SHAPTA/
PRATITSA SVA HA/**

(You may do the 21 Prostration Tara Prayer here)



ଶୁଣାଇବାରେ କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା

CHAG-TSHAL RAB-TU GA-WA JID PAI/
U-GYEN WÖ KYI TRENG-WA PEL-MA/
ZHAD-PA RAB ZHAD TUT-TA-RA YIE/
DÜ DANG JIG-TEN WANG DU ZEY MA/

Homage to the Joy of Great Magnificence whose sparkling head ornaments send out garlands of light. With great laughter and Tuttara, (you) subjugate demons and their worlds.

Recite many times

ସମ୍ବନ୍ଧୀୟଙ୍କ ଜୀବନାବ୍ଦୀ

Dedication

ଘର୍ଭବାତ୍ମିକାହେ ସର୍ବକାରୀଶାଶ୍ଵତ୍ପାତାଦି କେତେଷାଦିନା ସତ୍ସାଧାନା ସମ୍ବନ୍ଧୀୟଙ୍କ ଜୀବନାବ୍ଦୀକୁ
ପ୍ରିୟାଶୀଳନାବାଚାରାଦିନା ପରିବର୍ତ୍ତନାରେ ଯାଏନ୍ତିରେ

CHOM-DEN JE-TSHUN PHAG-MA DOL-MAI TSHOG DANG
CHAY PA THAM-CHAD KYIE DAG GI GYUD JIN-GYIE LAB
PAR ZEY DU SOL/

The Assembly of the Victorious Conqueror- Noble Arya Tara -
and the host deities: Please bless my continuum.

ଦ୍ୱାରା ପାଦିତ୍ତିଷ୍ଠାନକୁ ସଦ୍ବାନ୍ଧିତ କରିବାକୁ ପରିବର୍ତ୍ତନା କରିବାକୁ ।
ମର୍ତ୍ତାକୁ ପାଦିତ୍ତିଷ୍ଠାନକୁ ପାଦିତ୍ତିଷ୍ଠାନକୁ କରିବାକୁ ।

GE-WA DI YIE NYUR DU DAG/
PHAG-MA DOL-MA DRUB GYUR NAY/
DRO-WA CHIG KYANG MA LÜ PA/
DE YI SA LA GÖ PAR SHOG/

By this merit, May I actualize Arya Tara, and Without missing
one single sentient being,
may I liberate them to the Buddhatield of Arya Tara.

ଭେଦବୈଷଣିକ ଅନ୍ତର୍ଗତ ପରିବର୍ତ୍ତନାରେ
Now stay in a meditation of focusless primordial purity.

Dakini Karma Dharma Tara again and again urged me to write this sadhana. Therefore, for the purpose of promoting Buddha's dharma, this text was composed by Kyurawa Dudul Dorje in Dege, Tibet.

End Notes

1. The Seven-fold Vairocana Postures (rNam sNang CHHos bDun):

- 1) cross-legged full lotus posture,
- 2) back straight,
- 3) broadened shoulders
- 4) neck slightly angled forward,
- 5) two hands in meditation posture,
- 6) tip of the tongue touching the palate,
- 7) and the eyes lowered to the direction of the tip of the nose.

2. Three Nadis (channels):

Tibetan roma	Sanskrit rasana	English right channel	Location in human body
kyangma	lalana	left channel	left in female, right in male
u-ma	avadhuti	central channel	left in female, right in male centre

3. The Seven Limb Prayer:

- 1) prostrating to the Three Jewels,
- 2) confessing negative actions,
- 3) making offerings,
- 4) rejoicing in the virtue of others,
- 5) requesting to turn the wheel of Dharma,
- 6) beseeching not to pass into nirvana,
- 7) dedicating the merit to the enlightenment of all sentient beings.

4. The Six Lamps as in THod rGal teachings or Dzogchen:

1. (gNas Pa gZHi'i sGron Ma) lamp of innate ground,
2. (TSit-ta SHa'i sGron Ma) lamp of heart,
3. (dKar 'Jam rTSa'i sGron Ma) lamp of white and smooth channel,
4. (IGyang ZHags CHu'i sGron Ma) water-lamp of far-reaching lasso,
5. (Bar Do Dus Kyi sGron Ma) the lamp of bardo state,
6. (mTHar THug 'Bras Bu'i sGron Ma) lamp of final fruition

5. Ten direction:

- 1) {shar} east,
- 2) {lho} south,
- 3) {nub} west,
- 4) {byang} north,
- 5) {shar lho} south-east,
- 6) {lho nub} south-west,
- 7) {nub byang} north-west,
- 8) {byang shar} north-east,
- 9) {'og} below,
- 10) {steng} above

6. Three Roots (rTSa Wa gSwn):

1. {Bla Ma} guru/teacher,
- 2.{Yi Dam} devata/tutelary deity
- 3.{mKha' 'Oro} dakini/sky-goer

7. Three Gateways of Being (sGo gSum):

1. body,
2. mind,
3. speech

8 The two accumulations (TSHogs gNYis):

- 1) {bSod Nams} accumulation of merits (puniya),
- 2){Ye Shes} accumulation of wisdom

9 Six bone ornaments to symbolize Six Paramitas (PHar PHyin Drug):

- 1) {mgul rgyan} choker,
- 2) {snyan rgyan} earrings,
- 3) {gdub bu} bracelets and anklets,
- 4) {ka sha} sash,
- 5) {'og pag} apron
- 6) {spyi bo'i 'khor lo rdo rje tog} vajra-tipped wheel on the crown of the head.

10 Samayasattva (Dam-TSHig Sems dPa ‘):
self visualized as Arya Tara

11 Janasattva (Skt), Ye-shey sem·pa (‘fib): wisdom deity.
The real deity (Arya Tara) abiding in dharmadhatu.

12 The Eightfold Offerings:

1. {mCHod Yon} argham/drinking water,
2. {ZHabs bSil} padyam/water for washing feet,
3. {Me-Tog} Pushpe/Flower garland,
4. {bDug sPos} dhupe/incense,
5. {Mar Me} aloke/lamp,
6. {Dri CHab} ghande/scented water ,
7. {ZHal Zas} food/newidye,
8. {Rol Mo} music/shabta

13 Two Actual Attainments {dNGos Grub gNYis}:

- 1) {mCHog gi dBGos Grub} uttama siddhi/supreme attainment,
- 2) {THun Mong Gi dBGos Grub}
sadharana siddhi/common attainment



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