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THE PRACTICE OF THE TWENTY-ONE TARAS

REFUGE AND BODHICITTA

SANG GYE CHÖ DANG TSOK KYI CHOK NAM LA
CHANG CHUP BAR DU DAK NI KYAP SU CHI
DAK GI JIN SOK GYI PE SONAM KYI
DRO LA PHAN CHIR SANG GYE DRUP PAR SHOK

In the Buddha, Dharma and the Noble Sangha
I take refuge until enlightenment,
By my generosity and accumulations of merit
May I reach Buddhahood for the benefit of all beings.

THE INVITATION

OM POTALA YI NECHOK NE
TAM YIK JANG GU LE TRUNG SHING
TAM YIK OD KYI DROWA DROL
DROLMA KHOR CHE SHEK SU SOL



OM - From the sublime place, the Potala,
You who were born from the green syllable TAM,
And who liberate beings with the light of the syllable TAM,
Mother Tara, along with your retinue, Come!

PADMA KAMALA YA TAM (*request to be seated*)

SHORT PRAISE

LHA DANG LHA MIN CHOD PAN GYI
ZHAP KYI PADMO LA TUD DE
PONGPA KUN LE DROL DZAD MA
DROLMA YUM LA CHAK TSAL LO

The gods and asuras
Bow their diademed heads at your lotus feet,
To you who liberates from all misfortune,
Mother Tara, I offer obeisance and praise.

VISUALIZATION

RANG NYID KOD CHIK DRAN DZOK SU
JETSUN PHAK ME KUR SAL WE
TUK KAR DA TENG TAM JANG GU
DE LE OD ZER PAK YE TRO
PHAK MA NAM TRUL NYER CHIK DANG
KUN CHOK GYATSO'I TRIN TROWA
DUN GYI NAM KHAR CHAN DRANG GYUR

Oneself is complete in an instant's recollection
As the form of the female noble one, Jetsun Arya.
From a green light TAM in the center of a moon on one's heart
Radiates a limitless light stream
Toward the twenty-one manifestations of Tara,
And all the supreme beings, emanating like oceans of clouds.
I invoke them in the sky before me.

CHANTING THE NAMES OF TARA

GYALWA KUNGYI CHAN NGAR TUK KYED GYALWE YUM GYUR MA LÜ GYALWE
TRINLE KUNDRUP MA
NYURMA PAMO YANGCHAN MA DANG SONAM CHOKTER NAMGYAL RIK CHED MA
DANG JIK CHED MA
ZHAN GYI MI TUP ZHAN LE GYAL DANG SENG DENG NAK KYI DROLMA JIKTEN SUM
GYAL NORTER MA
TASHI DON CHED DRAPUNG JOM DZAD TRO NYER CHAN DZAD RAP ZHI MA DANG
BARWE OD CHAN MA
PAK MED NON MA MA CHA CHENMO MIPAM GYALMO RITROD MA DANG OD ZER
CHAN MAR DUD
DRO KUN SID PE TSO LE DROL CHIR CHANGCHUB TOP DOD DAK KYANG KHYED LA
RE'O JETSUN MA

In the presence of all the Buddhas, you made your vow, mother of the Buddhas, to be the one
who fulfills the activity of all the Buddhas, without exception.
She who is swift and courageous; Sarasvati; She who grants supreme merit; She who is
completely victorious; Kurukulla, and She who causes terror;
She who is invincible; Triumphant over others; and Tara of the Khadira Forest; She who
conquers the three worlds; She who bestows wealth;
She who brings auspiciousness; She who destroys the power of enemies; She who wears a
wrathful frown; She who is perfect peace; Lady who is ablaze with light;
She of limitless subjugation; Majestic as the great Peacock; She who is unconquerable and
victorious; Dweller in the mountains; and the Lady "Rays of Light": To you I pay homage!
In my longing to attain enlightenment, to free all beings from the ocean of samsara, Jetsun Tara
– I put all my hope in you!

