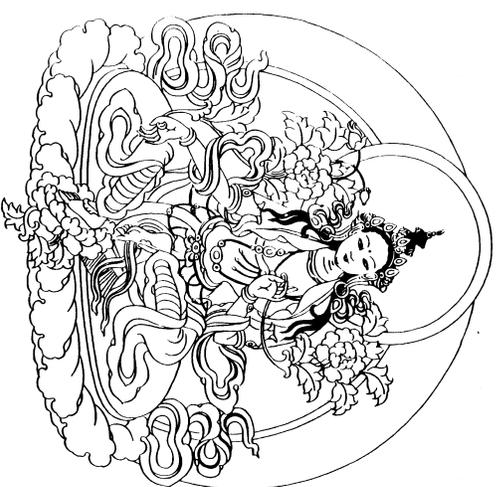
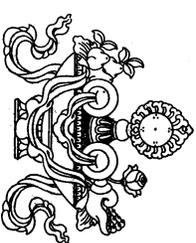


# *Praises to the Twenty-one Taras*



*Unknown artist*



*Foundation for the Preservation of the Mahayana Tradition  
Education Services*



Foundation for the Preservation of the Mahayana Tradition

Education Services  
 125B La Posta Road  
 Taos, New Mexico 87571  
 USA  
 Tel: (505)758-7766  
 Fax: (505)758-7765  
 Email: [materials@fpmt.org](mailto:materials@fpmt.org)



## Care of Dharma Books



Dharma books contain the teachings of the Buddha; they have the power to protect against lower rebirth and to point the way to liberation. Therefore, they should be treated with respect – kept off the floor and places where people sit or walk – and not stepped over. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects should not be placed on top of Dharma books and materials. Licking the fingers to turn pages is considered bad form as well as negative karma. If it is necessary to dispose of written Dharma materials, they should be burned rather than thrown in the trash. When burning Dharma texts, it is taught to first recite a prayer or mantra, such as OM, AH, HUM. Then, you can visualize the letters of the texts (to be burned) absorbing into the AH and the AH absorbing into you, transmitting their wisdom to your mindstream. After that, as you continue to recite OM, AH, HUM, you can burn the texts.

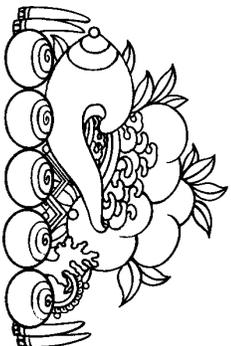
Lama Zopa Rinpoche has recommended that photos or images of holy beings, deities, or other holy objects not be burned. Instead, they should be placed with respect in a stupa, tree, or other high, clean place. It has been suggested to put them into a small structure like a bird house and then seal the house. In this way, the holy images do not end up on the ground.



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# Praises to the Twenty-one Taras



## Invocation

Po ta la yi nä chhog nä  
 TAM yig jang khu lä thrung shing  
 Ö pag me kyi u la gyän  
 Dü sum sang gyä thrin lä ma  
 Dröl ma khor chä sheg su sö!

## Prostration

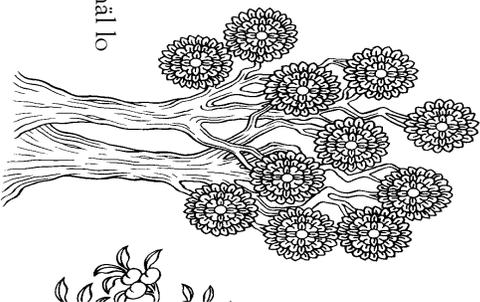
Lha dang lha min chö pän gyi  
 Zhab kyi pä mo la tü de  
 Phong pa kün lä dröl dzä ma  
 Dröl ma yum la chhag tshäl lo

## The Praises

OM je tsün ma phag ma dröl ma la chhag tshäl lo

Chhag tshäl dröl ma nyur ma pa mo  
 Chän ni kä chig log dang dra ma  
 Jig ten sum gön chhu kye zhäl gyi  
 Ge sar je wa lä ni jung ma

