

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

Having already chanted
the quatrain of refuge and Bodhichitta
we have already come upon the line:

“...ás well as practice Green Tara...”
but what could it mean?

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

Within this practice text
we could play
with three sets of meditations
and three more sets of contemplations.

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

During the third meditation
as well as the second and third
contemplations

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

we shall rely upon similes and metaphors
that have been informed
by the iconography of Green Tara:
the archetype of enlightened activity.

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

In the third contemplation
we shall also rely upon
the ten-syllable mantra
that is attributed to her.

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

Thus, it is by blending
meditations and contemplations
upon these metaphors and mantras
that we practice Green Tara.

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

Now could be an excellent time
to recite another repetition
of the quatrain of refuge and bodhichitta.

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

“Éternally I rely upon Buddha's:
example, teachings, and students
as well as practice Green Tara
for the benefit of all.”

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

But what about the final line,
“...for the benefit of all?”

With the elegant simplicity
of just five words
we gently guide our intention
upon the mid-brain's path

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

of compassion and cooperation
as opposed to the brainstem's path
of competition and cruelty.

Now that the quatrain of refuge and
Bodhichitta is fully explained
let us celebrate with an addition repetition:

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

“Éternally I rely upon Buddha's:
example, teachings, and students
as well as practice Green Tara
for the benefit of all.”

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

In the practice text,
or Sa-dha-na, if you prefer Sanskrit,
or Holocron, if you prefer geek;

when you scroll down below the
the quatrain of refuge and bodhichitta

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

you could find nine panels
illustrating Tibetan-style buddha bowing.

Karmic Calisthenics



Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

If you enjoy fitness
then it may find it amusing
to blend the whispered recitation
of the quatrain of refuge and Bodhichitta

with aerobic activity
of Tibetan style buddha bowing.

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

This activity is utterly optional
and in my opinion
is best practiced as an act of physical culture
rather than superstitious devotion.

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara

For that latter
could drag us
further down the Sarlacc pit

that is Devadatta's domineering duality
of dread and desire.

Illuminating Tara's Clear Light – A Commentary
10 – Practicing Green Tara