



Endnotes

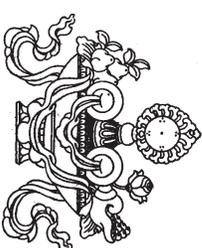
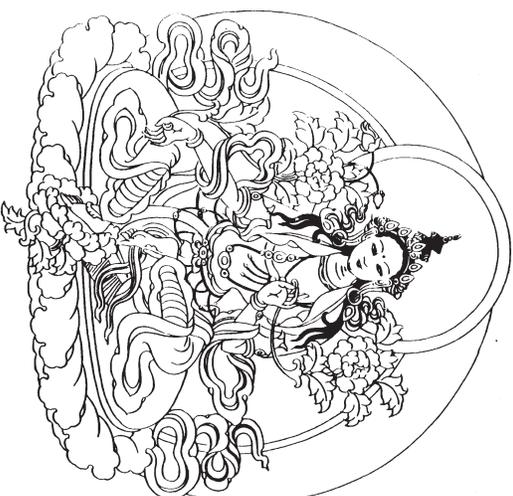
1. Additional offering verse extracted from a more extensive version of this practice, according to the instructions of Lama Zopa Rinpoche.
2. Each of the respective heartfelt requests to Tara after each of the four mandala offerings has been added according to instructions from Geshe Ngawang Drapa, Tse Chen Ling Center, San Francisco. Geshe Draga 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.
4. " " " " " "
5. " " " " " "

Tara Practices

Colophon

Composed by Trijang Rinpoche of Gaden, at the request of Tsering, the son of officer Nyemo (a district of central Tibet), who is endowed with faith and a superior virtuous attitude.

Translated from the Tibetan by Fabrizio Champa Pelgye at the request of the Education Department of the Foundation for the Preservation of the Mahayana Tradition. Edited with standard prayers added by Ven. Constance Miller, Education Services, September 2001.



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.
O conquerors' Mother Tara and all conquerors with your children,
Take care of me and grant the auspicious signs of increasing virtue.



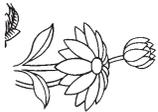
Author's Dedication

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 lim-
its of space
And realize the sphere of the glorious goddess.



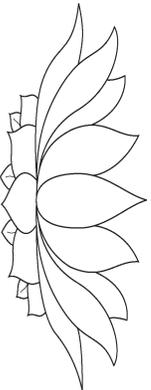
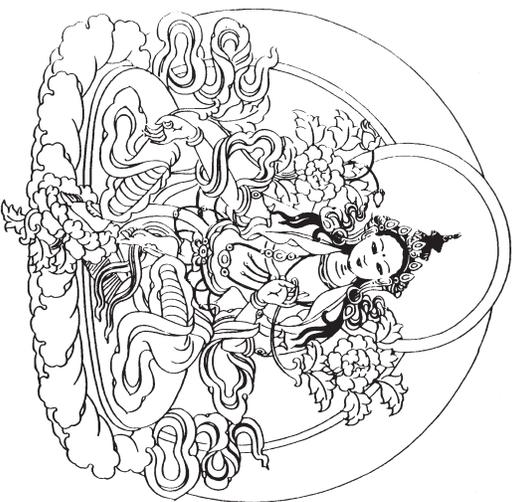
Dedication Prayer

Ge wa di yi nyur du dag
Phag ma dröl ma drub gyur nä
Dro wa chig kyang ma lä pa
De yi sa la gö par shog



Verse of Auspiciousness

Pag sam shing dang nor bu bunn zang zhin
Re kong dö gu jo wai yi zhin ter
Gyäl yum dröl ma gyäl wa sä chä kyi
Je zung ge tsäm phäl wäi tra shi shog



Contents



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Notes regarding this practice:

Altar and Gomya Set-up

When performing this puja, one should set up the altar with the following items:

- a picture of Chittamani Tara
- 3 red-colored, tear drop-shaped tormas made with the 3 white and 3 sweet substances
- 4 mandalas, or 4 bowls of rice representing the 4 mandalas
- 4 sets of 7 offering bowls, placed from right to left as one faces the altar. In the food offering bowls of these sets one should place small red tormas (cookies, biscuits, etc. are also acceptable).