Chhag tshäl tön käi da wa kün tu  
 Gang wa gyä ni tseg päi zhäl ma  
 Kar ma tong thrag tshog pa nam kyi  
 Rab tu chhe wäi ö rab bar ma



Drawing of Arya Tara by Andy Weber



### Colophon:

Based on Martin Willson's chantable translation of the *Praises to the Twenty-one Taras*, this version was additionally checked against the Tibetan and for euphony by the staff of the PPMT Education Department with the assistance of Ven. George Churrihoff, January 2001.





15. Homage! Happy, virtuous, peaceful!  
She whose field is peace, nirvana!  
She endowed with OM and SVAHA,  
Destroyer of the great evil!
16. Homage! She with joy surrounded  
Tearing foes' bodies asunder,  
Frees with HUM and knowledge mantra,  
Arrangement of the ten letters!
17. Homage! TURE! With seed letter  
Of the shape of syllable HUM!  
By foot stamping shakes the three worlds,  
Meru, Mandara, and Vindhya!
18. Homage! Holding in her hand the  
Deer-marked moon of deva-lake form!  
With twicespoken TARA and PHAT,  
Totally dispelling poison!
19. Homage! She whom gods and their kings,  
And the kinnaras do honour!  
Armoured in all joyful splendor,  
She dispels bad dreams and conflicts!
20. Homage! She whose two eyes bright with  
Radiance of sun and full moon!  
With twice HARA and TUTTARE  
She dispels severe contagion!
21. Homage! Full of liberating  
Pow' r by the set of three natures!  
Destroys hosts of spirits, yakshas,  
And raised corpses! Supreme! TURE!  
These praises with the root mantras  
And prostrations thus are twenty-one!

## Praises to the Twenty-one Taras



*Recite these praises and offer prostrations (optional). As you recite, contemplate as follows: with each praise and prostration, just as one spark of fire comes from another, a replica of (the respective) Tara manifests and sinks into you.*

### Invocation

From your sublime abode at the Potala,  
O Tara, born from the green letter TAM  
Your crown adorned with Annitabha,  
Action-mother of the buddhas of the three times,  
Tara, please come with your attendants.

### Prostration

The gods and demi-gods bow  
To your lotus feet, O Tara;  
You who rescue all who are destitute,  
To you, Mother Tara, I pay homage.

### The Praises

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.



Chhag tshäl ser ngo chhu nä kye kyi  
 Pä mä chhag ni nam par gyän ma  
 Jin pa tsön drü ka thub zhi wa  
 Zö pa sam tän chö yül nyi ma

Chhag tshäl de zhin shag päi tsug tor  
 Tha yä nam par gyäl war chö ma  
 Ma lü pha röl chhin pa thob päi  
 Gyäl wäi sä kyi shin tu ten ma

Chhag tshäl TUTTARA HUM yi ge  
 Dö dang chhog dang nam kha gang ma  
 Jig ten dün po zhab kyi nän te  
 Lü pa me par gug par nü ma

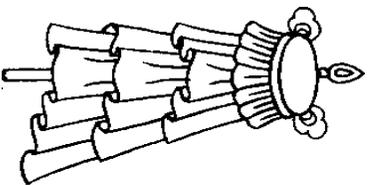
Chhag tshäl gya jin me lha tshang pa  
 Lung lha na tshog wang chhug chhö ma  
 Jung po ro lang dri za nam dang  
 Nö jin tshog kyi dün nä tö ma

Chhag tshäl TRAD che ja dang PHAT kyi  
 Pha röl thrül khor rab tu jom ma  
 Yä kum yön kyang zhab kyi nän te  
 Me bar thrug pa shin tu bar ma

Chhag tshäl TURE jig pa chhen po  
 Dü kyi pa wo nam par jom ma  
 Chhu kye zhäl ni thro nyer dän dzä  
 Dra wo tham chä ma lü sö ma

