Praises to the Twenty-One Taras
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Invocation

PO TA LA YI NÄ CHHOG NÄ
  From your sublime abode at the Potala,
TAM YIG JANG KHU LÄ THRUNG SHING
  O Tara, born from the green letter TAM
Ö PAG ME KYI U LA GYÄN
  Your crown adorned with Amitabha,
DÜ SUM SANG GYÄ THRIN LÄ MA
  Action-mother of the buddhas of the three times,
DRÖL MA KHOR CHÄ SHEG SU SÖL
  Tara, please come with your attendants.

Prostration

LHA DANG LHA MIN CHÖ PÄN GYI
  The gods and demigods bow
ZHAB KYI PÄ MO LA TÜ DE
  To your lotus feet, O Tara;
PHONG PA KÜN LÄ DRÖL DZÄ MA
  You who rescue all who are destitute.
DRÖL MA YUM LA CHHAG TSHÄL LO
  To you, Mother Tara, I pay homage.
The Praises

OM JE TSÜN MA PHAG MA DRÖL MA LA CHHAG TSHÄL LO
OM I prostrate to the noble transcendent liberator.

CHHAG TSHÄL DRÖL MA NYUR MA PA MO
Homage! Tara, swift, heroic!
CHÄN NI KÄ CHIG LOG DANG DRA MA
Eyes like lightning instantaneous!
JIG TEN SUM GÖN CHHU KYE ZHÄL GYI
Sprung from op’ning stamens of the
GE SAR JE WA LÄ NI JUNG MA
Lord of three world’s tear-born lotus!

CHHAG TSHÄL TÖN KÄI DA WA KÜN TU
Homage! She whose face combines a
GANG WA GYA NI TSEG PÄI ZHÄL MA
Hundred autumn moons at fullest!
KAR MA TONG THRAG TSHOG PA NAM KYI
Blazing with light rays resplendent
RAB TU CHHE WÄI Ö RAB BAR MA
As a thousand star collection!

CHHAG TSHÄL SER NGO CHHU NÄ KYE KYI
Homage! Golden-blue one, lotus
PÄ MÄ CHHAG NI NAM PAR GYÄN MA
Water born, in hand adorned!
JIN PA TSÖN DRÜ KA THUB ZHI WA
Giving, effort, calm, austerities,
ZÖ PA SAM TÄN CHÖ YÜL NYI MA
Patience, meditation her sphere!

CHHAG TSHÄL DE ZHIN SHEG PÄI TSUG TOR
Homage! Crown of tathagatas,
THA YÄ NAM PAR GYÄL WAR CHÖ MA
Actions triumph without limit
Relied on by conquerors’ children,
Having reached ev’ry perfection!

Homage! Filling with TUTTARE,
Desire, direction, and space!

Trampling with her feet the seven worlds,
Able to draw forth all beings!

Homaged by the all-lords,
Shakra, Agni, Brahma, Marut!

Honored by the hosts of spirits,
Corpse-raisers, gandharvas, yakshas!

Homage! With her TRAD and PHAT sounds
Destroying foes’ magic diagrams!

Her feet pressing, left out, right in,
Blazing in a raging fire-blaze!

Homage! TURE, very dreadful!
Destroyer of Mara’s champion(s)!
CHHU KYE ZHÄL NI THRO NYER ĐÄN DZÄ
She with frowning lotus visage
DRA WO THAM CHÄ MA LÜ SÖ MA
Who is slayer of all enemies!

CHHAG TSHÄL KÖN CHHOG SUM TSHÖN CHHAG GYÄI
Homage! At the heart her fingers,
SOR MÖ THUG KAR NAM PAR GYÄN MA
Adorn her with Three Jewel mudra!
MA LÜ CHHOG KI KHOR LÖ GYÄN PÄI
Light-ray masses all excited!
RANG GI Ö KYI TSHOG NAM THRUG MA
All directions’ wheels adorn her!

CHHAG TSHÄL RAB TU GA WA J I PÄI
Homage! She so joyous, radiant,
UGYÄN Ö KYI THRENG WA PEL MA
Crown emitting garlands of light!
ZHE PA RAB ZHÄ TUTTARA YI
Mirthful, laughing with TUTTARE,
DÜ DANG JIG TEN WANG DU DZÄ MA
Subjugating maras, devas!

CHHAG TSHÄL SA ZHI KYONG WÄI TSHOG NAM
Homage! She able to summon
THAM CHÄ GUG PAR NÜ MA NYI MA
All earth-guardians’ assembly!
THRO NYER YO WÄI YI GE HUM GI
Shaking, frowning, with her HUM sign
PHONG PA THAM CHÄ NAM PAR DRÖL MA
Saving from every misfortune!