THE PRAISE TO TARA WITH TWENTY-ONE VERSES OF HOMAGE

OM JETSUN MA PAKMA DROLMA LA CHAK TSAL LO
OM Homage to the noble lady Tara!

CHAK TSAL TARE NYURMA PAMO
TUTARA YI JIKPA SELMA
TU RE DON KUN JINPE DROLMA
SO HE YI GE KHYOD LA DUD DO

OM - I pay homage to the noble and exceptional liberator.
Homage TARE, the liberator, swift and courageous, who dispels all fears by
TUTARE and fulfills all wishes by TURE.
I bow down before you with the syllable SOHA.

1. NYURMA PAMO, SHE WHO IS SWIFT AND COURAGEOUS

CHAK TSAL DROLMA NYURMA PAMO
CHAN NI KAD CHIK LOK DANG DRA MA
JIKTEN SUM GON CHU KYE ZHAL GYI
GE SAR CHE WA LE NI CHUNG MA

Homage to Tara, swift and courageous,
Whose look is instantaneous as lightning,
She who emerged from the pistils of a fully-bloomed lotus
Born from the tears of the face of the protector of the three worlds.

OM TARE TU TARE TURE BODHICITTA SOHA

2. YANGCHEN MA, SARASVATI

CHAK TSAL TON KE DAWA KUN TU
GANG WA GYA NI TSEK PE ZHAL MA
KARMA TONG TRAK TSOKPA NAM KYI
RAP TU CHE WE OD RAP BAR MA

Homage to Her whose face is fashioned
From one hundred full autumnal moons,
Who is ablaze with the light
Emitted from a thousand stars.

OM TARE TU TARE TURE PRAJNA HRING HRING SOHA

3. SONAM CHOKTER MA, SHE WHO GRANTS SUPREME MERIT

CHAK TSAL SER NGO CHU NE KYE KYI
PEME CHAK NI NAM PAR GYAN MA
JINPA TSON DRÜ KA TUP ZHI WA
ZODPA SAM TAN CHOD YUL NYID MA

Homage to Her of turquoise form and golden light,
Whose arm is adorned to perfection by a lotus,
To Her whose sphere of activity is generosity,
Zeal, ascetism, pacification, patience, and meditation.

OM TARE TU TARE TURE MAHA PUNYE SOHA

4. NAMGYAL MA, SHE WHO IS COMPLETELY VICTORIOUS

CHAK TSAL DE ZHIN SHEK PE TSUK TOR
TA YE NAMPAR GYALWA CHOD MA
MA LÜ PAROL CHINPA TOP PE
GYALWE SE KYI SHINTU TENMA

Homage to Her who resides on the crown of the head of the Buddhas,
Enjoying complete victory without limit,
Upon whom the Bodhisattvas,
Accomplished in every transcendental quality, utterly rely.

OM TARE TU TARE TURE AYUR DA TE BHRUM SOHA

5. RIGJE MA, KURUKULLA

CHAK TSAL TUTTARA HUNG YI GE
DOD DANG CHOK DANG NAMKHA GANG MA
JIKTEN DUNPO ZHAP KYI NAN TE
LÜ PA MED PAR GUK PAR NÜ MA

Homage to Her who makes the realm of desire, direction and space
Resound with TUTTARA and HUNG,
Who, treading upon the seven worlds with her feet,
Has the power to rally together all beings.

OM TARE TU TARE TURE KURUKULLE NRI DZA SOHA

6. JIKCHED MA, SHE WHO CAUSES TERROR

CHAK TSAL GYA CHIN ME LHA TSANG PA
LUNG LHA NA TSOK WANG CHUK CHOD MA
JUNGPO RO LANG DRI ZA NAM DANG
NOD JIN TSOK KYI DUN NE TOD MA

Homage to Her to whom Indra, Agni, Brahma, Vaya
And the different Lords make gifts,
At whose feet the forces of the elements, the zombies,
The eater of smells, and those who bring harm, worship.