Chhag tshäl kön chhog sum tshön chhag gyäi  
 Sor mö thug kar nam par gyän ma  
 Ma lü chhog kyi khor lö gyän päi  
 Rang gi ö kyi tshog nam thrug ma

Chhag tshäl rab tu ga wa ji päi  
 U gyän ö kyi threng wa pel ma  
 Zhe pa rab zhä TUTTARA yi  
 Dü dang jig ten wang du dzä ma



7. Homage! With Her TRAD and PHAT sounds  
 Destroying foes' magic diagrams!  
 Her feet pressing, left out, right in,  
 Blazing in a raging fire-blaze!
8. Homage! TURE, very dreadful!  
 Destroyer of Mara's champion(s)!  
 She with frowning lotus visage  
 Who is slayer of all enemies!
9. Homage! At the heart her fingers,  
 Adorn her with Three Jewel mudra!  
 Lightray masses all excited!  
 All directions' wheels adorn her!
10. Homage! She so joyous, radiant,  
 Crown emitting garlands of light!  
 Mirthful, laughing with TUTTARE,  
 Subjugating maras, devas!
11. Homage! She able to summon  
 All earth-guardians' assembly!  
 Shaking, frowning, with her HUM sign  
 Saving from every misfortune!
12. Homage! Crown adorned with crescent  
 Moon, all ornaments most shining!  
 Amitabha in her hair-knot  
 Sending out much light eternal!
13. Homage! She 'mid wreath ablaze like  
 Eon-ending fire abiding!  
 Right stretched, left bent, joy surrounds you  
 Troops of enemies destroying!
14. Homage! She who strikes the ground with  
 Her palm, and with her foot beats it!  
 Scowling, with the letter HUM the  
 Seven levels she does conquer!



# Praises to the Twenty-one Taras

*(English version for chanting)*

OM I prostrate to the noble transcendent liberator.

Om je tsun ma phag ma dro! ma la chhag tshäl lo

1. Homage! Tara, swift, heroic!  
Eyes like lightning instantaneous!  
Sprung from opening stamens of the  
Lord of three world's tear-born lotus!
2. Homage! She whose face combines a  
Hundred autumn moons at fullest!  
Blazing with light rays resplendent  
As a thousand star collection!
3. Homage! Golden-blue one, lotus  
Water born, in hand adorned!  
Giving, effort, calm, austerities,  
Patience, meditation her sphere!
4. Homage! Crown of tathagatas,  
Actions triumph without limit!  
Relied on by conquerors' children,  
Having reached ev'ry perfection!
5. Homage! Filling with TUTTARE,  
HUM, desire, direction, and space!  
Trampling with her feet the seven worlds,  
Able to draw forth all beings!
6. Homage! Worshipped by the alllords,  
Shakra, Agni, Brahma, Marut!  
Honored by the hosts of spirits,  
Corpse-raisers, gandharvas, yakshas!



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.



Chhag tshäl sa zhi kyong wäi tshog nam  
 Tham chä gug par nü ma nyi ma  
 Thro nyer yo wäi yi ge HUM gi  
 Phong pa tham chä nam par dröl ma

Chhag tshäl da wäi dum bü u gyän  
 Gyän pa tham chä shin tu bar ma  
 Räl päi khur na ö pag me lä  
 Tag par shin tu ö rab dzä ma

Chhag tshäl käl päi tha mäi me tar  
 Bar wäi threng wäi ü na nä ma  
 Yä kyang yön kum kün nä kor gäi  
 Dra yi pung ni nam par jom ma

Chhag tshäl sa zhi ngö la chhag gi  
 Thil gyi nün ching zhab kyi dung ma  
 Thro nyer chän dzä yi ge HUM gi  
 Rim pa dün po nam ni gem ma

Chhag tshäl de ma ge ma zhi ma  
 Nya ngän dä zhi chö yül nyi ma  
 SVAHA OM dang yang dag dän pä  
 Dig pa chhen po jom pa nyi ma