NOTE: When seating monks and nuns in the front, it is customary to seat monks on the left side of the throne (when facing the throne) and nuns on the right.

During “big pujas” (these are defined as self-initiations or long pujas and pujas with extensive offerings, etc.) one can offer a stick of incense for the lama or geshe to hold during the verses of invocation.

Ritual implements

One should have dorje, bell, and inner offering, and a small bowl of flower petals or rice.

One should have a mandala set for the mandala offerings.

NOTE: Throughout the preceding text, small symbols of bells  or other instruments and hand mudras appear in the margins to help the practitioner know when one should play these instruments or when to do certain mudras. It is hoped that these small indications will be helpful to those not yet familiar with these aspects of tantric practice. Other symbols and their meanings are:



lotus mudra



prostration mudra



show the dorje

Practice tips

Please note that Praises in Twenty-one Homages is chantable in English.

Confession of Faults in the Recitation

Recite the hundred-syllable mantra:

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

And the prayers:

With all my actions performed here,

With whatever I could not find

Or was not able to do,

Please be patient.

Please also be patient

With the rituals

I have performed incorrectly

Or with omissions.



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

For the benefit of migratory beings,
 Please abide in this image,
 Granting wealth, highest goodness,
 And long life free from sickness.

OM SUPRATISHTHA VAJRAYE SVAHA

(toss flower petals or rice to the merit field)

OM firmly abiding vajra one SVAHA

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

The wisdom beings return to their natural abodes.
 The commitment beings absorb into me.

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





Confession of Faults in the Recitation

Recite the hundred-syllable mantra:

OM PADMASATTVA SAMAYA MANUPALAYA / PADMASATTVA
 TVENOPATISHTHA / DRIDHO ME BHAVA / SUTOSHYO ME BHAVA /
 SUPOSHYO ME BHAVA / ANURAKTO ME BHAVA / SARVA
 SIDDHIM ME PRAYACCHA / SARVA KARMA SUCHA ME /
 CHITTAM SHRIYAM KURU HUM / HA HA HA HA HOH /
 BHAGAVAN / SARVA TATHAGATA / PADMA MA ME MUNCHA /
 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 par tsäl du söl

OM SUPRATISHTHA VAJRAYE SVAHA
 (toss flower petals or rice to the merit field)
 OM firmly abiding vajra one SVAHA

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

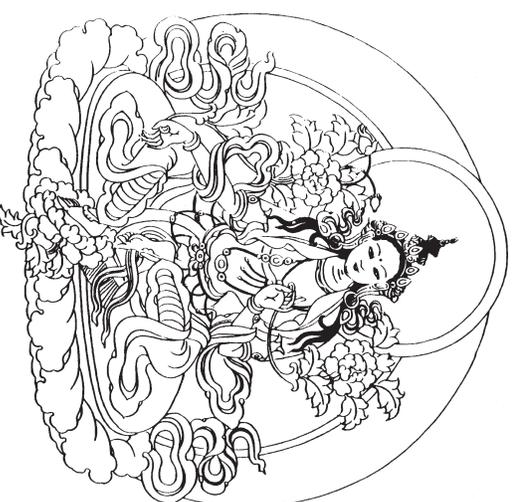
Ye she pa rang zhin gyi nä su sheg
 Dam tshig pa rang nyi la thim par gyur

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

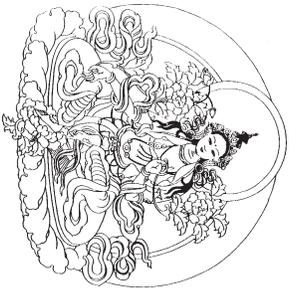


The Abbreviated Four-Mandala Ritual to Chittamani Tara

by Kyabje Gaden Trijang Rinpoche



From the enlightened activities of all the victorious ones
 the TAM syllable melts into a turquoise flow.
 By the swirls of a musical show appears your youthful great body.
 With respect, I pay homage to she who liberates from the fears of
 existence and peace.
 With your compassion, please take care of me.



