





# The Sadhana of the Heroic Red Tara

*According to the lineage of Suryagupta*

For more information, go to <http://www.tsemrinpoche.com/?p=80699>

## Taking Refuge

**NAMO GURU BEH**

I take refuge in the Guru

**NAMO BUDDHA YA**

I take refuge in the Buddha

**NAMO DHARMA YA**

I take refuge in the Dharma

**NAMO SANGHA YA**

I take refuge in the Sangha

*(Repeat 3x)*

*(Repeat 3x)*

## Generating Bodhicitta

**SANG GYE CHO DANG TSOG KYI CHOG NAM LA**

**JANG CHUB BAR DU DAG NI KYAB SU CHI**

**DAG GI JIN SOK GYI PAY SO NAM KYI**

**DRO LA PAN CHIR SANG GYE DRUB PAR SHOG**

*(Repeat 3x)*

I take refuge until I am enlightened in the Buddhas, the Dharma and the Sangha.

By the positive potential I create by practising generosity

And the other far-reaching attitudes,

May I attain Buddhahood in order to benefit all sentient beings.

*(Repeat 3x)*

## **JE TSONGKHAPA'S GURU YOGA (GADEN LHAGYAMA)**

*[We visualize Lama Tsongkhapa and our Guru as one while reciting the Guru Yoga and Migtsema. This taps into the merits and blessings of the lineage so that our practice of Red Tara becomes successful.]*

### **Invocation**

**GA-DEN HLA-JI NGON-JYI THUG-KA NEY**

**RAP-KAR SHO-SAR PUNG-DEE CHU-DZIN TSER**

**CHO-KYI GYEL-PO KUN-CHEN LOZANG DRAG**

**SEY-DANG CHE-PA NE-DIR SHEG-SU SOL**

From the heart of the Lord of the Gaden devas (Maitreya Buddha) emerges a  
brilliant white cloud,

Like a great mass of fresh yoghurt.

Atop sits Tsongkhapa all knowing, King of Dharma;

We request your coming to this place along with your great disciples.

### **Requesting to Stay**

**DUN-JYI NAM-KHAR SING-TI PEE-DEE TENG**

**JE-TSUN LA-MA JYEH-PI DZUM-KAR CHYEN**

**DAG-LO DE-PE SO-NAM SHING-CHOG TU**

**TAN-PA JYEH-SHIR KAL-DJAR JUG-SU SOL**

My Lord Guru is seated before me upon a lion-throne, lotus and moon cushion.

His body is white and he smiles blissfully.

Please remain many eons and serve as the great merit field for the growth of my  
mind's faith,

And for the increase of Lord Buddha's teachings.

### **Prostration and Praise**

**SHE-JYEH CHON-KUN JAL-WEY LO-DO THUG**

**KAL-ZANG NA-WEY JYIN-JUR LIK-SHEY SUNG**

**DRAG-PI PEL-JYI HLAM-MER DZEY-PI KU**

**THONG-THO DRAN-PI DON-DHAN LA-CHAG TSAL**

His omniscient wisdom-mind encompasses all that is existent.

His voice is a profound teaching, which ornaments the ear of the fortunate pupil.

His body's beautiful radiance evokes wondrous admiration.

To Lama Tsongkhapa whom merely viewing, hearing or contemplating earns one great merit, I make prostration.

### **Offering**

**YIH-WONG TCHO-YON NA-TSOG ME-TOG DANG**

**DRI-JEM DUG-PO NANG-SAL DRID-CHAB SOG**

**NGO-SHAM YIH TUL TCHO-TIN GYA-TSO DI**

**SO-NAM SHING-CHOG CHE-LA CHO-PA BUL**

I present to you, great field of merit, Tsongkhapa,

Beautiful offerings, water, a display of flowers, fragrant incense, butter-lamps,

Perfumes and more both physical and mental offerings,

Vast as the clouds and wide as the ocean.

