



# Shining Lake of Crystal Tears: A Confessional Prayer

*A Prayer from Jetsunma Ahkön Lhamo*

*Arya Tara, Noble One*

*We bow down to your Lotus Feet  
And beg you to remain enthroned  
On the Lotus Throne within our hearts.*

*We your daughters and sons  
Offer you the essence of whatever purity  
We may possess in the three times.  
Please accept the nectar of our pitiful practice  
Please bless the potential of all our hopes and aspirations  
And guide our lips and blind eyes  
To suckle at the breast of the Sublime Bodhicitta.*

*Mother Tara, protect us,  
Now and at the time of our death.  
Sooth and cleanse our minds  
Of the sickness and fever of worthless distractions.*

*Hear us, Holy One,  
Even though our very voices are tainted with fear and slothfulness,  
Weakened by Samsara's spell.  
Oh Mother, when we have caused you sorrow  
How will you then appear for us in Nirmanakaya form  
Through endless aeons for our sake –*

*How, Mother, will this occur  
When our hearts and minds turn inward  
With darkness and lack of caring for the suffering of others?*

*Oh Mother Tara, Holy One, Perfect One  
We are lost.  
Now more than ever darkness comes  
And we are overcome with our weakness and poor view.  
Yet You remain for us.*

*Blessed Mother, Holy One,  
This very day we make our hearts and minds your home  
We beg you to come in glory and to remain with us  
With your Supreme Beauty, Sublime Power, and Faultless Light  
Until we are inseparable  
And Samsara is emptied.*

Written by Jetsunma Ahkon Lhamo  
August, 24, 2004 Sedona, Arizona  
when one of Tara's very own daughters  
had fallen under Samsara's dark spell.

May all beings benefit by the heartfelt cry of this prayer.