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 du
 Päl dön la ma dam pa nam la kyab su chhi wo
 Dzog päi sang gyä chom dân dä nam la kyab su chhi wo
 Dam päi chhö nam la kyab su chhi wo
 Phag päi ge dün nam la kyab su chhi wo
 (3x or 7x)

Taking Refuge and Generating Bodhicitta

Sang gyä chhö dang tshog kyi chhog nam la
 Jang chhub bar du dag ni kyab su chhi
 Dag gi jin sog gyi pe di dag gi
 Dro la phän chhir sang gyä drub par shog
 (3x)

Special Generation of Bodhicitta

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 dân par gyur chig
 Sem chän tham chä dug ngäl dang dug ngäl gyi gyu dang dräl war gyur
 chig
 Sem chän tham chä dug ngäl me päi de wa dang mi dräl war gyur chig
 Sem 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.

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 Sangha who uphold the doctrine be harmonious
 And may their enlightened activities increase.

Please pacify conflicts, famine, and sickness in this country;
 Increase the Dharma and good fortune;
 Expand the power of Dharma rulers;
 And grant happiness to the central and border areas.

Please protect us from temporary and ultimate fears,
 Such as the eight and sixteen great fears,
 Spirits, plagues, nightmares, and bad omens,
 As well as the sufferings of samsara, the unfortunate states, and so forth.

May life, prosperity, and merits increase;
 May all negative thoughts be pacified.
 Please grant your blessings that realizations of the three principles of the
 path
 And two stages may quickly be completed.

From now until the essence of enlightenment
 I have no other refuge than you.
 Bless me and care for me
 As a mother does for her only child.





Prayers

Then, joining the palms of the hands:

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 thün thrin lä phel war dzö
 Jong dir nä mug thrug tsö zhi
 Chhö dang tra shi gong du phel
 Chhö dön gyäl pöi nga thang gyä
 Gyäl kham tha wü de war dzö

Gyä dang chu drug jig chhen dang
 Dön rim ni lam tshän vä ngän
 Khor wa ngän song dug ngäl sog
 Nä kab thar thug jig lä kyob

Tshe päl long chö sö nam phel
 Mi get 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



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, first arrange the offerings in accordance with the scriptures. Then, sit on your cushion and within the frame of an exceptional virtuous mind [take refuge and generate bodhichitta]:

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 Dharmas;
 Go for refuge in the superior Sangha. (3x or 7x)

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. (3x)

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.



Self-Generation

Rang nyi kä chig gi je tsün ma phag ma droi mäi kur zheng par gyur

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

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 sya che wäi nang du sha nga dü tsi nga zhu wa lä jung wäi
ye she kyi dü tsi gya tsho chhen por gyur

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 KAM lä thö päi nö nam kyi nang du HUM lä chhö dzä
nam rang zhin tong nyi nam pa chhö dzä so söi nam pa chän je lä wang po
drug gi chö yül du zag pa me päi de wa khyä par chän ter war gyur

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 NAVIDYA AH HUM (food offering)

OM VAJRA SHAPTA AH HUM (music)



Offering the Torii

Cleanse with: (sprinkle the torii 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
torii) 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 KHANI
KHANI (3x)

Offerings

Make offerings with:

OM ARYA TARE SAPARIVARA ARGHAM (PADYAM, PUSHPE, DHUPE,
ALOKE, GANDHE, NAVIDYA, 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

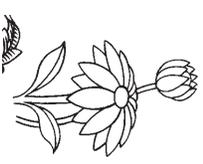
Praise

Devas and titans bow down

With their crowns at your lotus feet.

I prostrate to the liberating mother,

Who liberates from all misfortunes.



Offering the Torii

Cleanse with: (sprinkle the torii 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 pä 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 wäi ye she kyi
dü tsi gya tsho chhen por gyur

Consecrate with:

OM AH HUM (3x)



Visualizing:

La ma je tsün mäi lha tshog nam kyi jag dor jei ö z'er gyi bu gü drang te söi
war 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, NAVIDYA, SHAPTA ) PRATICCHA HUM SVANA

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

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 (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

They all become empty. From within emptiness, from KAM, skullcup ves-
sels. Inside these, from HUM the offering substances, whose nature is
emptiness and who appear in their individual aspects. As the objects of
enjoyment of the six senses, they give rise to special uncontaminated bliss.

