Tara Practices

1. Additional offering verse extracted from a more extensive version of this practice, according to the instructions of Lama Zopa Rinpoche.

2. Each of the respective heartfelt requests to Tara after each of the four mandala offerings has been added according to instructions from Geshe Ngawang Drapa, Tse Chen Ling Center, San Francisco. Geshe Dragpa has mentioned that this is how the practice is traditionally done, however, this is not definitive. Which requesting verses are added depends on the chant master or monastery, and may also be adjusted according to the occasion or special purposes for which the puja is being performed. The practice of adding a heartfelt request is an oral instruction and is not in the actual text.

3. Additional offering verse extracted from a more extensive version of this practice, according to the instructions of Lama Zopa Rinpoche.

Endnotes
Dedication Prayer

Through the merits of these virtuous actions
May I quickly attain the state of Arya Tara
And lead all living beings, without exception,
Into that enlightened state.

Verse of Auspiciousness

Like a wish-fulfilling tree and a fortune-jeweled vase,
You are the wish-fulfilling treasure granting all desires and fulfilling all hopes.

Author's Dedication

Due to the virtue of these efforts, may I and all migratory beings
Be cared for by the supreme goddess, the mother of all conquerors.
Without being discouraged, may I free migratory beings as far as the limits of space
And realize the sphere of the glorious goddess.
Contents

The Abbreviated Four-Mandala Ritual of Tara Chittamani

Dedication Prayer

Ge wa di yi nyur du dag

Phag ma dröl ma drub gyur nä

Dro wa chig kyang ma lü pa

De yi sa la gö par shog

Verse of Auspiciousness

Pañ sam shing darg nor bu bum zang shin

Re Kong du pha ma yin et

Verse of Auspiciousness

De yi la la go per shug

Dro ma chih kyang ma la pa

Phag ma ched ma chub guur ma

Ge wa de yin du dag

Dedication Prayer
Notes regarding this practice:

**Ritual implements**

One should have a small bowl of flower petals or rice, a small bowl of sacred water, and a small bowl of sacred water.

OPPOSITE PAGE

Praises in Twenty-one Homages chanting is drummed in English.

**Practice tips**

Please note that

Praises in Twenty-one Homages is chantable in English.
From the enlightened activities of all the victorious ones

With your compassion, please take care of me.

With your respect, I pay homage to the two holy ones from the eyes of the TAM syllable melts into a turquoise flow.

By the means of a musical show appears your youthful great body.

By the means of a mandala, we invoke a luminous form.

From the enlightened activities of all the victorious ones

With your compassion and skill the compassionate mind in the following way:

Confession of Faults in the Recitation

Recite the hundred-syllable mantra:

OM PADMASATTVA SAMAYA MANUPALAYA
OM PADMASATTVA TVENOPATISHTHA
OM DRIDHO ME BHAVA
OM SUTOUSHYO ME BHAVA
OM SUPOSHYO ME BHAVA
OM ANURAKTO ME BHAVA
OM SARVA SIDDHIM ME PRAYACCHA
OM SARVA KARMA SUCHA ME
CHITTAM SHRIYAM KURU HUM
HA HA HA HA HOH
OM BHAGAVAN
OM SARVA TATHAGATA
OM PADMA MA ME MUNCHA
OM PADMA BHAVA MAHA SAMAYA SATTVA AH HUM PHAT

And the prayers:

Ma nye yong su ma she dang
Gang yang nü pa ma chhi pa
Dir ni ja wa gang gyi pa
De kün khye kyi zö dzä rig

Lhag pa dang ni chhä pa dang
Chho gäi yän lag nyam pa dang
Dag gi je ngä chi chhi pa
De yang zö par dzä du söl

If you have an image of the deity, request the deity to abide in it:

Dir ni ten dang lhän chig tu
Dro wäi dön du zhug nä kyang
Nä me tshe dang wang chhug dang
Chhog nam leg pa das du söl

If you don’t have an image, request the deity to depart:

Ye she pa rang zhin gyi nä su sheg
Dam tshig pa rang nyi la thim par gyur

Dedicate the virtues and sing the auspicious verses in the following way:

OM SUVRASTHAYA VAIROPE SVAHA
OM SVUVRATSTHYA VAIROPE SVAHA

The Abridged Four-Mandala Ritual to Chittamani Tara

By Kyabje Gaden Trijang Rinpoche

Ritual to Chittamani Tara

Four Mandala Offerings to Chittamani Tara
Tara Practices

Taking Refuge

Dag dang dro wa nam khäi tha dang nyam päi sem chän tham chä dü di nä zung te ji si jang chhub nying po la chhi kyi bar duPäl dän la ma dam pa nam la kyab su chhi woDzog päi sang gyä chom dän dä nam la kyab su chhi woDam päi chhö nam la kyab su chhi woPhag päi ge dün nam la kyab su chhi wo

Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la Jang chhub bar du dag ni kyab su chhiDag gi jin sog gyi pe di dag giDro la phän chhir sang gyä drub par shog

Special Generation of Bodhichitta

Khyä par ma sem chän tham chä kyi dön du nyur wa nyur war yang dag par dzog päi sang gyä kyi go phang rin po chhe chi nä kyang thob par ja / dei chhir du je tsün ma phag ma dröl mäi näl jor nyam su lang war gyi wo

The Four Immeasurables

Sem chän tham chä de wa dang de wäi gyu dang dän par gyur chigSem chän tham chä dug ngäl dang dug ngäl gyi gyu dang dräl war gyur

Sem chän tham chä dug ngäl me päi de wa dang mi dräl war gyur chigSem chän tham chä nye ring chhag dang nyi dang dräl wäi tang nyom la nä par gyur chig

Make sure your mind is infused with the four immeasurable thoughts.

The Four Mandala Offerings to Chittamani Tara

Four Mandala Offerings to Chittamani Tara

Prayers

Then, joining the palms of the hands:

Venerable Arya and your retinue, Please bless me with the affection Of your non-referential compassion, So I may be able to fulfill all my wishes without obstacles.

Let the teachings and practice of the victorious ones in general And the doctrine of Losang in particular spread to the ten directions. Let the teachings and practice of the victorious ones in general

So I may be able to fulfill all my wishes without obstacles.

Please bless me with the affection Of your non-referential compassion, Because my actions are impure.

Let the teachings and practice of the victorious ones in general

Please bless me with the affection Of your non-referential compassion, Because my actions are impure.

Let the teachings and practice of the victorious ones in general
Taking Refuge
I and all sentient beings as vast as space, from now until we reach the essence of supreme enlightenment, go for refuge to the glorious pure lamas; go for refuge to the perfectly enlightened victorious ones; go for refuge to the pure Dharma; go for refuge in the superior Sangha.

Taking Refuge and Generating Bodhichitta
I go for refuge until I am enlightened. To the Buddha, the Dharma, and the Supreme Assembly. By my practice of giving and other perfections, may I become a buddha to benefit all sentient beings.

Special Generation of Bodhichitta
In particular, in order to benefit all my mother sentient beings quickly and more quickly, I must achieve the precious state of perfect and complete buddhahood; therefore, I am going to undertake the yoga of venerable Arya Tara.

The Four Immeasurables
May all sentient beings have happiness and the causes of happiness.
May all sentient beings be free from suffering and the causes of suffering.
May all sentient beings be inseparable from the happiness that is free from suffering.
May all sentient beings abide in equanimity, free from desire for friends and hatred for enemies.

Make sure your mind is infused with the thought of the four immeasurable thoughts.

For notes and instructions regarding how to set up for this practice, please turn to pg. 49 of this section.

If you have received well the initiation of Tara Chittamani in the tradition of highest yoga tantra, have taken her as your yidam, and wish to carry out in your daily practices the abbreviated four-mandala ritual, you can use the following script.

Prayers

Je tsün phag ma khor dang chä
Mig me thug je tser gong la
Dag gi ji tar söl wäi dön
Geg me drub par jin gyi lob
gyäl tän chi dang lo zang tän
Shä dang drub pä chhog chur gyä
tän dzin ge dün de dang chä
Thug thyön thrin lä phel war dzö
Jong dir nä mug thrug tsö zhi
Chhö dang tra shi gong du phel
Chhö dän gyäl pöi nga thang gyä
Gyäl kham tha wü de war dzö
Gyä dang chu drug jig chhen dang
dön rim mi lam tshän tä ngän
Khor wa ngän song dug ngäl sog
Nä kab thar thug jig lä kyob
Tshe päl long chö sö nam phel
Mi gei tog pa kün zhi zhing
Lam tso sum dang rim nyi kyi
Nyam tog nyur du thar chhin dzö
Di nä jang chhub nying pöi bar
Khyö min kyab nä zhän me pä
Bu chig po la ma yi zhin
Je zung jin gyi lab tu söl
Tara Practices

Self-Generation

Blessing the Inner Offering

Cleanse with:

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

Consecrate the inner offering by reciting three times:

OM AH HUM (3x)

