

Three Pujas Practice Text

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Introduction – The Three Pujas

Pujas are an ancient, vital form of human culture, common to all people. Often practiced and transmitted orally, they are designed to be memorised and to enshrine sacred knowledge in memory through the power of word, rhythm and repetition. They may be explanatory texts or songs of inspiration and can use language as prose, poetry or plainsong.

Green Tara and Medical Buddha are traditionally related to Amitabha because the ‘discriminating’ or ‘discerning’ wisdom of Amitabha can be expressed in compassionate care (Green Tara) and in medicine and healing (Medical Buddha).

This beautiful form of practice belongs, perhaps, into sacred art and theatre and can be used to cultivate the ideas, attitudes and aspirations always needed for peacemaking, the purpose of Dharma in the world.

Puja of Green Tara

Green Tara Introduction

In October 2004 the Rumtek Vihara, Sikkim, was established to commemorate the meeting of Ven. Namgyal Rinpoche and HH XVI Karmapa.

Rumtek Vihara was established by Lama Karma Chimé, many dharma friends from Australia, New Zealand and Canada and Jigme and Soma Gyaltzen, whose family are longtime friends of our lineage. All helped sponsor and build what is now called Namgyal Rinpoche Vihara.

During this period a Green Tara puja from the collection of HH Karmapa and Shamar Rinpoche was given to our Vihara.

The original puja was written by Chagmed Rinpoche and translated by Sister Phagmo.

Karma Chimé wrote this revised version of the puja at Joanna Macy's retreat at Margaret River, Western Australia, in March 2005.

Tara is the embodiment of constant compassion in the face of manifest suffering.

The puja can be practiced as a personal text or in groups chanting puja together. People choose the pitch, tempo, repetitions, etc., as suits them.

Revised August, 2010

Compassion Always Present

Guru Rinpoche Universal teacher Manifest dharma Realised Meaning
Luminous network Samaya AH HUM

OM AH HUM BENZRA GURU PADME SIDDHI HUM

OM AH HUM AH LA LA HO

E MA HO

Three Kayas of the Lama

Dharmakaya Wonderful O Wonderful All pervasive Mind to mind
Pure potential Idea Rain of blessings Abhisekha!

OM OM OM

Sambhogakaya Creative joy, delight Imagination, forms of peace and power
Qualities, activities Body speech and mind

AH AH AH

Nirmanakaya Realworld Bodhisattva Action, benefit Wisdom realised

HUM HUM HUM

OM AH HUM

Now pray and practice for the blessing of Tara - the empowerment of pristine awareness

SARVA MANGALAM SARVA MANGALAM SARVA MANGALAM

Lineage Song

Dorje Sempa Dorje Chang Heruka, Lama Rinpoche
Nature's body Wisdom song Heart and mind Intelligence
Conquers fear and ignorance Increases joy and influence

BUDDHA DHARMA SANGHA LAMA YIDAM DHARMAPALA

Tara, Tara, Tara,
All refuges made manifest
AH AH AH

Refuge and Bodhicitta

Understanding the true meaning, realising for myself
I do go for refuge, I do go for refuge, I do go for refuge.

OM TARE TUTTARE TURE SOHA

Homage Tara We remember Tara, Kindness Tara, Active Tara, Wisdom being
To cultivate awakening Tread the real, the noble path

Seven-Branched Prayer

Tara joyful homage Tara Tara gift of plenty Tara Tara hiding nothing Tara
Tara empathetic Tara Tara dedicated Tara Tara turn-the-wheel Tara
Long-life Tara

Dedication of Merit

By the great benefit of this practice,
May I quickly attain to the realisation of Mahamudra, living freedom,
And, as I do so, support all others in this way.

Argham – water to drink

Padyam – water for washing

Pushpe – flowers

Dhupe – Incense

Aloke – lamps

Gandhe – perfume

Naividya – food

Shabda – music

Thanksgiving, Boundless Gift

All around Flowering forms Beautiful detail Radiant, divine Luminous,
mind

Offerings as Blessings

Om benza argham ah hum Om benza padyam ah hum

Om benza pushpe ah hum Om benza dhupe ah hum

Om benza aloke ah hum Om benza gandhe ah hum

Om benza naividya ah hum Om benza shabda ah hum

Water for drinking Water for bathing Flowers of beauty Scent of faith
Light of wisdom Water of healing Food sustaining Music of dharma

Invocation of Enlightening Support

We make an invocation now We call you Friends, path-friends,
Lama Buddha Sangha From all places From all times Come here! We
pray be here!