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 NAVIDYA AH HUM (food offering)
OM VAJRA SHAPTA AH HUM (music)

Visualization of the Field of Merit

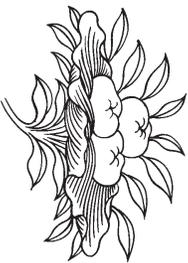
Dün gyi nam khar seng thri pä dai dân la tsa wäi la ma dang yer me päi seng deng nag dröl gyi teng du jo wo je sog la ma nam dang tha kor du dröl ma nyer chig sog yi dam sang gyä jang sem nyän rang ka dö dang chá pa zhug par gyur

Homage

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

 Sang gyä tham chá dü päi ku
 Dor je dzin päi ngo wo nyi
 Kön chog sum gyi tsa wa te
 La ma nam la chhag tshäl lo

 Gön po thug je chhe dân pa
 Tham chá khyen pa tôn pa po
 Sö nam yön tän gya 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 chhö la chhag tshäl lo
 Dröl nä dröl wäi lam yang rön
 Lab pa dag la rab tu nä
 Zhing gi dam pa yön tän dân
 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 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.

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 goddess
 And 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 conquerors
 Will 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 remembering
 Will one be thoroughly cleansed.

If this prayer is recited two, three, or seven times,
 It will pacify all the sufferings of torments
 Caused by spirits, fevers, and poisons,
 And by other beings as well.

If you wish for a child, you will get a child;
 If you wish for wealth, you will receive wealth.
 All your wishes will be fulfilled
 And all obstacles pacified.

Then transform the toraa as the inner offering.





OM chom dän 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

Prayer of the Benefits

Lha mo la gü yang dag dän päi
 Lo dän gang gi rab dä jö de

Sö dang tho rang lang par jä nä
 Drän pä mi jig tham chä rab ter
 Dig pa tham chä rab tu zhi wa
 Ngän dro tham chä jom pa nyi thob

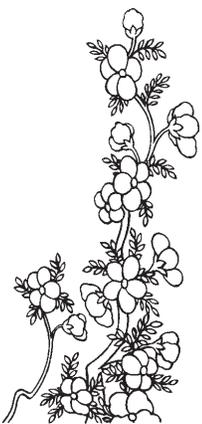
Gyäl wa je wa thrag dün nam kyi
 Nyur du wang ni kur war gyur la
 Di lä chhe wa nyi ni thob ching
 Sang gyä go phang thar thug der dro

De yi dug ni drag po chhen po
 Tän nä pa am zhän yang dro wa
 Zö pa dang ni thung pa nyi kyang
 Drän pä rab tu sel wa nyi thob

Dön dang rim dang dug gi zir wäi
 Dül ngäl tshog ni nam par pong te
 Sem chän zhän pa nam la yang ngo
 Nyi sum dün du ngön par jö na

Bu dö pä ni bu thob gyur zhing
 Nor dö pä ni nor nam nyi thob
 Dö pa tham chä thob par gyur la
 Geg nam me ching so sor jom gyur chig

Then transform the tomas as the inner offering:



Visualization 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 are 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, twelve prostrations in all.

 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]:
 I prostrate to all gurus.

 The savior having great compassion,
 The founder having all understanding,
 The field of merit with qualities like a vast ocean –
 To you, the one gone to thushess, 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.



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 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.

Gyälwa gya tshöi chhö dzä lä drub päi
 Zhing kam gya tshöi chhö yön* gya tshöi tsog
 Yön tän gya tshöi gyäl wa khor chä la
 Dä pa gya tshöi bül lo zhe su sö!¹

OM SARVA TATHAGATA SAPARIVARA ARGHAM (PADYAM, PUSHE,
 DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA ) PRATICCHAHUM
 SVAHA

* (zhab sil, me tog, dug pö, nang säl, dri chab, zhal zä, rö! mo)

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

 Gyäl wa sä chä nam la chhag tshäl lo
 Ngö sham yi trül chhö pa ma lä bül
 Thog me nä sag dig tung tham chä shag
 Kye phag ge wa nam la je yi rang
 Khor wa ma tong bar du leg zhug nä
 Dro la chhö kyi khor lo kor wa dang
 Dag zhän ge nam jang chhub chhen por ngo

Long Mandala Offering in 23 Heaps

Zhing kham til war gyi wo ...

