

The Regular Practice of Green Tara called *The Source of All Activities*

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	INTRODUCTION	
	Chenrezig is an emanation of Buddha Amitabha's compassion, and Tara is an emanation of his wisdom. Chenrezig cultivated indomitable courage to benefit all sentient beings until samsara was emptied. For limitless kalpas, he benefited sentient beings by bringing them to the state of liberation. However, the total number of sentient beings did not decrease. One day, he became exhausted and tears came to his eyes. Being overwhelmed by the suffering of sentient beings, these two tears became Tara and Bhrikuti. Tara said to him, "I will protect those who fear the suffering of samsara. Don't worry, I will protect them." Thus, she works together with Chenrezig to benefit sentient beings.	
1	Buddha Vairocana made the <i>Twenty-one Verses of Praise to Tara</i> and taught many Tara tantra teachings. She has countless manifestations with different numbers of faces and hands. Acharya Ashvagosha said, "The body of Tara manifests in many forms, such as Brahma, Vishnu, Shiva, wrathful forms, peaceful forms, Uma Deva, and so forth, Mamaki, Tara, Pantari, Buddha Lotsani, and so on, depending on the level of sentient beings. She is the basis of the manifestation of all female deities." In India, she manifested as Mayadevi, the mother of Buddha Shakyamuni, Gelongma Palmo, Lady Mandarawa, and so forth. In Tibet, she appeared as Dakini Yeshe Tsogyal, Machig Lobdron, Achi Chokyi Drolma, and many of the abbesses of the Drigung Terdrom nunnery. Just hearing her name with devotion frees one from the eight or sixteen fears. Practicing her meditation and reciting her mantra dispels all obstacles. One will be born in Dewachen, the pure land of Buddha Amitabha.	

