

# Ārya Tārā Pūja

[With acknowledgements to S.Beyer's *Cult of Tara*]

## Offering of Bliss and Celebration of Awakening

*Emaho!* The triple world is filled with desire for Great Bliss.

*Emaho!* The peaceful Bliss has come, spreading awakening everywhere.

*Emaho!* The Great Bliss of Blisses, the perfect Great Bliss has arisen.

*Emaho!* It is just like eating something; appearances are eaten up in Emptiness.

*Emaho!* Simultaneously there is born a great insight,

The very nature of all events;

Let us see beings as like a moon in water,

Let us take what we hear to be but an echo,

Our own minds as like a mirage in the desert.

Let us take our food and drink as like space,

Odors as like a flower in the sky.

Let our minds pervade like the sun or moon,

Be as firmly fixed as mount Meru;

Let us dream like the dreaming of a young child,

Speak words like an illusory magic show.

All these are simultaneous with the birth of Bliss;

So we are free of our worldly essence, our forms inconceivable.

**HUM!**

Like the sun rising in a cloudless sky,

The sun of knowledge rises in a stainless mind

Spreading its illumination, the knowing of all things knowable:

Homage to the precious Innate Mind!

Like a river falling in an unbroken stream

Contemplative union never ceases in a firm mind;

It grows neither more nor less

But increases the experience of Bliss:

Homage to the precious Innate Mind!

As the king among mountains neither trembles nor quakes,

We have gained a firmness unshaken by mental constructs,

It is the most excellent of fruits,

Ever steady and unchanging:

Homage to the precious Innate Mind

*Emaho* the precious and glorious,

*Emaho* the precious holy Teaching,

*Emaho* the precious Innate Mind:

Homage and praise to the Heart of Awakening.

## Worship

Having eyes that flash like lightning,

Heroine,

TARE, TUTTARE, I bow to you,

Sprung from the corolla of a lotus

And your face like the circle of the full autumn moon,

I pay homage to you,

holding a lotus with your gift-bestowing gesture.

From the cage of this world TUTTARE!

Pacifying defilements with SVAHA!

I bow to you, who opens the gate of Brahma

With your inherent OM!

I pay homage to Tara,

The mother of all,

Protecting the entire world

From the eight great terrors.

In your sublime abode in the Potala,

O Tara

Born from the green letter Tam

Whose light rescues all beings

Please come to us with your retinue

Gods and demigods bow their crowns

To your lotus feet, O Tara

O you who rescue all who are destitute

To you, Mother Tara, I pay Homage

**OM TARE TUTTARE TURE SVAHA**

## Refuge

Myself and all beings,

As infinite as space,

From this time onward

Until the terrace of enlightenment,

Go for refuge to the Assemblies of Noble Ones.

May all beings have Bliss and the cause of Bliss.

Be freed from suffering and the cause of suffering.

Find the great bliss wherein there is no suffering.

And dwell in limitless equanimity

Free of near and far, love and hate.

## Confession of evil and Rejoicing in Merits

I confess all that I have done

My mind under the sway of defilement,

The ten unvirtuous acts,

The five heinous crimes,

From beginningless time until now.

I rejoice at all the merit

Accumulated through virtue throughout the three times,

by disciples, solitary Buddhas, Bodhisattvas,

and ordinary men and women.

## Entreaty

I entreat you, turn the wheel of Dharma

According to the differences of mind

And the thought of all beings.

I pray you look upon all of us

Who are sunk in the ocean of suffering

Until this entire world is emptied out:

Let not your compassion pass away into nirvana!

## Dedication

May whatever merit I have accumulated

become a cause of awakening for all.

May we all, teachers and disciples,

Quickly gain the fruit of great awakening;

May the sufferings of all, infinite as space,

Quickly be exhausted;

May we attain the strength, unobstructed

To save the unsaved,

Rescue the unrescued,

And establish all in the stage of nirvana.

May the holy Tara ever protect us

Through all our future lives.

**JAYA JAYA SUJAYA** [Victory, victory, total victory!]

**OM TARE TUTTARE TURE SVAHA**

