

## Prayer Structure – Green Tara

In general, all Tibetan Buddhist prayers in our temple have these 7 parts, in this order:

1. taking refuge, generating Bodhicitta
2. visualizing the main Buddha of the prayer and the seven-branch offering
3. invitation, invocation of the deity, requesting and offering
4. chanting the mantra
5. more elaborate offerings, praise, self-visualization as the deity, and dissolution
6. requesting for blessings
7. dedication of merit and auspicious prayers

## The Green Tara Prayer structure

The Green Tara prayer recited in our temple is a famous one prayed by most Nyingma temples around the world. Written by Tertön Chok-gyur Ling-pa, as one of his mind *termas*. This prayer is categorized under one of the three *Outer Tantra sections - Kriya Yoga*.

Tara is a completely enlightened female Buddha. Her primary activity is to protect us from the eight fears. These are external fears that threaten our properties and internal fears that threaten our progress towards Enlightenment.

Taking Refuge in Green Tara and Generating Bodhicitta (p16)

Short 7-branch offering

Visualization of Pema Ko, Green Tara's Pure Realm (p21)

Visualization of Buddhas and Bodhisattvas in front of us

7-branch prayer (p24)

Long (p31) and short mandala offerings (p35)

Requesting of fulfilment of desires (Tib: Do Sol)

Generation Stage

Tara offering, mandala offering, Praise to Green Tara (p42)

Tara offering, mandala offering, Praise to 21 Taras (p59)

Tara offering, mandala offering, Praise to 21 Taras (p73)

The Benefits prayer (p84)

Torma Offering to Green Tara and to Green Tara's attendants (p87)

Request to Grant Supreme Realization, Prostrations and Praise (p90)

Development Stage (p94), Mantra Recitation (p95)

Confession of Shortcomings (p96)

Dedication (p98), Ultimate Dissolution and Divine Pride