OM vajra bhumi AH HUM / wang chhen ser gyi sa zhi

OM vajra rekhe AH HUM / chhi chag ri khor yug gi kor wäi ü su / ri gyäl po
 ri rab / shar lü phag po / lho dzam bu ling / nub ba lang chö / jang dra mi
 nyän / lü dang lü phag / nga yab dang nga yab zhän / yo dân dang lam
 chhog dro / dra mi nyän dang dra mi nyän gyi da



Long Mandala offering

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

Short Mandala offering

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 bless myself and others to accomplish all our
 Purposes in accordance with the Dharma just as we wish.
 And to pacify immediately the group of hindrances
 Such as sicknesses, harm by spirits and other obstacles.

IDAM GURU RATNA MANDALAKAM NIRYATAMI

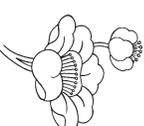
Taking Refuge and Generating Bodhicitta

To the Buddha, the Dharma, and the Supreme Assembly
 I go for refuge until I am enlightened.

By this practice of giving and other perfections,
 May I become a buddha in order to benefit all sentient beings. (3x)

Visualization

From her exalted body, a stream of nectar flows
 And enters the crown of the beneficiary and myself,
 Completely filling our bodies
 And granting all blessings.



Praise

Praise with the Twenty-one Homages *seven times* (pp. 22-27). If time is short, the following verse can be recited in place of some of the following petitions:



Long Mandala Offering

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

Short Mandala Offering

Sa zhi pö kyī jing 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

Heartfelt Request (Optional)?

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

Dag sog nam kyī 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 söi

IDAM GURU RATNA MANDALAKAM NIRYATAMI

Taking Refuge and Generating Bodhicitta

Sang gyä chhö dang tshog kyī chhog nam la
 Jang chhub bar du dag ni kyab su chhi
 Dag gi jin sog gyi pa di dag gi
 Dro la phän chhir sang gyä drub par shog (3x)

Visualization

Ku lä dü tsi chhu gyün bab
 Rang dang sung jäi chi wo nä
 Zhug te lü kün gang wa yi
 Jin lab ma lü zhug par gyur

Praise

Praise with the Twenty-one Homages *seven times* (pp. 22-27). If time is short, the following verse can be recited in place of some of the following petitions:



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!¹

OM SARVA TATHAGATA SAPARIVARA ARGHAM (PADYAM, PUSHPE,
 DHUPE, ALOKE, GANDHE, NAVIDYA, 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.

Long Mandala Offering in 23 Heaps

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, Vidaha (Tallbody Land), the southern, Jambudvipa (Rose-apple Land), the western, Godaniya (Cartle-gift Land), the northern, Kuru; [the eastern minor continents] Deha and Vidaha, [the southern, Chamara and Aparachamana (Chowrie-land and western Chowrie-land), [the western], Saha and Uttara-mantrin (Lands of the Deceitful and the Skilled in Mantra), land the northern], Kuru and Kaurava.

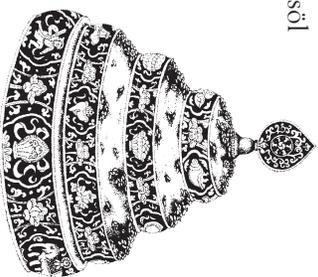


Shar du lang po rin po chhe / lhor kyin dag rin po chhe / nub tu ta rin po chhe / jang du tsün mo rin po chhe / shar lhor mag pön rin po chhe / lho nub tu khor lo rin po chhe / nub jang du nor bu rin po chhe / jang shar du ter chen pöi bum pa
Nang gi shar du nyi ma / nub tu da wa

