

## 21 PRAISES TO TARA

Om jetsunma pama drolma la chantsalo

Chan tsal tare nyur ma pamo  
tutare yi jik pa selma  
ture dön kun jin pe dolma  
sohe yi ge chö la dü do

Chan tsal drolma nyur ma pamo  
chen ni ke chik lok dang dra ma  
jik ten sum gön chu chen shal ji  
gesar che wa le ni chung ma

Chan tsal tön ke da wa kun tu  
kang wa ja ni tsek pe shal ma  
karma tong trak tsok pa nam ji  
rab tu che we ö rab bar ma

Chan tsal ser ngo chu ne che ji  
peme cha ni nam par jen ma  
jin pa tsön dru ka tub shi wa  
zöpa samten chö yul nyi ma

Chan tsal de shin shek pe tsuk tor  
ta ye nam par jal war chö ma  
ma lu pa rol chin pa tob pe  
jal we se ji shin tu ten ma

Chan tsal tutara hung yi ge  
dö dang chok dang nam ka kang ma  
jik ten dun po shab ji nen te  
lu pa me par guk par nu ma

Chan tsal ja chin me lha tsang pa  
lung lha na tsok wang chuk chö ma  
jung po ro lang dri za nam dang  
nö jin tsok ji dun ne tö ma

Chan tsal tre che cha dang pe ji  
pa rol trul kor rab tu jom ma  
ye kum yön jang shab ji nen te  
me bar truk pa shin tu bar ma

Chan tsal ture jik pa chen mö  
dü ji pa wo nam par jom ma  
chu che shal ni tro nyer den dze  
dra wo tam che ma lu sö ma

Chan tsal kön chok sum tsön cha je  
sor mö tuk kar nam par jen ma  
ma lü chok ji kor lo jen pe  
rang gi ö ji tsok nam truk ma

Chan tsal rab tu gawe jipe  
urjen ö ji treng we pel ma  
she pa rab she tutara yi  
dü dang jik ten wang to dze ma

Chan tsal sa shi chong we tsok nam  
tam che guk par nu pa nyi ma  
tro nyer yo we yi ge hung gi  
pong pa tam che nam par drol ma

Chan tsal da we dung bu urjen  
jen pa tam che shin tu bar ma  
ral pe trö na öpa me le  
tak par shin tu ö ni dze ma

Chan tsal kal pe ta me me tar  
bar we treng we una ne ma  
ye jang yön kum kun ne kor ga  
dra yi pung ni nam par jom ma

Chan tsal sa shi ngö la cha gi  
til ji nün ching shab ji dung ma  
tro nyer chen dze yi ge hung gi  
rim pa dün po nam ni gem ma

Chan tsal dema gema shima  
nya ngen de shi chö yul nyi ma  
soha om dang yang dak den pe  
dik pa chen po jom pa nyi ma

Chan tsal kun ne kor rab ga we  
dra yi lü ni rab tu gem ma  
yi ge chu pe ngak ni kö pe  
rik pa hung le drol ma nyi ma

Chan tsal ture shab ni dab pe  
hung gi nam pe sa bön nyi ma  
ri rab men da ra dang bik che  
jik ten sum nam yo wa nyi ma

Chan tsal lha yi tsok yi nam pe  
ri dak tak chen cha na nam ma  
tara nyi jö pe ji yi ge  
duk nam ma lu par ni sel ma

Chan tsal lha yi tsok nam jal po  
lha dang mi-am chi yi ten ma  
kun ne go cha ga we jee ji  
tsö dang mi lam ngen pa sel ma

Chan tsal nyi ma da wa jen pe  
chen nyi po la ö rab sal ma  
hara nyi jö tutare yi  
shin tu drak pö rim ne sel ma

Chan tsal de nyi sum nam kö pe  
shi we tu dang yang dak den ma  
dön dang ro lang nö jin tsok nam  
jom pa ture rab chok nyi ma

Tsa we ngak ji tö pa di dang  
chan tsal wa ni nyi shu tsa chik.

Jetsun pakma drolma che chen no  
jig dang duk ngal kun le chap tu sol.

## THE BENEFITS

Lha mo la gü yang dak den pe  
lo den kang gi rab dang jö pe  
sö dang to rang lang par che te  
dren pe mi jik tam che rab ter  
dig pa tam che rab tu shi wa  
ngen dro tam che jom pa nyi do  
jal wa che wa trak dun nam ji

nyur du wang ni kur war jur la  
di le che wa nyi ni tob ching  
sang je gom pang tar tuk der dro  
de yi duk ni drak po chen po  
ten la ne pa-am shen yang dro wa  
zö pa dang ni tang pa nyi chang  
dren pe rab tu sel wa nyi tob

dön dang rim dang duk gi zir we  
duk ngal tsok ni nam par pong te  
sem chen shen pa nam la yang ngo  
nyi sum dün tu ngön par jö na  
bu dö pe ni bu top jur shing  
nor dö pe ni nor nam nyi tob  
dö pa tam che tob par jur te  
gek nam me ching so sor jom jur.

### DEDICATING THE 'ROOTS OF VIRTUE' OF THE TARA PRACTICE TO ENLIGHTENMENT

gay wa. dee yee. nyoor du da  
jet soon. dol ma. droop joor nay.  
dro wa. chik jang. ma lu pa.  
tay yi. sa la. gö parra sho.

Through this virtue may I swiftly become like Arya Tara.  
May I bring all beings, without a single exception, to that  
state.