Chhag tshäl kün nä kor rab ga wäi  
 Dra yi lü ni nam par gem ma  
 Yi ge chu päi ngag ni kö päi  
 Rig pa HUM lä dröl ma nyi ma

Chhag tshäl TURE zhab ni deb pä  
 HUM gi nam päi sa bön nyi ma  
 Ri rab Mandhara dang big je  
 Jig ten sum nam yo wa nyi ma

Chhag tshäl lha yi tsho yi nam päi  
 Ri dag tag chän chhag na nam ma  
 TARA nyi jö PHAT kyi yi ge  
 Dug nam ma lü pa ni sel ma



## 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 I prostrate to the goddess foe destroyer, liberating lady Tara,  
 Homage to TARE, saviouress, heroine,  
 With TUTTARE dispelling all fears,  
 Granting all benefits with TURE,  
 To her with sound SVAHA, I bow.



### TARA'S Mantra

OM TARE TUTTARE TURE SVAHA

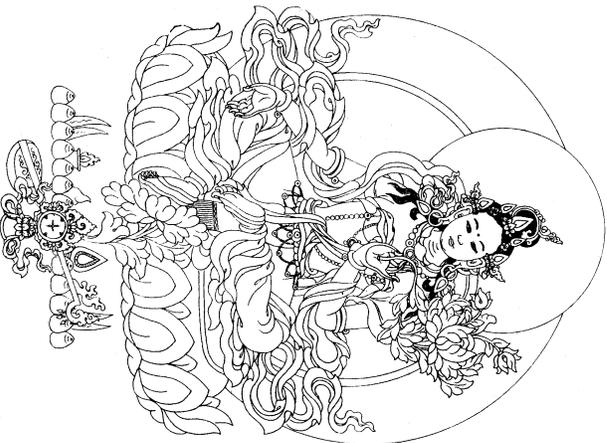
ཨོཾ་ཏཱ་རེ་ཏུ་ཏུ་རེ་ཏུ་རེ་སྐྱེ་ནཱ།



## Praise to the Twenty-one Taras

(abbreviated version)

OM chom dân dä ma lha mo dröl ma la chhag tshäl lo  
 Chhag tshäl dröl ma TARE päl mo  
 TUTTARA yi jig kün sel ma  
 TURE dön nam tham chä ter ma  
 SVAHA yi ger chä la rab dü



*Drawing by Andy Weber*



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 SOHA 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 Merru, Mandhara, and the Vindilya 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.

Chhag tshäl lha yi tshog nam gyäl po  
 Lha dang mi am chi yi ten ma  
 Kün nä go chha ga wäi ji gyi  
 Tsö dang mi lam ngän pa sel ma

Chhag tshäl nyi ma da wa gyä päi  
 Chän nyi po la ö rab säl ma  
 HARA nyi jö TUTTARA yi  
 Shin tu drag pöi rim nä sel ma

Chhag tshäl de nyi sum nam kö pä  
 Zhi wäi thü dang yang dag dân ma  
 Dön dang ro lang nö jin tshog nam  
 Jon pa TURE rab chhog nyi ma

Tsa wäi ngag kyi tö pa di dang  
 Chhag tshäl wa ni nyi shu tsa chig

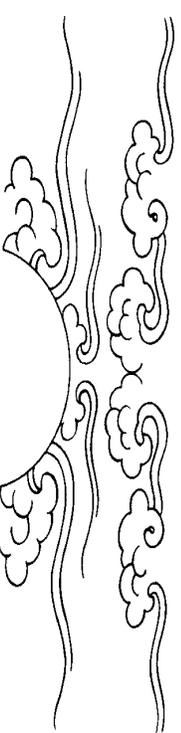


Homage to you, Tara, upon whom the kings of the assembled gods,  
 The gods themselves, and all kinnaras rely;  
 Whose magnificent armor gives joy to all,  
 You who dispel all disputes and bad dreams.

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.



#### Colophon

Translation by Lama Thubten Yeshe and originally edited by Sykia Wetzel, January 1979.  
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