



Red Tara Sadhana

紅度母唸誦法



Start by praying for the root lineage blessing: First empty the mind. Next, visualize the Root Lineage Guru Living Buddha Lian-sheng appearing above your crown and radiating light on everyone present. Chant the Root Lineage Guru Heart Mantra 7 times. Pray to the Root Lineage Guru to empower you so that the practice will be auspicious.

Engender the Four Immeasurable Minds: Visualize your parents, children, relatives, friends, and enemies joining you in this practice.

Wake-Up Call: Clap twice, then cross hands and snap thumbs and middle fingers.

1. **Recite the Purification Mantras and Earth God Mantra**
2. **Recite the Invocation Mantra**
3. **Tender the Great Homage with Visualization**
4. **Mandala Offering**
5. **Fourfold Refuge**
6. **Recite the Repentance Verse and Mantra**
7. **Recite the Four Immeasurable Vows**
8. **Armor Protection**
9. **Recite the Bodhicitta Verse and Mantra**
10. **Recite the High King Avalokitesvara Sutra (1 time).**
11. **Recite the Rebirth Mantra (7 times).**
12. **Recite the Root Guru's Heart Mantra (108 times):**

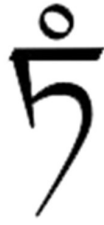
Om, gu-ru, lian-sheng sid-dhi, hum.

13. **Mudra and Visualization**

Red Tara Mudra: Interlace the fingers of both hands inwards; place the middle fingers upright touching and point the index fingers apart. Touch the thumbs lightly against the middle fingers. (hold the mudra in front of your chest)

Illustration of mudra:





Seed Syllable: *Dang*

Visualization: First empty the mind

Chant the Emptiness Mantra:

Om, si-ba-wa, su-da, sa-er-wa, da-er-ma, si-ba-wa, su-do-hang. (3 times)

1. Visualize an ཨ "ah" syllable within one's heart transforming into a red moon disc.
2. A ཌ "dang" syllable within the moon disc emits light and transforms into a red lotus (utpala).
3. Another ཌ "dang" syllable appears within the lotus emitting light and one transforms into Red Tara.
4. **The Image of Red Tara:**

Red Tara has one head, three eyes, two arms, and is smiling. Her right hand holds a hook while resting on her knee. Her left hand holds a red lotus (utpala) in front of her chest with the lotus blooming next to her ear. Her right leg is bent while the left leg is extended. Wearing a celestial garment with a multi-layered skirt, she sits on a dais on a red lotus.

Her heart has a ཨྵ "seh" syllable (the same as the syllable ཨྵ "chuli.")

At her browpoint is an ཐྱ "om" syllable.

At her throat is an ཨྵ "ah" syllable.

At her heart is a ཨྵ "hum" syllable.

Invocation:

A principal wisdom deity (Red Tara) descends from the void and merges with one. Form the Red Tara Mudra while visualizing. This moment is equivalent to one's receiving empowerment. Nectar fills

the body. All karmic hindrances are eliminated and purified. Amitabha Buddha is atop her crown.

14. Recite the Red Tara Heart Mantra (108 times):

Perform mala beads visualization before chanting the mantra

Om ◦ da-lie ◦ dou-da-lie ◦ sang-da-re-ni ◦ seh ◦ so-ha ◦ (Note: Chant 108 times at each cultivation session. The mantra produces great power after one completes 1.5 million recitations, medium power after 0.5 million recitations, and small power after 0.1 million recitations.)

15. Nine Cycle Breathing and Entering Samadhi (Practicing Red Tara, one enters samadhi by using the technique of cessation-contemplation and entering into emptiness.)

16. Emerging from Samadhi and Function Practices (Note: Proceed to Praise Verse if one is not going to practice any functions after emerging from samadhi.)

Visualization for Function Practices

Visualize one's right hand holding a vajra hook. Visualize the vajra hook turning to the right three times, then turning to the left three times.

Visualize that the space before Red Tara is bright and clear. A ༄ ཨུྃ ། "hum" syllable appears in the void. (The syllable will be white if practicing calamity eradication, yellow for enrichment, red for magnetization, and either blue or black for subjugation.)

Using the vajra hook, hook onto the sun disc ༄ ཨུྃ ། of the ༄ ཨུྃ ། "hum" syllable in the space. (The sun disc ༄ ཨུྃ ། is the circle at the top of the "hum" syllable.)

Visualize that the ༄ ཨུྃ ། "hum" syllable is burned upward from the bottom tail of the syllable and gradually disappears. The burning continues all the way up to the last point at the top of the syllable until the syllable completely disappears.

According to the function being practiced, visualize nectar, a lotus, a person, an object, etc. appearing in the space.

Using the vajra hook - practice enrichment by hooking onto riches

Using the vajra hook - practice magnetization by hooking onto an object of affection

Using the vajra hook - practice subjugation by hooking to break an enemy's head, hands, feet, or body

Using the vajra hook - practice calamity eradication by hooking away karmic

hindrances (as black insects or black qi.)

Mantra to chant while performing functions:

"Om ◦ da-lie ◦ dou-da-lie ◦ sang-da-lie-ni ◦ wang-dou-de-xu ◦ re-na-si-de ◦ wa-xiang-gu-lu ◦ seh ◦ so-ha ◦"

(Or, one may chant the short mantra: "Om ◦ da-dou ◦ sang-wang-re-wa ◦ seh ◦ so-ha ◦")

Praise Verse

「Jing-li-hong-se-da-du-mu A-mi-tuo-fo-ding-shang-shi
Fa-li-di-yi-lai-xiang-ying Zui-zhong-xiu-cheng-pu-sa-zhu」

Homage to magnificent Red Tara

Amitabha Buddha is her crown ornament

Having the greatest power of spiritual union

Ultimately achieving bodhisattva siddhi

17. Recite the Principal Heart Mantras

18. Recite the Buddha's Name (3 times)

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas.

19. Dedication

20. Recite the Hundred Syllable Mantra (3 times)

21. Tender the Great Homage with Visualization (same as step 3)

22. Recite the Completion Mantra

Om, Bu Lin. (3 times)

Om Mani Padme Hum.

Dismissal: Clap twice, then cross hands and snap thumbs and middle fingers.

End of Practice: May all endeavors be auspicious.

Note:

©Concerning the different leg positions of Red Tara depicted in books, thangkas, or the images transmitted in dharma ceremonies, it is correct to depict Red Tara's legs as either the left leg bent while the right leg is extended or the right leg bent while the left leg is extended.

©This Red Tara Sadhana and the key cultivation formula for the practice functions are excerpted from Living Buddha Lian-sheng's Book 261, *Meditation Within Meditation*, and Living Buddha Lian-sheng's dharma discourse of Sept. 16, 2017 at the grand ceremony for the debut transmission of the Uncommon Practice of Red Tara.

An empowerment must be received from Living Buddha Lian-sheng or an authorized True Buddha School master before engaging in this particular sadhana.