CHHAG TSHÄL DA WÄI DUM BÜ U GYÄN
Homage! Crown adorned with crescent
GYÄN PA THAM CHÄ SHIN TU BAR MA
Moon, all ornaments most shining!
RÄL PÄI KHUR NA Ö PAG ME LÄ
Amitabha in her hair-knot
TAG PAR SHIN TU Ö RAB DZÄ MA
Sending out much light eternal!

CHHAG TSHÄL KÄL PÄI THA MÄI ME TAR
Homage! She ’mid wreath ablaze like
BAR WÄI THRENG WÄI Ü NA NÄ MA
Eon-ending fire abiding!
YÄ KYANG YÖN KUM KÜN NÄ KOR GÄI
Right stretched, left bent, joy surrounds you
DRA YI PUNG NI NAM PAR JOM MA
Troops of enemies destroying!

CHHAG TSHÄL SA ZHI NGÖ LA CHHAG GI
Homage! She who strikes the ground with
THIL GYI NÜN CHING ZHAB KYI DUNG MA
Her palm, and with her foot beats it!
THRO NYER CHÄN DZÄ YI GE HUM GI
Scowling, with the letter HUM the
RIM PA DÜN PO NAM NI GEM MA
Seven levels she does conquer!

CHHAG TSHÄL DE MA GE MA ZHI MA
Homage! Happy, virtuous, peaceful!
NYA NGÄN DÄ ZHI CHÖ YÜL NYI MA
She whose field is peace, nirvana!
SVAHA OM DANG YANG DAG DÄN PÄ
She endowed with OM and SVAHA,
DIG PA CHHEN PO JOM PA NYI MA
Destroyer of the great evil!

CHHAG TSHÄL KÜN NÄ KOR RAB GA WÄI
Homage! She with joy surrounded
DRA YI LÜ NI NAM PAR GEM MA
Tearing foes’ bodies asunder,
Yi ge chu päi ngag ni kö päi
Frees with HUM and knowledge mantra,
Rig pa HUM lā dröl ma nyi ma
Arrangement of the ten letters!

Chhag tshäl ture zhāb ni deb pä
Homage! TURE! With seed letter
Hum gi nam päi sa bön nyi ma
Of the shape of syllable HUM!
Ri rab Mandhara dang big je
By foot stamping shakes the three worlds,
Jig ten sum nam yo wa nyi ma
Meru, Mandara, and Vindhya!

Chhag tshäl lha yī tsho yī nam päi
Homage! Holding in her hand the
Ri dag tag chān chhag na nam ma
Hare-marked moon of deva-lake form!
Tara nyi jō phat kyī yi ge
With twice spoken TARA and PHAT,
Dug nam ma lū pa ni sel ma
Totally dispelling poison!

Chhag tshäl lha yī tshog nam gyāl po
Homage! She whom gods and their kings,
Lha dang mi am chi yī ten ma
And the kinnaras do honor!
Kün nā go chha ga wāi jī gyī
Armored in all joyful splendor,
Tsö dang mi lam ngān pa sel ma
She dispels bad dreams and conflicts!

Chhag tshäl nyi ma da wa gyā päi
Homage! She whose two eyes bright with
Chān nyi po la ō rab sāl ma
Radiance of sun and full moon!
HARA NYI JÖ TUTTARA YI
With twice HARA and TUTTARE
SHIN TU DRAG PŌI RIM NĀ SEL MA
She dispels severe contagion!

CHHAG TSHÄL DE NYI SUM NAM KÖ PĀ
Homage! Full of liberating
ZHI WÄI THÛ DANG YANG DAG DĀN MA
Pow’r by the set of three natures!
DÖN DANG RO LANG NÖ JIN TSHOG NAM
Destroys hosts of spirits, yakshas,
JOM PA TURE RAB CHHOG NYI MA
And raised corpses! Supreme! TURE!

TSA WÄI NGAG KYI TÖ PA DI DANG
These praises with the root mantras
CHHAG TSHÄL WA NI NYI SHU TSA CHIG
And prostrations thus are twenty-one!
Praises to the Twenty-One Taras

(abbreviated version)

This abbreviation in a single verse of the praises to the twenty-one Taras was received directly from Arya Tara by the great teacher, Jowo Atisha, for the swift collection of meritorious energy.

OM CHOM DÄN DÄ MA LHA MO DRÖL MA LA CHHAG TSHÄL LO
OM I prostrate to the goddess foe destroyer, liberating lady Tara.

