

## The Mantra Promised by the Arya Mother Liberator Herself for Dispelling Obstacles and Achieving Success

In Sanskrit: *ārya tārā sva prati jñānā ma dhārānī*

In Tibetan: *phag ma dröl ma rang gi dam chä pa zhe ja wäi zung<sup>1</sup>*

In English: The Mantra Promised by the Arya Mother Liberator Herself

I prostrate to the Arya Mother Liberator.

Then recite the mantra promised by Mother Liberator herself:

TADYATHĀ / OM TĀRE TĀRĀYAI / HÜNG HÜNG HÜNG / SAMAYA STHITE / BHARA  
BHARA / SARVĀ BHARAṆA\* / BIBHŪ KITE / PADMANI PADMA / MAHĀ PADMA /  
ĀSANA STHITE / HASA HASA / TRAILOKYA BARADE / SARVA DEVA DĀNAPA /  
PŪDZITE SMADĀHI / BHAGAVATI TĀRE / SMARĀHĪ / BHAGAVĀNTA / TATHĀGATA  
SYA / BURATAḤ / SAMAYAḤ / DHARA DHARA / MAHĀSATVA AVALOKITE / MAṆI\*  
KANĪKA / BITSĪ TRĀBHARAṆE\* / OM BILOKĀYA (*insert the name of the person who needs  
success*) BHAGAVATE / TĀRE / HRĪṄG HRĪṄG HRĪṄG PHAṬ SWĀHĀ<sup>2</sup>

Just by remembering this mantra all fears and dangers are dispelled, one will achieve all the realizations and have control over all sentient beings. By making extensive offerings to Arya Tara on the white dates (Tibetan lunar 8th and 15th), recite this mantra until you see Tara directly. Then whatever you wish for will be granted and all the sublime realizations will be granted. If this doesn't happen, it means that I (Tara) have committed the five heavy negative karmas without break.<sup>3</sup> In addition, you will also receive inconceivable benefits.

This came from the *Tantra of the Sublime Vajra*.

Now here “The Mantra Promised by Arya Mother Liberator Herself” is completed.

*Colophon: Dictated by Lama Zopa Rinpoche, 30th May 1997 and checked with Ven Sarah Thresher, 13th June 2013, Tushita Meditation Centre, Dharamsala. Mantra checked by Ven. Joan Nicell and Joona Repo, FPMT Education Services, June 2018.*

\* = bring voice up

italics = bring down sound

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<sup>1</sup> *phags ma srol ma rang gis dam bcas pa zhes bya ba'i gzungs*

<sup>2</sup> The transliteration of the mantra according to the modified IAST used by FPMT is:

TADYATHĀ / OM TĀRE TĀRĀYAI / HŪM HŪM HŪM / SAMAYA STHITE / BHARA BHARA / SARVĀ  
BHARAṆA / VIBHŪ ṢHITE / PADMANI PADMA / MAHĀ PADMA / ĀSANA STHITE / HASA  
HASA / TRAILOKYA VARADE / SARVA DEVA DĀNAPA / PŪJITE SMADĀHI / BHAGAVATI TĀRE /  
SMARĀHĪ / BHAGAVĀNTA / TATHĀGATA SYA / PURATAḤ / SAMAYAḤ / DHARA DHARA / MAHĀSATVA  
AVALOKITE / MAṆĪ KANĪKA / VICHĪ TRĀBHARAṆE / OM VILOKĀYA (*insert the name of the person who needs success*)  
BHAGAVATE / TĀRE / HRĪṂ HRĪṂ HRĪṂ PHAṬ SVĀHĀ.

The transliteration of the mantra has been further modified above to accord with the way in which Lama Zopa Rinpoche pronounces it.

<sup>3</sup> (1) killing one's mother; (2) killing one's father; (3) killing an arhat; (4) maliciously drawing blood from a buddha; and (5) creating a schism in the sangha.