BENZA SAMA DZA – JAH HUM BAM HOH

Protectors of us all Bring your thoughts and energy Subdue the enemy!

Within, without Illuminate and subjugate The nature of all harm.

Praise to all Buddhas

Joyful I pay homage body, speech and mind to courage on the path to lions
of awakening residing throughout time.
Conduct is my homage deeply pays respect thinking of all Buddhas you and
yours are one.
Come occupy my mind sweet rhythm and pure rhyme ocean, perfect melody
untiring voice that sings.
Praises to your energy.

Mandala Offering

LAMA YIDAM BUDDHA DHARMA SANGHA MANDALA

Dakini Treasury one vast pristine awareness
With gratitude and reverence I never cease to offer
Like the billowing of clouds, thanksgiving and support.
May many blessings flow now grace waves, influence,
So aspirations that accord with dharma are fulfilled.

Offering and Praises Directed Specifically to Tara

Imagining The 21 Aspects Of Tara (21 Taras)

Through instantaneous recollection I clearly imagine the form
Exceptional and Noble One no different from myself.
At the level of the heart is a moon of aspiration.
Upon the moon is a green bija TAM
Innumerable light rays radiate from it.
They manifest the 21 emanations of the Noble Tara.
Clouds of countless variations, each rare and wonderful, accompany her.
I invite them all. Stay in the sky, in front of me.

TAM! TAM! TAM!

Now, think of Dharmakaya, sphere of unborn clear light, pure pristine awareness,
as unending forms of Tara, alive, like a net of magical formations, fit to train
whoever is in need.

Prayer

Noble Tara! Be present here!
We pray to your love and compassion,
Your wonderful power - May realizations of ours endure.
Pray stay with us; help us overcome
Greed, hatred and delusion,
Arrogance or envy – All hindrances that bind us,
O Tara, help us build,
Good qualities of the Path.

So long as we remember you So long as we remember you So long as we
remember you

OM TARE TUTTARE TURE SOHA

Offerings And Mandala

Om ar ya Ta ra sa pa re wa ra ben dza ar gham tra ti sa so ha
Om ar ya Ta ra sa pa re wa ra ben dza pad yam tra ti sa so ha
Om ar ya Ta ra sa pa re wa ra ben dza push pe tra ti sa so ha
Om ar ya Ta ra sa pa re wa ra ben dza dhu pe tra ti sa so ha
Om ar ya Ta ra sa pa re wa ra ben dza alo ke tra ti sa so ha
Om ar ya Ta ra sa pa re wa ra ben dza gan dhe tra ti sa so ha
Om ar ya Ta ra sa pa re wa ra ben dza nai vi dya tra ti sa so ha
Om ar ya Ta ra sa pa re wa ra ben dza shab da tra ti sa so ha

We Offer What We Can Thanksgiving, Boundless Gift

Water for drinking Water for bathing Flowers of beauty Scent of faith
Light of wisdom Water healing Food sustaining Music of dharma

Constantly the interest flows, the space of blessing grows
Now, because we make offerings and generate bodhicitta,

The right hand of Tara changes

From the gesture of generosity to also mean the gesture of protection.

Thus, we now gain the generous support and protection of Noble Tara.

All who care Be assured by her Protected from all fear

Filling Dharmadhatu, the vast expanse of space, we offer what we can, boundless gifts, thanksgiving.

Constantly the interest grows Continuously the blessing flows

For compassion's sake, we offer what we can.

Now, a stream of nectar flows from her body
And enters the crown of my own head,
And the head of all others under her protection.
By this nectar's filling the whole body,
We are pervaded by every kind of blessing.

The Benefit

With wisdom, then remember Tara during dusk and dawn;
Banish fear and pacify wrongdoing and mistaken views.
Countless Tara moments, one's own, or others' recognised
Confer their power rapidly ripening conditions renewing and awakening.
Calling her to mind Tara is the antidote for poisons of the spirit.
Sickness, harmful forces waste and want and war existing as they do
Lose their power to defeat her natural compassion
Tara's meaning can unfold the love of children born,
Free creative aspiration grant the strength to overcome.