CHHAG TSHÄL DRÖL MA TARE PÄL MO
Homage to TARE, saviorress, heroine,
TUTTARA YI JIG KÜN SEL MA
With TUTTARE dispelling all fears,
TURE DÖN NAM THAM CHÄ TER MA
Granting all benefits with TURE,
SVÄHA YI GER CHÄ LA RAB DÜ
To her with sound SVÄHA, I bow.

Tara’s Mantra

OM TARE TUTTARE TURE SVÄHA
OM Homage to the Venerable Arya Tara.

Homage to you, Tara, the swift heroine,
Whose eyes are like an instant flash of lightning,
Whose water-born face arises from the blooming lotus
Of Avalokiteshvara, protector of the three worlds.

Homage to you, Tara, whose face is like
One hundred full autumn moons gathered together,
Blazing with the expanding light
Of a thousand stars assembled.

Homage to you, Tara, born from a golden-blue lotus,
Whose hands are beautifully adorned with lotus flowers,
You who are the embodiment of giving, joyous effort, asceticism,
Pacification, patience, concentration, and all objects of practice.

Homage to you, Tara, the crown pinnacle of those thus gone,
Whose deeds overcome infinite evils,
Who have attained transcendent perfections without exception,
And upon whom the sons of the victorious ones rely.

Homage to you, Tara, who with the letters TUTTARA and HUM
Fill the (realms of) desire, direction, and space,
Whose feet trample on the seven worlds,
And who are able to draw all beings to you.
Homage to you, Tara, venerated by Indra, Agni, Brahma, Vayu, and Ishvara, And praised by the assembly of spirits, raised corpses, Gandharvas, and all yakshas.

Homage to you, Tara, whose TRAT and PHAT Destroy entirely the magical wheels of others. With your right leg bent and left outstretched and pressing, You burn intensely within a whirl of fire.

Homage to you, Tara, the great fearful one, Whose letter TURE destroys the mighty demons completely, Who with a wrathful expression on your water-born face Slay all enemies without an exception.

Homage to you, Tara, whose fingers adorn your heart With the gesture of the sublime precious three; Adorned with a wheel striking all directions without exception With the totality of your own rays of light.

Homage to you, Tara, whose radiant crown ornament, Joyful and magnificent, extends a garland of light, And who, by your laughter of TUTTARA, Conquer the demons and all of the worlds.

Homage to you, Tara, who are able to invoke The entire assembly of local protectors, Whose wrathful expression fiercely shakes, Rescuing the impoverished through the letter HUM.

Homage to you, Tara, whose crown is adorned With the crescent moon, wearing ornaments exceedingly bright From your hair knot the buddha Amitabha Radiates eternally with great beams of light.
Homage to you, Tara, who dwell within a blazing garland
That resembles the fire at the end of this world age;
Surrounded by joy, you sit with your right leg extended
And left withdrawn, completely destroying all the masses
of enemies.

Homage to you, Tara, with hand on the ground by your side,
Pressing your heel and stamping your foot on the earth;
With a wrathful glance from your eyes you subdue
All seven levels through the syllable HUM.

Homage to you, Tara, O happy, virtuous, and peaceful one,
The very object of practice, passed beyond sorrow.
You are perfectly endowed with SVAHA and OM,
Overcoming completely all the great evils.

Homage to you, Tara, surrounded by the joyous ones,
You completely subdue the bodies of all enemies;
Your speech is adorned with the ten syllables,
And you rescue all through the knowledge-letter HUM.

Homage to you, Tara, stamping your feet and proclaiming TURE.
Your seed-syllable itself in the aspect of HUM
Causes Meru, Mandhara, and the Vindhya mountains
And all the three worlds to tremble and shake.

Homage to you, Tara, who hold in your hand
The hare-marked moon like the celestial ocean.
By uttering TARA twice and the letter PHAT
You dispel all poisons without an exception.

Homage to you, Tara, upon whom the kings of the assembled gods
The gods themselves, and all kinnaras rely;
Whose magnificent armor gives joy to all,
You who dispel all disputes and bad dreams.
Homage to you, Tara, whose two eyes – the sun and the moon – Radiate an excellent, illuminating light; By uttering HARA twice and TUTTARA, You dispel all violent epidemic disease.

Homage to you, Tara, adorned by the three suchnesses, Perfectly endowed with the power of serenity, You who destroy the host of evil spirits, raised corpses, and yakshas, O TURE, most excellent and sublime!

Thus concludes this praise of the root mantra and the offering of the twenty-one homages.

Colophons:

Praises to the Twenty-One Taras, chantable version, based on Martin Wilson’s chantable translation and additionally checked against the Tibetan and for euphony by FPMT Education Department and Venerable George Churinoff, January 2001.

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