

## Green Prayers

Green Tara is a manifestation of the enlightened mind of the Buddhas' protection.

Relying on Buddha Green Tara will purify all obstacles to our daily life.

To receive her blessings, recite her mantra 108 times three times a day.

Offerings made to Mother Tara can be those of clean cool water, green fruit, green plants, green candles, or any other clean pure substance that you can afford or acquire honestly.

The most important thing is to offer sincere pure faith.

Create a clean, sacred space for a photo or other image of Mother Tara.

The space should be at the level of your heart when standing.

Place offerings in front.

Then follow the prayers below to Mother Tara

Go for refuge by saying:

I GO FOR REFUGE TO BUDDHA, DHARMA, AND SANGHA [3x]  
THROUGH THE VIRTUES I COLLECT BY GIVING AND OTHER  
PERFECTIONS, MAY I BECOME A BUDDHA FOR THE BENEFIT OF  
ALL. [3x]

Generate Bodhichitta [the mind that wishes for all to be happy] by saying:

MAY EVERY ONE BE HAPPY.

MAY EVERYONE BE FREE FROM MISERY.

MAY NO ONE EVER BE SEPERATED FROM THEIR HAPPINESS.

MAY EVERY ONE HAVE EQUINITY, FREE FROM HATRED AND  
ATTACHMENT

Dedicate the offerings by saying:

IDAM GURU MAN-DA-LA-KAM NI-RI-A-TI-AM-MI

Recite the Mantra:

OM TA RE TU TA RE TU RE SOHA 108x – 3x A DAY

Then dedicate the merit you have collected to the long life and good health, and enlightenment of all by saying:

BY THIS VIRTUE MAY I QUICKLY BECOME ARYA TARA. AND THEN  
LEAD EVERY LIVING BEING WITHOUT EXCEPTION TO THAT GROUND

THROUGH THE VIRTUES I HAVE COLLECTED BY WORSHIPING THE  
BLESSED MOTHER,

MAY EVERY LIVING BEING WITHOUT EXCEPTION BE BORN IN THE  
PURE LAND OF BLISS.