Dag zhän lü ngag yi sum long chö du sum ge tshog chä
Rin chhen mandala zang po kün zang chhö päi tshog chä pa
Lo yi lang nä la ma yi dam kön chhog sum la hüi
Thug jei wang gi zhe nä dag la jin gyi lab tu söl

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



Heartfelt Request (Optional)²

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

Je tsin la ma dam pa khye nam kyi
Chhö küi kha la khyen tsei trin thrig nä
Je tar tsham päi düi jäi dzin ma la
Zab gyä chhö kyi chhar pa bab tu söl

IDAM GURU RATNA MANDALAKAM NIRYATAMI

Taking Refuge and Generating Bodhicitta

Sang gyä chhö dang tshog kyi chhog nam la
Jang chhub bar du dag ni kyab su chhi
Dag gi jin sog gyi pa di dag gi
Dro la phän chhir sang gyä drub par shog (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:

Third Round

Homage

 Devas and titans bow down
 With their crowns at your lotus feet.
 I prostrate to the liberating mother,
 Who liberates from all misfortunes. (7x with prostrations)

Offering to Tara

Srew 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.

From the nature, the existence-sphere pure transcendental wisdom
(Dharmakaya),

The illusory transformed goddess, the female offering drinking water*,
I offer in order to please the Destroyer Qualified Tara's multitude of
deities.⁵

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

** The words in brackets | are optional.

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

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.



Third Round

Homage

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

(7x with prostrations)

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.

Chö ying nam dag ye she rang zhin lä
 Gyü lu nang töl pag mo chö yön * me
 Chom den drol mä lha sog nye chir bü!⁵

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

** The words in brackets | are optional.

OM ARYA TARE (SAPARIVARA)^{**} ARGHAM (PADYAM, PUSHPE,
 DHUPE, ALOKE, GANDHE, NAVIDYA, 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

The Seven Limbs

 Je tsün dröl mäi zhab la gü chhag tshäl
 Ngö sham yi trül chhö pa ma lü bü!
 Thog me nä sag dig tung tham chä shag
 Kye phag ge wa nam la je yi rang
 Khor wa ma tong bar du leg zhug nä
 Dro la chhö kyí khor lo kor wa dang
 Dag zhan ge nam jang chhub chhen por ngo

In the east, the precious elephant; in the south, the precious house-keeper, 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.

Short Mandala Offering

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)²

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

Please, holy jetsun 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.

IDAM GURU RATNA MANDALAKAM NIRVATAMI

Taking Refuge and Generating Bodhicitta

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. (3x)

Prayer for the Donor ^{**}(Optional)

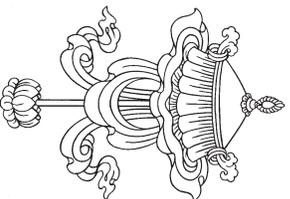
If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting, recite the following:

Krab sum tham chä dü päi dag nyi je tsün phag ma dröl mäi lha tshog khor dang chä pä jin dag linsert the name here! di dü ma yin par chhi päi jig pa lä dröl / chhi me pa tshet rig dzin thob par jin gyi lab tu sö!

Think that with a smile they accept your request.

Prayer for the Desired Goal

Leg tshog kün gyi jung nä ge wäi she
Sam dang jor wä tshül zhin gü ten zhing
Gyäl wa gye päi lam gyi gyü jang nä
La me jang chhub thob par dzä du sö! (3x)



First Round

Homage

Lha dang lha min chö pän gyi
Zhab nyi pä mo la tü de
Phong pa kün lä dröl dzä päi
Dröl ma yum la chhag tshäl lo (7x with prostrations)

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 tsöl³

** The words in brackets | are optional.

OM ARYA TARE[SAPARIVARA]** ARGHAM (RADYAM, PUSHPÉ, DHUPE,
ALOKE, GANDHE, NAINVIDYA, SHAPTA ) PRATICCHA HUM SVAHA

* (shab sli, me tog, dag bö, nang söl, dri chab, zhäl zä, röl mo)

Heartfelt Request (Optional)²

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 Bodhicitta

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. (3x)

Prayer

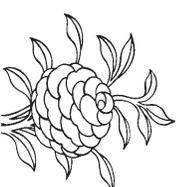
Let me and all those who need protection
Come under the supreme giving gesture of your right hand,
As well as the refuge-granting gesture
That liberates from all fears.