Blessing the Outer Offerings

Cleanse with: (sprinkle the offerings with inner offering using the left ring finger)

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

Tong pa nyi du gyur

Tong päi ngang lä YAM lä lung/ RAM lä me / AH lä ye she kyi ka pa la yang shing gya chhe wäi nang du sha nga dü tsi nga zhu wa lä jung wäiye she kyi dü tsii gya tsho chhen por gyur

OM AH HUM (greeting water)

OM PADYAM AH HUM (foot washing water)

OM VAJRA PUSHPE AH HUM (flowers)

OM VAJRA DHUPE AH HUM (incense)

OM VAJRA ALOKE AH HUM (light)

OM VAJRA GANDHE AH HUM (perfume)

OM VAJRA NAIVIDYA AH HUM (food offering)

OM VAJRA SHAPTA AH HUM (music)

Four Mandala Offerings to Chittamani Tara

Offering the Torma

Cleanse with: (sprinkle the torma with inner offering using the left ring finger)

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHO HAM

All becomes empty.

From within emptiness, from YAM, wind; from RAM, fire; from AH, a transcendental wisdom skullcup, vast and big. In it, from the melting of the five meats and five nectars comes a huge ocean of transcendental wisdom nectar.

Consecrate with:

OM AH HUM (3x)

Visualizing:

The gurus and hosts of deities [of the venerable Arya Tara] partake (of the torma) by drawing it up through the light straw of their vajra tongues:

Offer it by saying three times:

OM ARYA TARE SAPARIVARA IDAM BALIM TA KHA KHA KHAHI KHAHI (3X)

Offerings

Make offerings with:

OM ARYA TARE SAPARIVARA ARGHAM (PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

Present inner offerings by adding the three syllables: (offer with ring finger of left hand)

OM ARYA TARE SAPARIVARA OM AH HUM

Praise

Devas and titans bow down

With their crowns at your lotus feet.

I prostrate to the liberating mother, Who liberates from all misfortunes.
Self-Generation

In one instant I arise as venerable Arya Tara.

Blessing the Inner Offering

Cleanse with:

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

All becomes empty.

From within emptiness, from YAM, wind; from RAM, fire; from AH, a transcendental wisdom skullcup, vast and big. In it, from the melting of the five meats and five nectars comes a huge ocean of transcendental wisdom nectar.

Consecrate the inner offering by reciting three times:

OM AH HUM

Blessing the Outer Offerings

Cleanse with: (sprinkle the offerings with inner offering using the left ring finger)

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

They all become empty. From within emptiness, from KAM, skullcup vessels. Inside these, from HUM the offering substances, whose nature is emptiness and who appear in their individual aspects, whose nature is pure. Inside these, from HUM the offering substances, whose nature is pure. Inside these, from HUM the offering substances, whose nature is pure.

OM ARGHAM AH HUM

(greeting water)

OM PADYAM AH HUM

(foot washing water)

OM VAJRA PUSHPE AH HUM

(flowers)

OM VAJRA DHUPE AH HUM

(incense)

OM VAJRA ALOKE AH HUM

(light)

OM VAJRA GANDHE AH HUM

(perfume)

OM VAJRA NAIVIDYA AH HUM

(food offering)

OM VAJRA SHAPTA AH HUM

(music)

Offering the Torma

Cleanse with: (sprinkle the torma with inner offering using the left ring finger)

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

Consecrate with:

OM AH HUM

(3x)

Visualizing:

La ma je tsün mái lha tshog nam kyi jag dor jei ö zer gyi bu gü drang te söl
dar jei gyur

Offer it by saying three times:

OM ARYA TARE SAPARIVARA IDAM BALIM TA KHA KHA KHAHI
KHAHI

(3x)

Offerings

Make offerings with:

OM ARYA TARE SAPARIVARA ARGHAM (PADYAM, PUSHPE, DHUPE,
ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

Present inner offerings by adding the three syllables: (offer with ring finger of left hand)

OM ARYA TARE SAPARIVARA OM AH HUM

Praise

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

Visualization of the Field of Merit

Dün gyi nam khar seng thri pä däi dän la tsa wäi la ma dang yer me päi seng deng nag dröl gyi teng du jo wo je sog la ma nam dang tha kor dudröl ma nyer chig sog yi dam sang gyä jang sem nyän rang ka dö dang chä pa zhug par gyur Homage

Recite each stanza three times, prostrating each time, twelve prostrations in all.

