Arya Tara – the great mother, she embodies the ultimate meaning of the dharma, the true meaning of emptiness, dharmakaya. A mother in the sense that she is the source form which buddhas obtain en’rent and bodhisattvas obtain realization. Dharmakaya is what gives rise to all buddhas and bodhisattvas.

At time of Buddha Amogasiddhi, a human princess Yeshe Dawa (moon of wisdom). In his presence, she engenders bodhicitta – in unique way: to be reborn only as a woman. Unique.

Terma sadhana – from Padmasambhava, who hid teachings to be discovered at the appropriate time. Earth treasures, water treasures – this is a thought treasure. Orgyen Dechen Chokyur Lingpa discovered this practice – arose from the expanse of his mind the way that water can suddenly spring from a rock where there was none. His mind treasure arose in a cave called The Crystal Cave of Pema. Late 1800s Tibet.

She emanates from tears of Chenrezig.

3 parts: refuge, the practice, dedication of merit (carry-over practices).

Take refuge – and generate bodhicitta: I will enter the profound path.

Make offerings.

Purify the offerings with a mantra: OM BENZA AMRITA KUNDALINI HANA HANA HUNG PHE. This entire world (Jampudvipa) and everything which is impure is entirely cleansed and becomes pure. THEN: all dissolves into emptiness. Usually we think of ourselves and of our world as existing and concrete – but there are truly no existent outer world with objects and no mind which sees it and contemplates it: all is emptiness, no clinging whatsoever.

VISUALIZATION

Have previously purified everything into emptiness.

Out of emptiness: a white lotus, with a full moon disc on top. Resting on top of the full moon disc is your consciousness in the form of a green syllable TAM. From Tam, rays of light go out – go upward and make offerings to all the buddhas and bodhisattvas; go downward and remove all obstacles of all sentient beings. Rays of light collect back into TANM: it instantly changes into you as the deity Tara. Green, one face and 2 hands. Right hand bestows generosity; left is holding stem of blue lotus. Legs half crossed.

Important to remember her body emanates light; not a material substance. She sits in expanse of radiant light.

Important: not like our body. Her body is hollow – like crystal container. No organs, blood etc. made of light like rainbow. Can see thru a rainbow – yet is clearly visible. This is how to visualize Tara as union of clarity of emptiness. She is inseparable from your guru.
Another metaphor like moon on body of water. Can see it, but is empty, reflection.

Then while visualizing yourself as Tara you should think that from your body there are emanating countless small Taras who perform benefit for sentient beings and dispel their fears and obstacles. Next, think that you, as the main Tara, are marked at your forehead by a white syllable OM, at your throat by a red AH, and at your heart by a blue HUNG. Then the self-visualization also has a retinue. You are the main deity and there are 20 Taras surrounding you, 21 Taras altogether. Below the self-visualization is the moon on which you are seated and the petals of the lotus below that. Outside the central lotus on which you are seated are 20 similar lotus and moon seats arranged in a circle. Directly to your front, right, rear, and left, respectively, there are four main Taras with peaceful, increasing, overpowering, and wrathful forms of Tara. In between each of these four main retinue Taras, there are four additional Taras, which makes a total of 20.
On forehead of each of the 21 deities is a white OM from which radiate white rays of light; at throat is red Ah form which radiate red rays; at heart is a blue HUNG which radiates blue rays. In the center of the heart of each Tara is a green Tam that radiates green rays. ALL these rays go from you and the 20 Taras around you and they invite all buddhas and bodhisattvas into the sky in front of you. You have invited the wisdom deities.

HOMAGE

Tara in front of you –

Place someone special under her protection – usually under her big toe:

Form her big toe comes stream of nectar or amrita, enters top of your head and of all sentient beings, flows thru body, and takes with it all the impurities and obstacles and hindrances in your life and drives them into the ground. Your body and all bodies are filled with nectar: the blessings of Tara’s body, speech and mind are complete.

Frontal visualization of Tara dissolves into you. You are Tara. The body speech and mind of Tara are your body speech and mind. You are Tara: that sort of pride is nec. Is not arrogant pride; the pride of confidence that your body speech and mind are now inseparable from the body speech and mind of the actual, primordial Tara. Recite mantra OM TARE TUTARE TURE SOHA.

While recite mantra, view all appearance as the deity, all sound ads mantra, all thought and memory as the play of wisdom. Usually do 108 mantras.

ASK wisdom deities to depart.

Recite: My mind and Tara’s are inseparable. My mid rests in the primordial essence of the dharmadhatu, the space/lap of the dharma.

Meditate.

Dedicate the merit.