### **Confession**

**DAG-GI TO-MEY DU-NEH SAG-PA YI**

**LU-NGAG YIH-KYI DIG-PA CHI-JYI DANG**

**CHEY-PA DOM-PA SUM-JI MI-TUN SHO**

**NYING-NEH JO-PA TRAH-PO SO-SOR SHAG**

The unwholesome actions of body, speech and mind,  
which I have accumulated over a measureless period,  
especially actions contrary to the three vows (Vinaya, Bodhisattva, Vajrayana), I  
regret extremely

From the depths of my heart, and I reveal each and every such action.

### **Rejoice**

**NIK-MI DU-DIR MANG-THO DRUP-LA TSON**

**CHO-JYED PANG-PI DAL-JOR DON-YO SHYE**

**NGON-PO CHEY-KYI LAP-CHEN DZE-PA LA**

**DAG-CHAG SAM-PA TAG-PEH YI RANG NGO**

We totally rejoice in your magnificent achievements, my Lord,  
Who received numerous teachings and performed the practices with utmost  
diligence,  
Who abandoned the eight worldly objectives and made the most meaningful use  
Of the eighteen opportune conditions during these degenerate times.

### **Request to Turn the Wheel of Dharma**

**JE-TSUN LA-MA DAM-PA CHEY-NAM KYI**

**CHO-KU KA-LA CHEN-TI TIN-TIK NEY**

**JI-TAR TSAM-PI DUL-SHIH DZIN-MA LA**

**ZAB-JI CHO-KYI CHAR-PA WHAP-TU SOL**

All you holy Gurus, unerring in conduct,

May you precipitate a rain of realisation of Bodhicitta and

Shunyata from the clouds of all-knowing compassion which fills the Dharmakaya sky,

Providing for the field of disciples precisely what is needed.

### **Requesting to Remain**

**NAM-DAG WO-SAL YING-LEY JING-PA YI**

**ZUNG-JUG KU-LA CHAR-NUB MI-NGA YANG**

**THA-MAL HNANG-NGOR ZUG-KU RAG-PA NYI**

**SEE-THEE BAR-DU MI-NUB TAN-PA SHUG**

May the Vajra body of Tsongkhapa created from the purity of clear light,

Free of the rising and setting of cyclic existence but

Visible to the ordinary viewer only in its unsubtle, physical form

Stay on unchanging, without waning, until Samsara ends.

### **Dedication**

**DAG-SOG JIN-NYEH SAG-PA GE-WA DEE**

**TAN-DANG DRO-WA KUN-LA GANG-PHAN DANG**

**CHE-PA JE-TSUN LO-ZANG DRAG-PA YI**

**TAN-PI NYING-PO RING-DU SAL-SHEH SHOG**

May this merit accumulated by myself and others,

Beneficially serve all sentient beings and the Buddhadharma

And especially may the essential teachings of

The unerring master Tsongkhapa, become clear and enduring.

### **Mantra of Je Tsongkhapa (Migtsema)**

**MIG-MEY TZE-WEY TER-CHEN CHENREZIG**

**DRI-MEY KHYEN-PI WANG-PO JAMPAL YANG**

**DU-PUNG MA-LU JOM-DZEY SANG-WEY DAG**

**GANG-CHEN KE-PEY TSUG-GYEN TSONGKAPA**

**LO-SANG TRAG-PEY SHAB-LA SOL-WA DEB**

*(Recite 21x or more, depending on time)*

Je Tsongkhapa, crown jewel of the holy Masters of the Land of Snows,

You are Avalokiteshvara, great goldmine of Compassion untainted by ego's delusion.

You are Manjushri, great Master of stainless wisdom.

You are Vajrapani, great subduer of all the gatherings of demons.

At your feet, famed Lobsang Drakpa, I humbly bow

And earnestly request that all sentient beings achieve Enlightenment.