Make wisdom of adversity Make wisdom of adversity Make wisdom of
adversity.

E MA HO, E MA HO, E MA HO
SARVA MANGALAM SARVA MANGALAM SARVA MANGALAM

Torma Offering

OM BENZA AMRITA KUNDRA LI HANA HANA HUM PHAT

O, a diamond nectar flows gracefully from this vessel, hum phat

OM SWABHAVA SHUDDA SARVA DHARMA, SWABHAVA SUDDHO HUM

Out of pure potential All existence now appears
Wonderful and beautiful Vessel of great worth.

Three bijas now appear inside.

(slowly, with mudra and visualize) OM AH HUM

These seeds become a torma Signifying a vast awareness Powerful and
capable.

OM ARYA TARE SAPAREWARA YIDAM PALING TA KA KA KA HI KA HI

OM TARA NOW BECOME YIDAM KNOWN TO ME KA KA KA HI KA HI

(The Sacred Torma is now offered to Tara, causing great pleasure to arise in her.)

Tara, hold us in your mind — Your great compassion overflows in all of our
attainments

Born from the universal face into the Lotus family, Noble Tara, you embody every
Buddha's activity.

HOMAGE! PRAISE!

Every body, every atom, every world sphere, prostrates to the worth of Tara!

Blessings We Aspire To

May the Teachings flourish!
May their understanding contribute to long and harmonious life.
May obstacles and hindrances cease to cause such harm.
Through elucidation wise practice may increase;
Good health and wealth increase in ways the world can sustain.
Sickness, fighting and famine decrease their presence in the world.
Tara May your wisdom be a blessing in our living world.

OM TARE TUTTARE TURE SOHA

Lift us when we fall give us early warning when dangerous thoughts arise
May harmful habit be contained may your presence be our Mother
'Til enlightenment is reached.

Dissolving The Deity And Mantra

As you arose, so now, in light dissolve and merge with us.
Now in union we become Tara's free embodiment.

OM TARE TUTTARE TURE SOHA

The Hundred Syllable Mantra Of Vajrasattva

OM VAJRASATTVA SAMAYA, MANUPALAYA, VAJRASATTVA TWENOPA TISHTHA
DRIDHO ME BHAVA, SUTO KHYO ME BHAVA, SUPO KHYO ME BHAVA, ANURAKTO
ME BHAVA, SARVA SIDDHIM ME PRAYACCHA, SARVA KARMASU CA ME CITTAM
SHRIYAH KURU HUM HA HA HA HA HOH BHAGAVAN, SARVA TATHAGATA VAJRA MA ME
MUNCA VAJRI BHAVA MAHASAMAYASATVA AH

(and/or)

OM Vajrasattva guard intention
Purity of being remain now
Vajrasattva be remembered steady, joyful and enriching,
Loving vessel, wisdom's source in all life's deeds make my mind noble
HUM HA HA HA HA HOH
Blessed nature, diamond wisdom never disappear from view
We pray remain continue strongly heartfelt, healing present in our daily lives
Oh source of freedom, living wisdom
AH HUM PHAT!

Forgiveness

Forgive me inability for what is incomplete;
For whatever I could do but left undone.
AH! Tara remain as long as life
Grant wholeness, health and power
Help us in all that's good!

Resting in the Natural State of Mind (in your own clear awareness)

Rest now in Dharmadhatu The vast expanse, the natural state.
One's mind and Tara's Now of one accord, the same.

(short silence)

May we never lose this view of mind's true nature

Dedication Prayer

By the virtue of this practice, may I better understand the teaching and state of
Noble Tara

And help establish others, without exception, in this way.

You who manifest the activity of the Buddhas of the three times,
Tara, feminine Buddha, upon whom I have meditated in many former life times,
You who are the Mother, swift to act and able to subdue – cause all to be
auspicious.

SARVA MANGALAM SARVA MANGALAM SARVA MANGALAM

Puja to Amitabha
The Buddha of Boundless Light

Amitabha Introduction

The original version of this Kagyu puja was written by Chagmed Rinpoche and translated by sister Phagmo for HH XVI Karmapa.