Sang gyä tham chä dü päi ku Dor je dzin päi ngo wo nyi Kön chog sum gyi tsa wa te La ma nam la chhag tshäl lo Göṃ po thug je chhe dän pa Tham chä khyen pa tön pa po Sö nam yön tän gyi tshöi zhing De zhin sheg la chhag tshäl lo Dag pä dö chhag dräl war gyur Ge wä ngän song lä dröl ching Chig tu dön dam chhog gyur pa Zhi gyur chö la chhag tshäl lo Dröl nä dröl wäi lam yang tön Lab pa dag la rab tu nä Zhing gi dam pa yön tän dän Tshog chog ge dün la chhag tshäl Offering to the Field of Merit

Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing thename of the offering ... appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

Four Mandala Offerings to Chittamani Tara

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.

Prayer of the Benefits

Whoever is endowed with devotion for the goddessAnd recites this with supreme faith,
Remembering it at dawn upon waking and in the evenings,Will be granted all fearlessness,Will perfectly pacify all negativities,And will eliminate all unfortunate migrations.

The multitudes of conquerorsWill quickly grant initiation:Thus, endowed with this greatness,One will eventually reach the state of a buddha.

If affected by the most terrible poison,Whether ingested, drunk, or from a living being,Just by rememberingWill one be thoroughly cleansed.

If this prayer is recited two, three, or seven times,It will pacify all the sufferings of tormentsCaused by spirits, fevers, and poisons,
And recites this with supreme faith,Whose virtue is enfolded with devotion for the goddess.

Homage

OM I prostrate to the goddess foe destroyer, liberating lady Tara, Who with sound SVAHA, I bow, To the god of this mandala, I bow. Dignities, purely real, will arise, With the body devoid of all fears. Homage to TARE, saviouress, heroine, With the body devoid of all fearlessness, I offer you, to the Field of the Field of the Field of the Field of the...
Visualisation of the Field of Merit

In the space before me, on a lion throne, lotus, and moon disk, sits Khadiravani Tara, who is inseparable from my root lama. Above her, the venerable (Atisha) and the other lineage lamas, and she is surrounded by the twenty-one Taras and so forth, the yidams, buddhas, bodhisattvas, hearers, self-realizers, and oath-bound protectors.

Homage

Recite each stanza three times, prostrating each time, with prostrations in all. Then transform the torma as the inner offering:

Offering to the Field of Merit

Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, repeating the verse once for each offering, changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

Prayer of the Benefits

Your exalted body is the embodiment of all buddhas; You are in the nature of vajra holder, The very root of the Three Rare and Sublime Ones: To you, the one gone to thusness, I prostrate.

The purity that frees one from attachment, The virtue that frees one from the lower realms, The one path, the sublime pure reality – To the Dharma that pacifies, I prostrate.

Those who are liberated and who also show the path to liberation, The holy field qualified with realizations, Who are devoted to the moral precepts – To you, the sublime community intending virtue, I prostrate to all gurus.

Then join the hands, prostrate, then the following offering:

Then transform the torma as the inner offering:

Offering to the Field of Merit

Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, repeating the verse once for each offering, changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

Prayer of the Benefits

Your exalted body is the embodiment of all buddhas; You are in the nature of vajra holder, The very root of the Three Rare and Sublime Ones: To you, the one gone to thusness, I prostrate.

The purity that frees one from attachment, The virtue that frees one from the lower realms, The one path, the sublime pure reality – To the Dharma that pacifies, I prostrate.
Practices

*and sanctifying all beings.*

Completely filling our bodies

and opening the crown of the forehead and navel,

from her exalted body a stream of nectar flows.

Visualization

May I become a buddha in order to benefit all sentient beings. (x)

Such as sickness, harm by spirits, and other obstructions

and to quickly accomplish the aim of my endeavors,

I imagine this as a buddha-field and offer

a heartfelt request (optional):

May all living beings enjoy this pure land.

The Seven limbs

From her exalted body a stream of nectar flows.

Praise

Praised with the Twenty-one Homages seven times (pp. 22-27). If time is short, the
A host of oceans of drinking water
from an ocean of realms
Composed of an ocean of offering substances of the Conquerors
I offer with an ocean of faith to the Conquerors and their retinues
Who have oceans of qualities. Please accept it.

OM SARVA TATHAGATA SAPARIVARA
ARGHAM
(PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA)
PRATICCHA HUM
SVAHA
*(bathing water, flowers, incense, light, perfume, food, music)

Present the inner offering by adding the three syllables:  (offer with ring finger of left hand)
OM SARVA TATHAGATA SAPARIVARA OM AH HUM

The Seven Limbs
I prostrate to all the victorious ones and their children.
I present clouds of every type of offering, actual and imagined;
I declare all my negative actions accumulated since beginningless time
And rejoice in the merit of all holy and ordinary beings.
Please, remain until the end of cyclic existence
And turn the wheel of Dharma for living beings.
I dedicate my own merits and those of all others to the great enlightenment.