*(Recite 21x or more, depending on time)*

### **Dissolving Je Rinpoche into Ourselves**

**PAL-DAN TSA-WEY LA-MA RINPOCHE**

**DAG-SOG CHI-WOR PE-ME DAN-JUG LA**

**KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE**

**KU-SUNG THUG-KYI NGO-DRUP TSAL-DU SOL**

Dear worthy root Guru, please ascend the lotus seat

Atop the head of myself and the other beings,

And in your great kindness please remain with us.

Bestow upon us the blessings of your body, speech and mind.

**PAL-DAN TSA-WEY LA-MA RINPOCHE**

**DAG-SOG NYING-KHAR PE-ME DAN-JUG LA**

**KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE**

**CHO-DANG THUN-MONG NGO-DRUP TSAL-DU SOL**

Precious, noble, root Guru, please occupy the lotus seat

Within our hearts and in your great kindness remain with us.

Please grant us your blessings

For our temporal success and for the supreme attainment.

**PAL-DAN TSA-WEY LA-MA RINPOCHE**

**DAG-SOG NYING-KHAR PE-ME DAN-JUG LA**

**KA-DRIN CHEN-PO GO-NEY JE-ZUNG TE**

**JANG-CHUB NYING-PO BAR-DU TAN-PAR SHUG**

Beloved, noble, root Guru, please occupy the lotus seat

Within our hearts and in your great kindness remain with us.

Please stay on until we achieve

The great goal of Enlightenment.



## SELF-GENERATION AS HEROIC RED TARA

*[If one has **received the initiation** of Red Tara, the description below is the visualization of ourselves as the deity Red Tara. How this is done is that we visualize that our perspective has altered to that of the seed syllable OM in the heart of Red Tara, looking out. In other words, we have become one with the seed syllable OM and we imagine looking out from the syllable.*

*If one **does not have the initiation**, we visualize Red Tara as an external deity. We can read the description to engage in the visualization and extend the visualization during the mantra recitation. The reason for the generation as Red Tara is to get closer to Tara and gain her attainments and eventually become one with her.]*

From the sphere of Emptiness on a yellow lotus and moon seat appears a red OM syllable. OM completely transforms into me as Venerable Heroic Red Tara. My body is red in color with one face and four pairs of arms. My first two hands hold a vajra and a bell and are joined at my crown to proclaim the Dharma in the mudra of great joy. The second pair holds an arrow and a bow. The third pair holds a wheel and a conch. The fourth pair holds a wisdom sword and a noose. I have a peaceful expression and sit in the vajra posture. I am clothed in silken garments and adorned by precious ornaments, with a halo of moonlight behind my body. A white OM marks my crown, a red AH my throat and a blue HUM my heart.

### **Praise**

Homage to you, the Swift One, the Heroine,  
Whose eyes are like an instant flash of lightning,  
Who arose from the open corolla  
Of the lotus face of the Lord of the Three Worlds.

### **Reciting the Mantra**

At my heart is a moon disc marked by the syllable OM, with the mantra circling clockwise around the circumference of the disc.

**OM TARE TUTTARE TURE SARVA TRE DATU VASHAM KURU SOHA**

*(Recite 21x, 108x or as much as possible)*

### **DEDICATION**

*[The recitation of the dedication verses is to seal the merits accrued while engaging in Red Tara's practice so that the results of virtuous deeds do not get destroyed by a moment of anger. The merits accumulated are necessary for understanding the Dharma, transforming the mind and gaining spiritual attainments.]*

### **Completion Dedication**

**JANG-JUB SEM-CHOK RINPOCHE**

**MA-KYE PA-NAM KYE-GYUR CHIK**

**KYE-PA NYAM-PA ME-PA YANG**

**GONG-NA GONG-DU PEL-WAR SHUG**

May the precious Bodhi-mind,  
Where it is not born arise and grow  
May that born have no decline  
But increase forever more.

**TONG-NI TONG-WA RINPOCHE**  
**MA-KYE PA-NAM KYE-GYUR CHIK**  
**KYE-PA NYAM-PA ME-PA YANG**  
**GONG-NA GONG-DU PEL-WAR SHUG**

May the precious Emptiness  
Where it is not born arise and grow  
May that born have no decline  
But increase forever more.