Karma Chimé received the Puja in October 2004 when Namgyal Vihara was established in Rumtek, and revised by him in October/November, 2005 at Rumtek, Sikkim.

‘The Buddha of Boundless Light’ can be interpreted as boundless wisdom through discernment and clear discriminating intelligence.

The primary archetype, Amitabha, is expressed through Green Tara as manifest courage, kindness and compassion. The healing power of Amitabha is expressed as Medical Buddha. Many other teachings arise in the Amitabha lineage of expression.

Revised August 2010, Coorain.

Puja To Amitabha – The Buddha Of Boundless Light

**PALDEN LAMA DAMPA NAMLA KYABSU CHI-O,
YIDAM CHILKOR GYI LHATSOG NAMLA KYABSU CHI-O,
SANGYE CHOMDENDE NAMLA KYABSU CHI-O,
DAMPE CHO NAMLA KYABSU CHI-O,
PHAGPE GENDUN NAMLA KYABSU CHI-O,
PAWO KHANDRO CHO KYONG SRUNGME TSOG
YESHE KYI CHYEN DANG DENPA NAMLA KYABSU CHI-O**

BUDDHA DHARMA SANGHA

Light of Wisdom, Way of Healing, Community of Peace

I remember these three gems jewels of the Teaching

Understanding their true meanings for myself
I do go for refuge I do go for refuge I do go for refuge

LAMA YIDAM DHARMAPALA

Path-friends of transmission lamp within I know protectors of the peaceful
way

I remember these three roots supports for liberation
Understanding their true meanings for myself
I do go for refuge I do go for refuge I do go for refuge

***OM SVABHAVA SUDDHO SARVA DHARMA SVABHAVA SUDDHO
HUM***

Relaxed now, filled with calm mind like a clear blue sky
Joy is there, a vast innate potential

I dedicate my life now, to the path of truth
I will not knowingly hinder another's Path

Inner Practice

In my imagination blooms a flower of compassion,
Lotus water born rainbow coloured fully open

In the centre I am standing pure white through and through,
Enduring purifying.

In front of me there now appears a full moon,
Aspiration and compassion centred in a lotus.
Standing there – Amitabha red as ruby light,
One face, two hands in meditation posture.
Holding there a dana bowl,
Amitabha wears the yellow Dharma robe

Buddha Boundless Light Illuminating this from that discriminating and
perceptive
Seeing the real world clearly as it is free of prejudice.

On the left stands Chenrezig standing on a moon and lotus,
Rainbow light Merciful compassion universal love.
On the right stands Vajrapani standing on a moon and lotus,
Blue powerful protector insights benefactor.

Living Symbols in my mind give rise to hosts of emanations Bodhicitta
thoughts.

OM AH HUM

Energies awakening body speech and mind
Adorn the living symbols, foreheads, throats and hearts, white red blue,
seeds of realization.

Light streaming from these star-like seeds invokes the potent Buddha fields,
Helping pure potential grow in reality.

Now I recall again clearly in my mind

AMITABHA CHENREZIG VAJRAPANI

HUM AMITABHA

My faith is SAMAYA! Pray bless these qualities in me please become a stable presence here.

HUM AMITABHA

Clear-eyed protector of the Dharma pray turn the Wheel of the Law
Cause this wheel to turn in me.

I offer honour and respect
I offer honour and respect
I offer honour and respect

OM AH DEVA HRI

TZE HUM PAM HOH

TISHTA LHEN AHTI PUHO

In my heart the tig-le HRI appears syllable–seed of aspiration star-like seed of pure intent.

Light streaming out in all directions calls the Adhibuddhas who give empowerment.

They come as rainbow light each colour is distinct pouring into me.
In response Amitayas Buddha of long-life appears upon my head.

To Amitabha I sing songs offered from the heart
Please accept them and enjoy may your blessings flow.

HUM

Faith purifying now overflows my being, like sweet scented water pouring over Amitabha.

Thus, the stains and obstacles that may obscure this practice are quickly cleared away.

OM SARVA TATHAGATA ABHISHEKATA SAMAYA SHRIYE HUM

HUM

White peaceful soft illumination eases any burden.

HUM

Saffron pure deep yellow light protects inner vitality.