Let us offer a buddhist meal...

Long Mandala Offering in 23 Heaps
Let us offer a buddhist meal...

The Seven Limbs
OM SARVA TATHAGATA SAPARIVARA OHM HUM
(Drinking water, flowers, incense, light, perfumed, food, music)
SAVAH
DHUPA ATOKE CANDEHE NAVIDYA SHARTA (PRATYACHA HUM)
OM SARVA TATHAGATA SAPARIVARA AHOMA (PRAHAPA PUSHE)

Praise with the Twenty–one Homages (pp. 22-27). If time is short, the
Pramech
Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on

Heartfelt Request (Optional)

Dag sog nam kyi chhö dang thün pe dön
Ji tar sam pa yi zhing drub pa dang
Ne dön geg sog bar dü chhö päi tsog
Nye war zhi wa jin gyi lab tu söl
IDAM GURU RATNA MANDALAKAM NIRYATAMI
Taking Refuge and Generating Bodhichitta

OM C URYA PATANAMANDAIRAKAM NITYATAN
Recite the long mandala offering (see pp. 18-19) as before.
Short Mandala Offering
Sa zhi pö kyi jug shing me tog tram
Ri rab ling zhi nyi dä gyän pa di
Sang gyä zhing du mig te ül wa yi
Dro kün nam dag zhing la chö par shog
Heartful Request (Optional)
Prayer for the Donor (Optional)

If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting:

Dro la pham dți shung gi dup pay shog

Jang du so skal gi la dup dți pa

Jiang chud pa d të nang bi khor la

Jang shog du dang lung chö fäng ki jin la

Prayer for the Donor (Optional)

If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting:

Dro la pham dți shung gi dup pay shog

Jang du so skal gi la dup dți pa

Jiang chud pa d të nang bi khor la

Jang shog du dang lung chö fäng ki jin la
Four Mandala Offerings to Chittamani Tara

In the east, the precious elephant; in the south, the precious housekeeper, in the west, the precious horse; in the north, the precious queen. In the southeast, the precious general; in the southwest, the precious wheel; in the northwest, the precious jewel; in the northeast, the great treasure vase. In the east, the sun; in the west, the moon.

My own and others’ body, speech, and mind, wealth and virtues, of the three times,

This pure, precious mandala and a mass of Samantabhadra offerings, I mentally take and offer to my guru-yidam and the Three Precious Ones,

Please accept them through compassion and bestow your inspiration.

This ground, anointed with perfume, strewn with flowers, Adorned with Mount Meru, four continents, the sun and the moon: I imagine this as a buddha-field and offer it.

May all living beings enjoy this pure land!

Heartfelt Request (Optional)

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara’s toes:

Please, holy Jetun guru, From billowed clouds of compassion and wisdom in the sky of dharmakaya, Make rainfalls of profound and extensive teachings of whatever is suitable For the ears of sentient beings, who are the objects to be subdued.

Prayer for the Donor (Optional)

If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting, recite the following:

Prayer for the Donor (Optional)

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Prayer for the Donor (Optional)

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If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting, recite the following:
Offerings in an abbreviated way by omitting recitation of the verse:

Offering to Tara
Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

Pag me sö nam thob lä jung wa yi
Pag me yon tän
chö yön*
gya tsho di
Pag me gyäl yum dröl mäi tsog la bul
Pag me tsä tän yeshe ngö drub tsöl

** The words in brackets [  ] are optional.

OM ARYA TARE [SAPARIVARA]** ARGHAM
( PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

*(zhab sil, me tog, dug pö, nang säl, dri chab, zhäl zä, röl mo)*

Four Mandala Offerings to Chittamani Tara          33

Heartfelt Request (Optional)
Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes:
May my venerable lama's life be firm,
His white divine actions spread in the ten directions.
May the torch of the teachings of Losang always remain,
Dispelling the darkness of all beings in the three realms.


IDAM GURU RATNA MANDALAKAM NIRYATAMI

Taking Refuge and Generating Bodhichitta
I go for refuge until I am enlightened.
To the Buddha, the Dharma, and the Supreme Assembly.
By my practice of giving and other perfections,
May I become a buddha to benefit all sentient beings.