2	ভা । জঁৰু স্ক্রী । ক্রিন্ম শ্রুব ন্থমান্দর শ্রীব নথমান্দর বাবি বাবি বাবি বাবি বাবি বাবি বাবি বাব	Regular Practice of Tara Introduction
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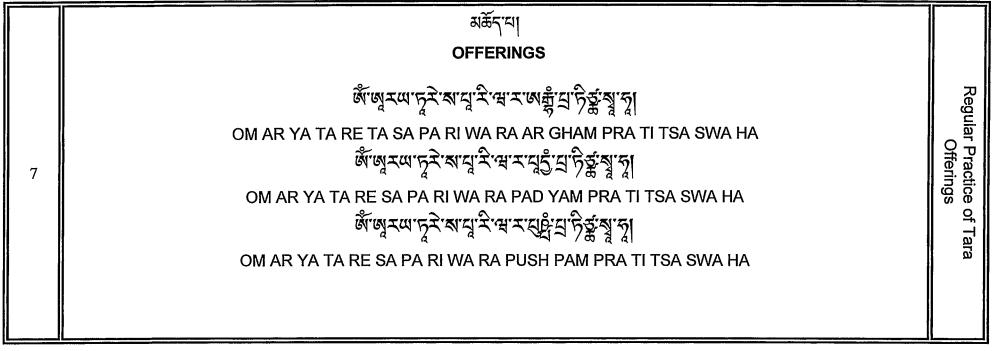
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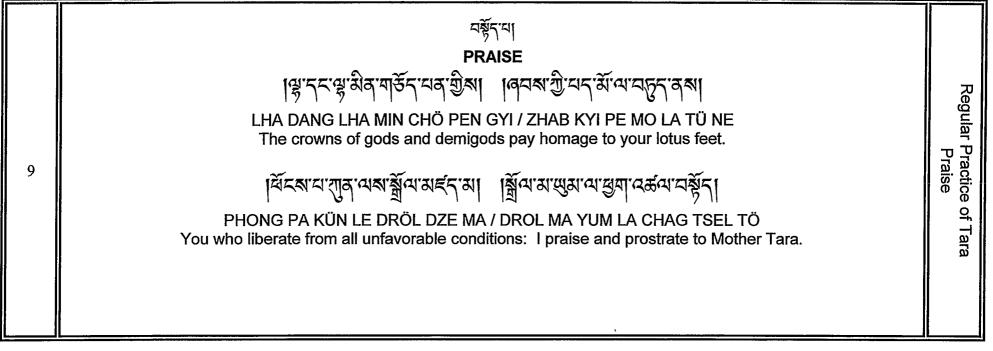
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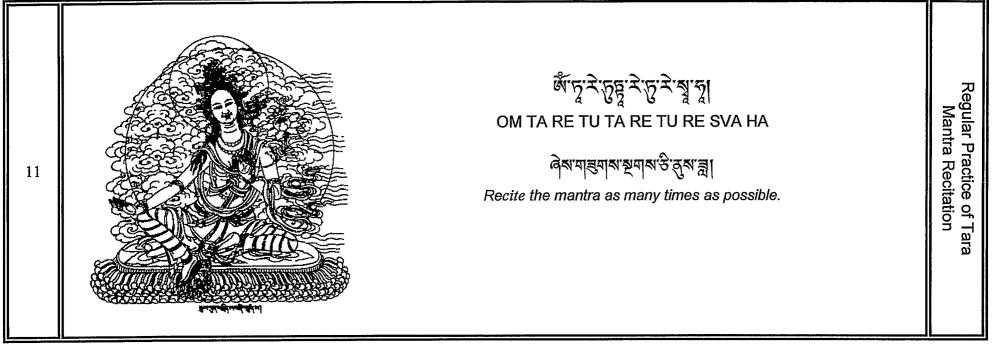
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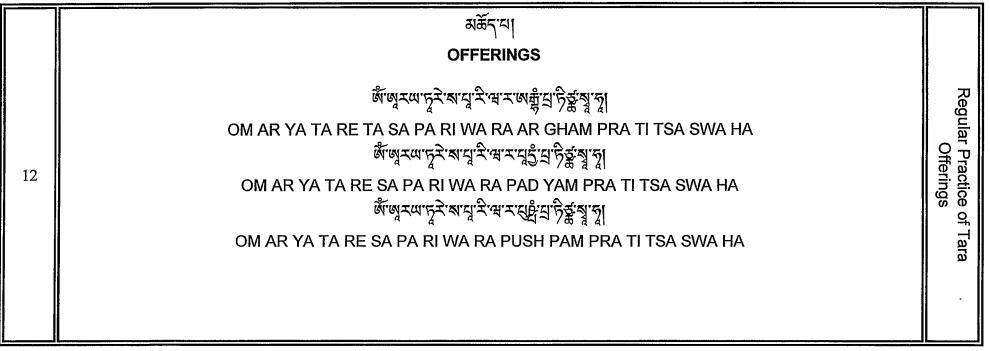


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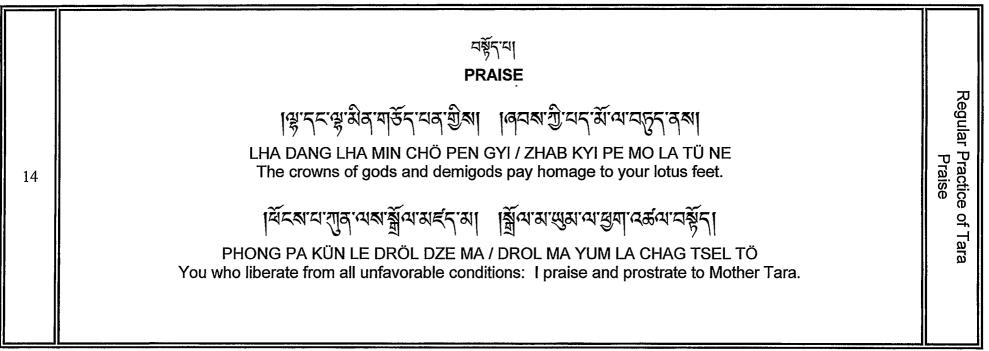