Om. I pay homage to Tara. The Noble One, the Arya

NAMO. TARE, She who is swift, the Heroine,  
She who eliminates all fear with TUTTARE,  
The Saviouress who gives all benefit with TURE  
I bow down to You, SVAHA.

NAMO. Tara, She who is swift the Heroine,  
She who has Eyes like instantaneous lightning  
She who appeared from the opened blossom  
Of the Lotus Face of the Lord of the Three Worlds (Chenrezi)

NAMO. She who has the Face of a hundred completely full moons  
Of Autumn, laid one upon the another.  
She who is shining intensely with the completely diffused light  
Of a multitude of thousands of stars.

NAMO. She whose Hand is perfectly adorned  
By a gold and blue lotus born from water.  
She who is the embodiment of the field of activity of giving.  
Diligence, the difficult, peace, patience and dhyana.

NAMO. She who has the activity of complete, infinite victory  
Upon the Ushnishnas (Head-mounds) of the Tathagatas.  
She, on whom, the Buddha's Sons  
Who has attained all paramitas without exception, utterly depend

NAMO. She who fills Desire, Direction and Space  
With TUTTARA and the syllable HUM  
She who has the power to squash down the seven worlds with her Feet  
And summon all without exception.

NAMO. She to whom Indra, Agni, Brahma, Pavana,  
And the Various Great Gods make offerings.  
She who is praised by multitudes of bhutas, vetalas,  
Gandharvas and yakshas gathered before Her

NAMO. She who completely defeats the magical devices of adversaries  
By what is named TRAD and by PHAT.  
She who squashes down with Her legs, the right indrawn, the left  
And blazes intensely with whirling blazing fire. extended,

NAMO. Ture, the Great Terrorress,  
Who completely vanquishes the Mara-Warriors  
She who has a Lotus Face grimacing angrily,  
Who slays all enemies without exception.

NAMO. She whose Heart is perfectly adorned  
By Her fingers in the Mudra symbolising the Three Jewels,  
She who whirls her own multitude of lights,  
Adorning the wheel of all directions without exception.

NAMO. She who has a Tiara of brilliance and complete joy  
Creating more and more streams of light.  
She who with laughter, the perfect laughter of TUTTARA,  
Overpowers Maras and worlds.

NAMO. She who has the power to summon  
All the multitudes of Protectors of the World.  
She who perfectly liberates from all destitution  
With the syllable HUNG of the Wrathful Grimacer.

NAMO. She, whose head-adornment, which is a sliver of moon,  
And all Her adornments, are shining intensely.  
She who creates eternal, intense light  
From Amitabha in the midst of Her gathered hair.

NAMO. She who resides in the centre of a blazing garland  
Like the fire at the end of the kalpa.  
She who, with right leg extended, left indrawn, with the joy of  
Totally defeats the hordes of enemies. complete revolving

NAMO. She who stamps with Her Feet and squashes with Her Hands  
The surface of the Earth.  
She who manifests as (Bhrikuti The Angry Grimacer), and the  
Vanquishes all of the Seven Levels. syllable HUNG

NAMO. She who is Bliss, She who is Goodness, She who is Peace,  
She who is the embodiment of the field of experience of Nivana's Peace.  
She who, through that which truly possesses SVAHA and OM  
Is the embodiment of the defeat of great bad karma. (Tara's mantra)

NAMO. She who totally vanquishes the bodies of the enemies  
Of those with perfect joy at the complete circling.  
She who is the Saviouress arisen from the Wisdom-HUM  
Of the arranged ten-syllable speech.

NAMO. TURE, who by stamping Her Feet,  
She who is the nature of the Seed in the form of a HUM,  
Shakes the Sumeru, Mandara and Vindhya mountains  
And all the three worlds.

NAMO. She who holds in Her Hands that which has the emblem  
of a wild Animal  
And has the form of the Lake of Devas.  
She who eliminates all poisons without exception  
Through reciting the two TARAs and the syllable PHAT.

NAMO. She to whom the multitudes of Deva-Kings  
Devas and Kimnara depend.  
She who eliminates quarrels and evil dreams  
With the majesty of Her joyous complete armour.

NAMO. She with the intensely vivid light  
Of the full sun and moon in both eyes,  
She who eliminates extremely fierce diseases  
By reciting the two HARAs and TUTTARE.

NAMO. She who truly possesses the power of Peace,  
Through the arrangement of the three Thatnesses,  
She who is the totally supreme TURE, the conquerer  
Of the multitudes of avaharas, vetalas and yakshas.

This praisee of the Root-Mantra  
And the twenty-one Namos,

### The Benefits

When recited by whoever has understanding  
And true devotion to the Goddess,  
If remembered at dusk and after arising at dawn,  
All fearlessness will be completely given,  
All bad karma will be totally pacified,  
All lower existences will be defeated.  
The multitudes of the sufferings of afflictions  
By demons, diseases and poisons are totally removed  
And also for all other beings,  
If truly recited in two, three and seven,  
By desiring a son, a son will be obtained,  
By desiring wealth, wealth will be obtained,  
All that is desired will be obtained  
All obstacles will be eliminated, individually vanquished.  
Seven times a million Buddhas,  
Will swiftly give empowerment so that  
More than exists in the present will be obtained,  
And the ultimate level of Buddhahood is proceeded to,  
The great, fierce poison of this,  
Whether in the inanimate of the living,  
Though it has been eaten or drunk,  
Its complete elimination will be obtained through  
remembering.