Praise

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

Request

Venerable Arya, great treasure of compassion,
Grant your blessings to increase all favorable conditions
And to clear away every obstacle
That all migratory beings may swiftly enter the city of eternal joy. (3x)





Heartfelt Request (Optional)²

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

Je tsün la mä ku tshé 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 tag tu nä gyur chig

IDAM GURU RATNA MANDALAKAM NIRYATAMI

Taking Refuge and Generating Bodhicitta

Sang gyä chhö dang tshog kyi chhog nam la
 Jang chhub bar du dag ni kyab su chhi
 Dag gi jin sog gyi pa di dag gi
 Dro la phän chhir sang gyä drub par shog (3x)

Prayer

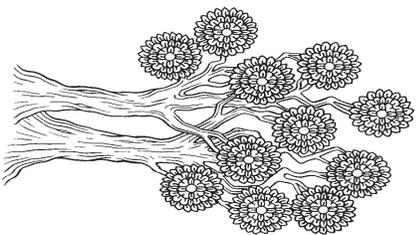
Chhag yä chhog jin chhag gya nyi
 Kyab jin chhag gyar gyur wäi og
 Dag dang sung ja kün tsü nä
 Jig pa kün lä ug yung gyur

Praise

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

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)



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.

Think that with a smile they accept your request.

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. (3x)

First Round

Hommage

Devas and titans bow down
 With their crowns at your lotus feet.
 I prostrate to the liberating mother,
 Who liberates from all misfortunes. (7x with prostrations)



Offering to Tara

Srew 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.

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.³

** The words in brackets |] are optional.

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

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

Sò nam zhing du shub bi sang gye la
 Nang la rang zhin me päi chö yön * di
 Nang tong yer me sem kyi büll lag na
 Nang tong de chhen tug kyi zhe su sö!†



* (zhab sil, me tog, dug pö, nang säl, dri chab, zhal zä, rö! mo)

** The words in brackets | are optional.

OM ARYA TARE [SAPARIVARA]†† ARGHAM (PADYAM, PUSHPÉ,
 DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA ) PRATICCHAHUM
 SVAHA

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

OM ARYA TARE [SAPARIVARA]†† OM AH HUM

The Seven Limbs

 Je tsün dröl mäi zhab la gü chhag tshäl
 Ngö sham yi trül chhö pa ma lä bü!l

Thog me nä sag dig tung tham chä shag

Kye phag ge wa nam la je yi rang

Khör wa ma tong bar du leg zhug nä

Dro la chhö kyi khör lo kor wa dang

Dag zhän ge nam jang chhub chhen por ngo

Long Mandala Offering in 23 Heaps

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 til wa yi

Dro kün nam dag zhing la chö par shog



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.

Long Mandala Offering in 23 Heaps

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
 (Cartle-gift Land), the northern, Kuru; [the eastern minor continents]
 Deha and Videha, [the southern], Chamara and Aparachamana (Chowrie-
 land and western Chowrie-land), [the western], Sarha and Utara-mantrin
 (Lands of the Deceitful and the Skilled in Mantra), [and the northern],
 Kuru and Kauraya. In the east, the 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,

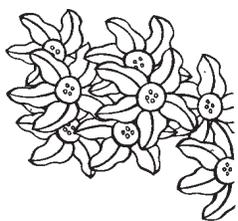
This pure, precious mandala and a mass of Samantabhadra offerings,
 I mentally take and offer to my guru-yidam and the Three Precious

Ones,

Please accept them through compassion and bestow your inspiration.