HUM

These inner lights that I imagine do not obscure,
Nor needlessly embellish. Clear meaning is retained.

HUM

Clear water inner purity like medicine I offer,
Calming thirst and suffering that may obscure my practice.

Attentive now! Allow the Bodhicitta to arise. Clearly focus on the Dharma
Leave feelings of unworth behind.

Now, create the feeling: a beautiful feminine deva
Inner grace and wisdom, beauty of your offerings.

HUM

With golden light now I offer pure water to bathe
Your precious body. The dust of the world is washed away.

HUM

With white light now I offer the perfume of incense that invokes
The memories of the sacred, clearly to your sense of smell.

HUM

With red light now I offer candles of wisdom radiant, warm glow
Illuminating, blessing Amitabha's hands

HUM

With green light now I offer
Varied tastes that invigorate, the vitality of youth sustaining.

HUM

With golden light now I offer
Sounds of music that invoke sweet delight and energy.

HUM

These radiant appearances are called the deva beings. Together they all become an
Energy that embraces beautifully and openly
The Teaching of Amitabha, the wisdom that discerns;
The mercy of Chenrezig deeply caring for the world;
The power Vajrapani guarding insight's door.
Three in one Amitabha Three in one Amitabha Three in one Amitabha

OM

***ARGHAM PADYAM PUSHPE DHUPE ALOKE GANDHE NAIVIDYA
SHABDA MUDRA AH HUM***

(Now rest in peace awhile, mind clear, feeling the blessing and connectedness.)

HUM

Enduring energy long life of the Dharma
Boundless light meaningful engagement
Compassion active love and care
Determination to protect the wisdom of the good.
Guardians all guides to me may great benefit continue
For the sake of all that live.

OM

Respect to the bodies of all beings continual evolution vast and varied form.
To the Body of Dharma I give praise.

AH

Respect to the sound and meaning of the sacred word,
Spoken Truth in many tongues powerful voices of the peace.

To the wonderful words of Dharma I give praise.

HUM

Mind of great attentive kindness engaged for the benefit of life
Illusory yet merciful.

To the effective mind of compassion I give praise.

OM HRI SVAHA

With this mantra I aspire to Amitabha's body speech and mind.

VAJRASATTVA OM – may all hindrances of body be forever purified.

VAJRASATTVA AH – may all hindrances of speech be forever purified.

VAJRASATTVA HUM – may all hindrances of mind be forever purified.

Buddha Amitabha clearly perceiving
Buddha Chenrezig greatly merciful
Buddha Vajrapani power in reality

May practice of this living wisdom bless, endure and merge with me.

Understand clearly now wonderful are the three in one.

May these three Buddhas be understood in the form of Amitabha.

Amitabha Chenrezig Vajrapani

Three in one Amitabha.

To Buddhas and Bodhisattvas numberless in space past present and future
With focussed mind in devotion I pray please bestow the siddhis
transcending.

By this blessing may I realise Buddha Amitabha for the sake of all that live.

OM AMITABHA HRIH SOHA

HUM

In this great ananda life both vast and bountiful,
Beyond confining dualism including birth and death,
Knowing the taste of that great knowledge
Duality dissolves and yet all things are real.
All the inner hindrances are purified by nature.
In the Dharmadhatu spacious, all encompassing victory is realised.

SARVA MANGALAM SARVA MANGALAM SARVA MANGALAM

Puja of Medical Buddha

Introduction Of Medical Buddha

This teaching puja is based on a Medical Buddha puja by Chagmed Rinpoche. It was given to Karma Chimé (Western Australia) in Rumtek, Sikkim, in October, 2004. It was revised by Karma Chimé at Rumtek in October/November, 2005. This further revision was done at 'Coorain' in September, 2010.

The goal of all Dharma practice is a more peaceful world. Medicine, of course, is an indispensable wisdom.

In Medical Buddha practice, the ideas and energies of the teachings are focussed, holistically, on the healing of Body, Speech and Mind. The Buddha of Medicine is, however, most strongly related to the practice of physical medicine.

By contemplating the nature of healing, the healing process is enabled. Medical Buddha Bhaikanze empowers the effort and reinforces a positive, compassionate attitude in both patient and doctor.