Prayer
May I become a buddha to benefit all sentient beings,
By my practice of giving and other perfections.
To the Buddha, the Dharma, and the Supreme Assembly,
I go for refuge until I am enlightened.

Praying

Heartfelt Request (Optional)

Praying to Tara

First Round

La me jang chöd mchod par dang du săl
Pray for the departed.

Prayer for the departed

Thank you for helping me.

Four Mandala Offerings to Chittamani Tara
I request venerable Arya Tara and the assembly of deities, who are embodiments of all the objects of refuge, to grant their blessings for the beneficiary (insert the name) to be free from the fear of untimely death and to achieve the state of immortality of a long life knowledge-holder.

Prayer for the Desired Goal

Please bless me to devote myself in thought and action to the virtuous teacher, the very source of all goodness. By training in the path that pleases all the conquerors, may I reach unsurpassed enlightenment.

First Round

Offering to Tara

Arising from the power of unfathomable merit
Oceans of drinking water*
which have unfathomable qualities
I offer to the unfathomable multitude of Victorious Mother Liberators
Please grant the attainment of unfathomable life and transcendental wisdom.

OM ARYA TARE [SAPARIVARA]** ARGHAM (PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA *

*(bathing water, flowers, incense, light, perfume, food, music)

** The words in brackets are optional.

Request

They accept your request with a smile.

Prayer

Chagya chhog jin chagga nyi
Krab jin chaggar gyur pa og
Dag dang sum jkin tsu ma
Jie pak len lag yung gyur

The words in brackets are optional.

Praise

With their crowns at your lotus feet,
Devas and titans bow down
I prostrate to the liberating mother, who liberates from all misfortunes.

Then recite three times the Praise in Twenty-one Homages (pp. 22-27).

Taking Refuge and Generating Bodhichitta

IDAM GURU RATNA MANDALAKAM NIRYATAMI
Sang gyä chhö dang tshog kyi chhog nam la
Namar la chhog chur tang
Lo zang ba dang ma
do la chhir sing gid drup par shog
Dro wäi mün sel la ngur chig

OM ARYA TARE [SAPARIVARA]** ARGHAM (PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA *

*(bathing water, flowers, incense, light, perfume, food, music)

** The words in brackets are optional.

Heartfelt Request (Optional)

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara’s toes:

Je tsün la mä ku tshe rab tän ching
Nam kar thrin lä chhog chur gyä pa dang
Lo zang tän päi drön me sa sum gyi
Dro wäi mün sel la ngur chig

Prayer

So, prostrate to the liberating mother, who liberates from all misfortunes.

Praise

Three times recite the Praise in Twenty-one Homages (pp. 22-27).

Request

May I reach unsurpassed enlightenment.

The virtue of devoting oneself to the virtuous teacher, the very source of all goodness, which have unfathomable qualities, is being bestowed by the virtue of offering to Tara in this round.}

May we reach unsurpassed enlightenment. (3x)
May all living beings enjoy this pure land; I imagine this as a Buddha-field and offer it.

Adding the three syllables, the inner offering: (offer with ring finger of left hand)

OM ARYA TARE [SAPARIVARA]** OM AH HUM

The Seven Limbs

To Arya Tara's holy feet I prostrate. I present clouds of every type of offering, actual and imagined; I declare all my negative actions accumulated since beginningless time and rejoice in the merit of all holy and ordinary beings. Please remain until the end of cyclic existence and turn the wheel of Dharma for living beings. I dedicate my own merits and those of all others to the great enlightenment.

The Seven Lips

OM ARYA TARE (SAPARIVARA)*, OM AH HUM

To the Buddhas abiding in the field of merit this offering of drinking water* which appears but doesn't have nature is offered with a mind understanding the offering to be the inseparability of appearance and emptiness. Please accept it with the holy mind that experiences the offering as appearance and emptiness in the nature of great bliss.

*(bathing water, flowers, incense, light, perfume, food, music)

** The words in brackets are optional.

OM ARYA TARE (SAPARIVARA)** ARGHAM (PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

Adding the three syllables, the inner offering: (offer with ring finger of left hand)

OM ARYA TARE [SAPARIVARA]** OM AH HUM

Long Mandala Offering in 23 Heaps

Recite the long mandala offering (see pp. 18-19) as before.

Short Mandala Offering

Return to the long mandala offering (see pp. 19-20).
Four Mandala Offerings to Chittamani Tara

And, adding the three syllables, the inner offering:  (offer with ring finger of left hand)

OM ARYA TARE [SAPARIVARA]** OM AH HUM

The Seven Limbs

To Arya Tara's holy feet I prostrate.