10	[ধ্ৰণ্যান স্থান ক্লিন্দ্ৰ ক্লিন্দ্	Regular Practice of Tara Mantra Recitation





13	తో అ్త్రవలు గ్రైస్ నా బ్లా పే 'ఈ' నా స్ట్రైఫ్ స్ట్రై స్ట్రా స్ట్రై స్ట్ స్ట్రై స్ట్రై స్ట్రై స్ట్రై స్ట్రై స్ట్రై స్ట్రై స్ట్రై స్ట్ స్ట్ స్ట్ స్ట్ స్ట్ స్ట్ స్ట్ స్ట	Regular Practice of Tara Offerings



	पश्चित्र या	
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	Rest in the nature of mind-as-such.	

	নৰ্মূ ন'ৰী	
	DEDICATION	
	[न्मों नः तर्ने न्नः तर्में रः तन् शनश्यम् शर्षे न्युः श्रीश्रा । समितः सन् सम्बन्धः सम्बन्धः वर्षे न्यों न्यो	n n
16	GE WA DI DANG KHOR DEY SAG YÖ KYI / KHA NYAM MA GEN DRO WA YÖ DO CHOG By this virtue, the virtues accumulated in samsara and nirvana, and the innate nature, may all mother sentient beings, countless as infinite space, attain the form of Noble Tara, 5्याःस्पर्मास्थाःनेशकेवार्मेदेग्र्याम् द्यायाःस्याप्यादेग्याम्यास्थाःस्थान्याःस्यान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्यान्याःस्थान्याःस्थान्याःस्थानःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्याःस्थान्या	Regular Practice Dedicatior
	DUG NGA RANG DREL YE SHE CHEN PO'I LONG / GAG DRUB DREL WA'I PHAG MA'I KU THOB SHOG free from rejection and acceptance, the state of great wisdom that is liberated from the five poisons. ਸੁਣ੍ਰੇ ਤ੍ਰੇਕ ਗ੍ਰੈ ਖ਼ਬਕ ਗ੍ਰਕ ਘਟ ਗੁਰ੍ਹ ਸ਼ਤ੍ਹੇ	e of Tara
	Adorn the practice with this and other dedication prayers.	

	বল্লন্ম মার্ক্স্র্রি এমের নির্দ্ধুর নির্দ্ধির নের্দ্ধীর নির্দ্ধির	Regular Pra Colo
17	This regular Noble Tara's meditation practice was composed by Khenchen Rinpoche, Konchog Gyaltshen at the repeated requests of several practitioners, in the Tibetan King year of 2120 and Rabjung 17, Water Bird year, the first month, 28th day (March 20, 1993). By this virtue, may all limitless sentient beings in the conventional level be free from all undesirable conditions, and ultimately may they achieve the omniscient state of the Victorious One. Sarva Mangalam	ctice of Tara phon

	This is one of ten sadhanas that have been collected and published together on the occasion of the 25th anniversary of the founding of the Tibetan Meditation Center by Khenchen Rinpoche, Konchog Gyaltshen. The set is a companion to <i>Pearl Rosary</i> , the Path of Purification, which is an anthology of Rinpoche's commentaries on these same texts.	
18	When Khenchen Rinpoche arrived in the United States in 1982, not even one verse of Drigung Kagyu writing had been translated into English. He began translating practices and texts almost immediately, and has taken care to refine them repeatedly over the years. Thanks to his efforts, we now have all the practice materials that we need. We are deeply in his debt for having introduced the blessings of the Drigung Kagyu lineage to our land, and for allowing us to partake of its timeless wisdom. His work opened the door for the Dharma in the West, and doubtless will be an enduring legacy for generations. May all beings benefit from this loving work!	
	₩	
	Please treat this text with respect, as it contains the precious teachings of the Dharma. It should not be placed on the floor or stepped over; other objects should not be placed on top of it. When you no longer have use for it, please share it with someone else or burn it.	