

# Wealthy Goddess

## SADHANA PLAN FLOW



### Green Tara

#### Journal Prompts

- 1.) How does your relationship with your body impact your relationship with Earth? And with money?
- 2.) *What are 3 underlying beliefs that you have about money and what happened in your life to form these beliefs?*
- 3.) What are 3 beliefs that your parents/family members have about money and how do you see these beliefs showing up in your life?

#### 1.) Mantra

"Om Tara Tuttare Ture Soha. Om Tara Tuttare Ture Soha." x 108 repetitions

This can be chanted with a mala necklace to keep track of the repetitions. 108 is a sacred number, as one represents that we all come from the same Source. Zero denotes the cycle of life and eight is the number of infinity and shows the power of our manifestation, as we are resourced from an infinite abundance.

It is for the seeker to discover exactly what this mantra means to them, but most simply - this mantra will help you to call upon the gracious support of Green Tara and helps us realize Divine manifestation.

{WATCH VIDEO}

#### Yantra





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Yantra is a geometric pattern with meaningful colours and symbols that represent a particular frequency. This is an emanation of the frequency of Green Tara. Eight lotus petals to represent infinite prosperity, an upward pointing triangle that is red to show that spirit is being made manifest in the Earthly realm.

Visualize this yantra in your third-eye centre while chanting the mantra to more powerfully invoke the archetypal frequency of Green Tara.

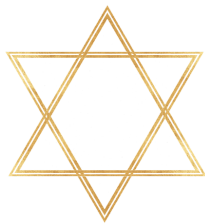
#### 2.) Mudra



This is a Tibetan Buddhist statue of Green Tara - a common posture for her to be seen in. To practice Green Tara Mudra - you hold the same posture and mudras of your hands. Right foot touching Earth to feel that you are always supported. Your right hand in gyan mudra - the gesture of wisdom - that points down to symbolize that your mind is surrendered to the infinite prosperity that Green Tara wishes to bestow upon you and prithvi mudra pointing up on your left hand to invoke the element of Earth within your body.

{WATCH VIDEO}





# *Wealthy Goddess*

## **SADHANA PLAN FLOW**



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## Green Tara

### **3.) Asana**

The postural practice of this sadhana is the Green Tara Flow. It starts with Green Tara Mudra to show that Green Tara is being called upon and to feel her presence as an embodied frequency within. This flow allows you to surrender your heart to Mother Earth, as you slide your heart forward and graze your egoic will at your solar plexus with Earth - symbolizing a union of Divinity and Individuality. After the surrender, the hands that have received the bounty of Earth reach up to the stars to receive guidance and then bring them down into the heart-centre for integration of spirit with matter, held in balance with anjali mudra - the mudra of bringing polarities into union. This sequence of postures helps you to embody what Green Tara represents - Spirit being made manifest in perfect harmony.

{WATCH VIDEO}

### **4.) Meditation**

This is a visualization to embody the tree of life with the 6-pointed star in your heart to feel that you are infinitely resourced from the abundance of Earth and Divinely inspired from the wisdom of the cosmos, while connected to It. All through the portal of your heart that is in synchronicity with all 6 other major energetic portals of your body.

{LISTEN TO AUDIO}