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



Heartfelt Request (Optional)²

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

Gang ri ra wä kor wäi zhing kham dir
 Phän dang de wa ma lü jung wäi nä
 Chän rä zig wang tän dzin gya tsho yi
 Zhab pä si thäi bar du tän gyur chig

IDAM GURU RATNA MANDALAKAM NIRYATAMI

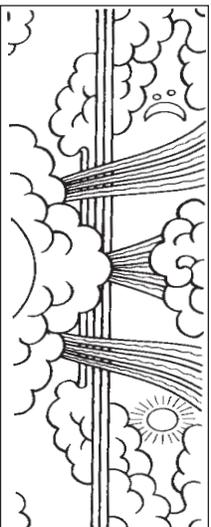
Taking Refuge and Generating Bodhicitta

Sang gyä chhö dang tshog kyi chhog nam la
 Jang chhub bar du dag ni kyab su chhi
 Dag gi jin sog gyi pa di dag gi
 Dro la phän chhir sang gyä drub par shog (3x)

Prayer

Chhag yä chhog jin chhag gya nyi
 Kyab jin chhag gyar gyur wäi og
 Dag dang sung ja kün tsü nä
 Jig pa kün lä ug yung gyur

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



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

Request

Venerable Arya, great treasure of compassion,
 Grant your blessings to increase all favorable conditions
 And to clear away every obstacle
 That all migratory beings may swiftly enter the city of eternal joy. (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:

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 here] to be free from the fear of untimely death and to achieve the state of immortality of a long life knowledge-holder.

Thank that with a smile they accept your request.

Second Round

Homage

Devas and titans bow down
 With their crowns at your lotus feet.
 I prostrate to the liberating mother,
 Who liberates from all misfortunes. (7x with prostrations)

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.



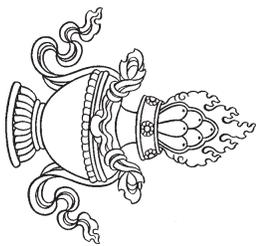


With your head at Tara's feet, make the following request:

Request

Thug jei ter chhen phag ma je tsün mä
Kha nyam dro nam rän 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 chä dü päi dag nyi je tsün phag ma dröl mäi lha tshog
khor dang chä 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 söi

Think that with a smile they accept your request.

Second Round

Homage

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

(7x with prostrations)

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.



Short Mandala Offering

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)²

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.

IDAM GURU RATNA MANDALAKAM NIRYATAMI

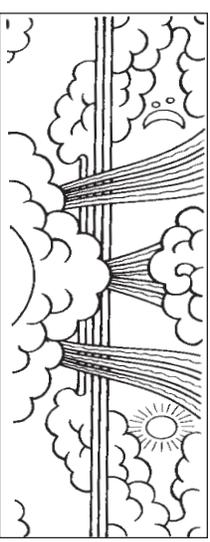
Taking Refuge and Generating Bodhicitta

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. (3x)

Prayer

Let me and all those who need protection
Come under the supreme giving gesture of your right hand,
As well as the refuge-granting gesture
That liberates from all fears.

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





Praise

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.

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

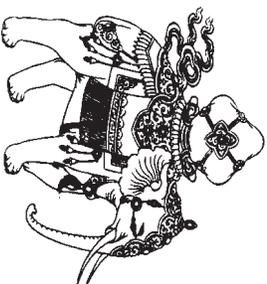
Chhag tshäl tön käi da wa kün tu
 Gang wa gya ni tseg päi zhäl ma
 Kar ma tong thrag tshog pa nam kyi
 Rab tu chhe wäi ö rab bar ma

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

Chhag tshäl de zhin sheg 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



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!





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

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 säi ma
HARA nyi jö TUTTARA yi
Shin tu drag pöi trim nä sel ma

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

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



Praise

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.

OM! Homage to the venerable Arya Tara.

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



Chhag tshäl TRAD che ja dang PHAT kyi
 Pha röi 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

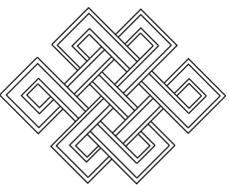
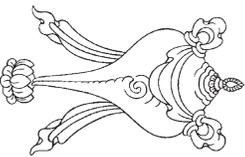
Chhag tshäl rab tu ga wa ji päi
 U gyän ö kyi threng wa pel ma
 Zhe pa rab zhä TUTTARA yi
 Dü dang jig ten wang du dzä ma

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 zhii 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



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! She who strikes the ground with
 Her palm, and with her foot bears it!
 Scowling, with the letter HUM the
 Seven levels she does conquer!