I present clouds of every type of offering, actual and imagined; I declare all my negative actions accumulated since beginningless time and rejoice in the merit of all holy and ordinary beings.

Please remain until the end of cyclic existence and turn the wheel of Dharma for living beings. I dedicate my own merits and those of all others to the great enlightenment.

Let us offer a buddha-field...

OM vajra ground AH HUM, mighty golden ground. OM vajra fence AH HUM.

Outside it is encircled by a wall of iron mountains. At the center is Meru, king of mountains; the eastern continent, Videha (Tall-body Land), the southern, Jambudvipa (Rose-apple Land), the western, Godaniya (Cattle-gift Land), the northern, Kuru; the eastern minor continents Deha and Videha, the southern, Chamara and Apara-chamara (Chowrie-land and western Chowrie-land), the western, Satha and Uttara-mantrin (Lands of the Deceitful and the Skilled in...), and the northern, Khele.

In the southeast, the precious general; in the southwest, the precious wheel; in the northwest, the precious jewel; in the northeast, the great treasure vase. In the east, the sun; in the west, the moon.

This pure, precious mandala and a mass of Samantabhadra offerings, I mentally take and offer to my guru-yidam and the Three Precious Ones.

Please accept them through compassion and bestow your inspiration.

Sö nam zhing du shub bi sang gye la
Nang la rang zhin me päi chö yön*
Nang tong yer me sem kyi bül lag na
Nang tong de chhen tug kyi zhe su söl
*(zhab sil, me tog, dug pö, nang säl, dri chab, zhäl zä, röl mo)

The words in brackets are optional.

OM ARYA TARE [SAPARIVARA]** ARGHAM (PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

Adding the three syllables, the inner offering:

OM ARYA TARE [SAPARIVARA]** OM AH HUM

The Seven Limbs

OM ARYA TARE [SAPARIVARA]** OM AH HUM

Recite the long mandala offering (see pp. 18-19) as before.

Short Mandala Offering

Do ghan nam dgyal chen po ngag
Dro la chho kyi khor lo Kor lam
Kho rwa ma bum maa Kor lam
Kho phags pa ghan lam gyi ri trem

Tsjum ne sem ghan lam gyi chen
Ssem sam yul cho chod pa lha
Ye ston ded ma chod la gaa chen sem

Long Mandala Offering in 23 Heaps

Recite the long mandala offering in 23 Heaps.

THE SEVEN LIMBS

OM ARYA TARE [SAPARIVARA]** OM AH HUM

And adding the three syllables, the inner offering (offer with thumb of left hand)

SVAHA

DHUP EA ALOE, CANDHE, NAIVIDEH, SHAPTA, TRICCHA HUM

OM ARYA TARE [SAPARIVARA]** ARDHAM GADHAH PUSHPA

The words in brackets are optional.

*Jord klu me go dri pha ming skyl, drup chen shad, rol san
Ning nag lama de chen po gyi skor
Ning nam dgyal maa Kor lam
Ssem sam yul cho cho lha
Ye ston ded ma chod la gaa chen sem

19 Tara Practices

Four Mandala Offerings to Chittamani Tara

30 Tara Practices
**Offering to Tara**

When you have set down the preceding offerings in an appropriate way by outlining rigorously off the verse.

**Heartfelt Request (Optional)**

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes:

**Prayer**

If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting, recite the following prayer:

I imagine that by virtue of the power of Tara, I make the following request:

**Offering**

With your head at Tara's feet, make the following request:

**Homage**

Think that with a smile they accept your request.

**Second Round**

Think that with a smile they accept your request. And to achieve the state of immortality of a long life the knowledge-holder.

**Prayer for the Donor (Optional)**

If you wish to request on behalf of someone who is sick, in need, at the moment of request:

I imagine that by virtue of the power of Tara, I make the following request:

**Offering to Tara**

Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

**Offering in Twenty-one Homages on pp. 22-27.**

Then recite the Twenty-one Homages on pp. 22-27.

**Taking Refuge and Generating Bodhichitta**

IDAM GURU RATNA MANDALAKAM NIRYATAMI

Prayer

If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting, recite the following prayer:

I imagine that by virtue of the power of Tara, I make the following request:

**Offering**

With your head at Tara's feet, make the following request:

**Homage**

Think that with a smile they accept your request.

**Second Round**

Think that with a smile they accept your request. And to achieve the state of immortality of a long life the knowledge-holder.

**Prayer for the Donor (Optional)**

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I imagine that by virtue of the power of Tara, I make the following request:

**Offering to Tara**

Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

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**Homage**

Think that with a smile they accept your request.