Aspiration

Bodhi, realize buddha! Compassion, become awake!
Experience accumulate; knowledge grow; medicine unfold.

Medical Buddha Bhaikanze

Diagnose, prescribe and care;
Motive, action and result;
Medicine, path and healer too.

Living world Bhaikanze.

OM AH HUM

1. MEDICAL BUDDHA BHAIKANZE!

Wonderful physician Body, Speech and Mind
NAMO MAHA BHAIKANZEYA all Honour and Respect!

2. Blessed One Victorious Blue as lapis lazuli,
Buddha's signs and attributes beautifully adorn you.

Wearing saffron Dharma robes stable in the vajra posture
On a full moon seat centred in a lotus You hold the dana bowl and offer medicine.
Victorious in healing the illness of the world.
I offer praise, respect and homage to your healing power.

3. When anyone is caught in greed consuming, always hungry
Fearful of the future thinking only selfish wants,

If such a one can hear your sacred name and teaching
It brings them freedom now and always From this hunger from this thirst.
To you I gladly offer praise Victorious Physician

4. Holding on to wrong ideas and mistaken attitudes
Are bound to bring about unhappy states and suffering

But when your sacred name is heard 'Medical Buddha' great among physicians
It purifies our ignorance and sorrow will not be reborn.
I offer praise and thanks, Medicine Buddha, I offer to you now
Pray guide us on the healing path.

11. At times of death which come to all
The Eight Great Sage Physicians
Can come to us reveal their power clearly in our minds.
Wonderful the happiness that brings such liberation.

Renewed compassion hearts reborn overcome dark ignorance;
AMITABHA great light of life discerning and perceptive
Protects always the path that heals Medicine Buddha.

12. Love engaged in medicine Buddha of the ancient way,
Nutrition and the way we live – the basis of good medicine.
Add knowledge of the body's health and Medicine Buddha's gift
The guide that heals afflicted mind the Buddha of empowerment.

SARVA MANGALAM SARVA MANGALAM SARVA MANGALAM

Now I do go for refuge...

***PALDEN LAMA DAMPA NAMLA KYABSU CHI-O,
YIDAM CHILKOR GYI LHATSOG NAMLA KYABSU CHI-O,
SANGYE CHOMDENDE NAMLA KYABSU CHI-O,
DAMPE CHO NAMLA KYABSU CHI-O,
PHAGPE GENDUN NAMLA KYABSU CHI-O,
PAWO KHANDRO CHO KYONG SRUNGME TSOG
YESHE KYI CHYEN DANG DENPA NAMLA KYABSU CHI-O***

Inner wisdom, guiding words Bodhisattva friends

To all of you who demonstrate to all of you who practice to all of you who seek
All of you together make the path of healing in the world.

Homage to the Healing Medicine Buddha

From my heart stream rays of cerulean light the colour of a summer sky.
They enter and merge with the wonderful blue light of Healing Buddha
Falling on the very heart of Bhaikanze who sits there in the east.

Remembering the ancient vows inspired by prayers and aspirations,
Blue Buddha of medicine now responds
Sending out blue rays of healing from the Heart.

They are absorbed in us and all those Buddha can protect.
Our illness disappears just like morning dew.
All unhelpful attitudes leave immediately;
Healing Buddha's blessing fills us Body Speech and Mind.

Royal Medical Buddha BHAIKANZE, blue lapis healing light,
Before you I bow down give praise.

By the truth of truths, by the song of twelve great prayers,
To Medicine Buddha, BHAIKANZE, To this wonderful light
I do prostrate and sing these songs of praise.

By the true meaning of these words may all of us, myself and all that live,
Find the path and be relieved of all illness we are prone to.

***TADHYATA: OM BHAIKANZE BHAIKANZE MAHA BHAIKANZE RATZA
SAMUDGATE SWAHA
NED SARVA SHANTI KURU SWAHA***

May chronic illness body, speech or mind,
Whether our own or others disease or unhappiness,
Wherever they occur may they be alleviated and finally be cured.
Whatever benefits we find, we share it now with all.

SARVA MANGALAM! SARVA MANGALAM! SARVA MANGALAM!

MAY ALL THAT LIVE BE WELL AND HAPPY

PEACE TO ALL THE WORLD