**DAG-SOG JIN-NYEH SAG-PA GE-WA DEE**  
**TAN-DANG DRO-WA KUN-LA GANG-PHAN DANG**  
**CHE-PAR JE-TSUN LO-ZANG DRAG-PA YI**  
**TAN-PI NYING-PO RING-DU SAL-SHEH SHUG**

May this merit accumulated by myself and others  
Beneficially serve all sentient beings and the Buddhadharma  
And especially may the essential teachings of the unerring Master Tsongkhapa,  
Become clear and enduring.

**Prayer by Je Tsongkhapa**

**KYE-WA KUN-TU YANG-DAK LA-MA DANG**  
**DRAL-ME CHO-KYI PAL-LA LONG-CHO CHING**  
**SA-DANG LAM-GYI YON-TEN RAP-DZOK NA**  
**DORJE CHANG-GI GO-PANG NYUR-TO SHUG**

In all my rebirths may I not be parted from perfect Gurus,  
Let me enjoy the abundance of the Dharma!  
Perfecting the quality stages and paths  
May I quickly attain the rank of Vajradhara Buddha.

### **Dedication of Virtue**

**GE-WA DI-YI NYUR-DU DAK**

**LA-MA SANG-GYE DRUP-GYUR NA**

**DRO-WA CHIK-KYANG MA-LU PA**

**DE-YI SA-LA GO-PAR SHUG**

By this virtue, may I quickly

Realize Guru-Buddhahood,

And transfer each sentient being

Into that Enlightened state.

**CHO KHI GYAL PO TSONG KHA PA**

**CHO TSUL NAM PAR PHEL WA LA**

**GEK KI TSHAN MA ZHI WA DANG**

**THUN KYIN MA LU TSHANG WAR SHOK**

May all conducive conditions arise

And all obstacles be pacified,

In order to increase infinitely,

The doctrine of the spiritual king, Tsongkhapa.

**DA DANG SHEN GI DU SUM DANG**

**DRIL WA TSOK NYI LA TEN NAY**

**GYA WA LO ZANG DRAG PA YI**

**TAN PAR YUN RING VAR GYUR CHIG**

By the merits of the

Three times of myself and others,

May the doctrine of Lama Tsongkhapa

Blaze forever.

### **Auspicious Dedication**

**NYIMO DELEK TSEN TELEK**

**NYIME GUNG YANG DELEK SHIN**

**NYITSEN TAKTU DELEK PEL**

**KON CHOK SUM GYI JIN GYI LOB**

**KON CHOK SUM GYI NGOR DRUL TSOL**

**KON CHOK SUM GYI TRA SHI SHOK**

At dawn or dusk, at night or midday,

May the Three Jewels grant us their blessing,

May they help us to achieve all realisations and

Sprinkle the paths of our lives with various signs of auspiciousness.

### **Dedication for the Guru's Long Life**

**JETSUN LAMA KU TSE RABTEN CHING**

**NAMKAR TRINLEY CHOG CHUR GYE PA DANG**

**LOBSANG TENPE DRON ME SA SUM GYI**

**DRO WE MUNSEL TAKTUR NE GYUR CHIG**

May the holy teachers have long lives.

May the enlightened activities be fully displayed in the ten directions, and

May the brightness of the teachings of Lama Tsongkhapa

Continuously dissipate the veil of darkness covering the beings of the three realms.



**Dedication for the Long Life of H.H. the 14th Dalai Lama**

**GANG RI RAWE KORWAI SHING KHAM DIR**

**PEN DANG DEWA MALU GYUNG WAI NE**

**CHENREZIG WANG TENZIN GYATSO YI**

**SHA PEI SITHAI BARDU DEN GYUR CHIG**

In this holy Land surrounded by snow mountains,

You are the source of all benefit and happiness

May your lotus feet, O powerful Chenrezig, Tenzin Gyatso

Remain in this world until the end of existence.