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**Prayer for the Donor (Optional)**

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**Taking Refuge and Generating Bodhichitta**

IDAM GURU RATNA MANDALAKAM NIRYATAMI

Prayer

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I imagine that by virtue of the power of Tara, I make the following request:

**Offering**

With your head at Tara's feet, make the following request:

**Homage**

Think that with a smile they accept your request.

**Second Round**

Think that with a smile they accept your request. And to achieve the state of immortality of a long life the knowledge-holder.

**Prayer for the Donor (Optional)**

If you wish to request on behalf of someone who is sick, in need, at the moment of request:

I imagine that by virtue of the power of Tara, I make the following request:

**Offering to Tara**

Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.
This ground, anointed with perfume, strewn with flowers, adorned with Mount Meru, four continents, the sun and the moon: I imagine this as a buddha-field and offer it. May all living beings enjoy this pure land!

Heartfelt Request (Optional)

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara’s toes:

In the land encircled by snow mountains
You are the source of all happiness and good;
All-powerful Chenrezig, Tenzin Gyatso, Please remain until samsara ends.

Taking Refuge and Generating Bodhichitta

I go for refuge until I am enlightened.

With your head at Tara’s feet, make the following request:

Request

Thug jei ter chhen phag ma je tsün mä
Kha nyam dro nam tän dei drong khyer du
De lag drö päi bar chha kün zhi zhing
Thün kyen ma lü phel war jin gyi lob

(3x)

Prayer for the Donor (Optional)

If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting, recite the following:

Kyab sum tham çä dü päi dag nyi je tsün phag ma dröl mäi lha tshog khor dang çä pä jin dag [insert the name here] di dü ma yin par chhi päi jig pa lä dröl / chhi me pa tshei rig dzin thob par jin gyi lab tu söl

Think that with a smile they accept your request.

Second Round

Homage

That light that is a symbol they accept your request.

Offering to Tara

Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.
And possessions thus are vanquished.

These praises with the root mantras
And these catuses Supernal TURE!
Destroy hosts of spirits, yaks, penguins,
Now by the set of three exercises
Homage: Full of Liberation.

She dispels all dreams and conquerors
With twice HARA and TUTTARE
Radiance of sun and full moon
Homage: She whose two eyes brighter with

Homage: She whom gods and their kings,

Homage: She whose body shines with radiant

Homage: Holding in her hand the

By your labors she shakes the three worlds,
Of the shape of syllable HUM
Homage: TURE! With the root mantra

Arrangement of the ten letters,
Place with HUM and knowledeable mantras,
Teasing foes, bodies adorned,
Homage: She with for surrounded

Homage: She with four surrounded.

Homage: Happy, virtuous, peaceful,

Homage: Happy, virtuous, peaceful.

These praises with the root mantras
And these catuses Supernal TURE!
Destroy hosts of spirits, penguins,
Now by the set of three exercises
Homage: Full of Liberation.

She dispels all dreams and conquerors
With twice HARA and TUTTARE
Radiance of sun and full moon
Homage: She whose two eyes brighter with

Homage: She whom gods and their kings,

Homage: She whose body shines with radiant

Homage: Holding in her hand the

By your labors she shakes the three worlds,
Of the shape of syllable HUM
Homage: TURE! With the root mantra

Arrangement of the ten letters,
Place with HUM and knowledeable mantras,
Teasing foes, bodies adorned,
Homage: She with for surrounded

Homage: She with four surrounded.

Homage: Happy, virtuous, peaceful,

Homage: Happy, virtuous, peaceful.

Four Mandala Offerings to Chittamani Tara

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 twice TARA and PHAT,
Totally dispelling poison!

19. Homage! She whom gods and their kings,
And the kinnaras do honour!
Armoured in all joy's 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!
1. Homage! Tara, swift, heroic!  
   Eyes like lightning instantaneous!  
   Sprung from op'ning 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!  
   Relyed on by conquerors’ children, Having reached ev’ry perfection!

5. Homage! Filling with desire, direction, and space!  
   Trampling with her feet the seven worlds, Able to draw forth all beings!

6. Homage! Worshipped by the all-lords, Shakra, Agni, Brahma, Marut!  
   Honored by the hosts of spirits, Corpse-raisers, gandharvas, yakshas!

After each verse, visualize that a replica of that Tara dissolves into you and you receive all the qualities and powers of that Tara to bring all the success for your works and the works of sentient beings.
Four Mandala Offerings to Chittamani Tara

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!
   Light-ray 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! Crown with crescent
    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!