OM TARE TU TARE TURE SARWA BIGNAN BAM HUNG PHAT SOHA

7. ZHENGYI MITUB MA, SHE WHO IS INVINCIBLE

CHAK TSAL TRAD CHE CHA DANG PHAT KYI
PA ROL TRUL KHOR RAP TU JOM MA
YE KUM YON KYANG ZHAP KYI NAN TE
ME BAR TRUKPA SHIN TU BAR MA

Homage to Her who totally defeats the devices of all adversaries
By TRAT and PHAT,
Who, with right leg drawn up and left leg extended,
Consumes them in her turbulent and dazzling fire.

OM TARE TU TARE TURE VAJRA TAKA HANA LI TZA PHAT SOHA

8. SHENLE GYAL MA, TRIUMPHANT OVER OTHERS

CHAK TSAL TURE JIKPA CHENPO
DUD KYI PAWO NAMPAR JOM MA
CHU KYE ZHAL NI TRO NYER DAN DZAD
DRAWO TAMCHAD MA LÜ SOD MA

Homage to Her who completely subdues the most resistant of demons
With the sound TURE and her terrifying appearance,
Who, wrinkling her face into an angry scowl,
Kills each and every enemy.

OM TARE TU TARE TURE DA HA PA TSA HUNG PHAT SOHA

9. SENGDENG NAKKYI DROLMA, TARA OF THE KHADIRA FOREST

CHAK TSAL KON CHOK SUM TSON CHAK GYE
SOR MÖ TUK KAR NAM PAR GYAN MA
MA LÜ CHOK KYI KHOR LÖ GYAN PE
RANG GI OD KYI TSOK NAM TRUK MA

Homage to Her whose fingers in the form of the three Rare and Supreme Ones
Form an exquisite ornament at the level of her heart,
Who, with a flood of light from her hand adorned with a wheel,
Fights every kind of harmful force.

OM TARE TU TARE TURE DANA TRA YA SOHA

10. JIKTEN SUMGYAL MA, SHE WHO CONQUERS THE THREE WORLDS

CHAK TSAL RAPTU GAWA JID PE
U GYAN OD KYI TRENG WA PELMA
ZHAD PA RAP ZHAD TUTTARA YI
DUD DANG JIKTEN WANG DU DZAD MA

Homage to Her whose extreme joy
Causes ribbons of light to stream from her sparkling tiara,
Who, amidst peals of laughter, brings all demons and the world
Under her influence at the sound of TUTTARA.

OM TARE TU TARE TURE LOKA PA SHAM KURU SOHA

11. NORTER MA, SHE WHO BESTOWS WEALTH

CHAK TSAL SA ZHI KYONG WE TSOK NAM
TAM CHAD GUK PAR NÜ MA NYID MA
TRO NYER YO WE YI GE HUNG GI
PONGPA TAM CHAD NAM PAR DROLMA

Homage to Her who has the power
To rally together all protectors of the earth,
Whose letter HUNG, when stirred by her fierce grimacing,
Releases all from their poverty

OM TARE TU TARE TURE MAMA BASU PUSHTIM KURU SOHA

12. TASHI DONDZED MA, SHE WHO BRINGS AUSPICIOUSNESS

CHAK TSAL DA WE DUM BÜ U GYAN
GYAN PA TAM CHAD SHIN TU BAR MA
RAL PE TROD NA OD PAK MED LE
TAK PAR SHINTU OD RAP DZAD MA

Homage to Her whose tiara is adorned with a crescent moon
And whose ornaments are brilliantly luminous,
Who continually radiates an intense light
From Amitabha seated upon her topknot.

OM TARE TU TARE TURE MANGALA SHIR MAHA PANI SOHA

13. DRAPUNG JOM MA, SHE WHO DESTROYS THE POWER OF ENEMIES

CHAK TSAL KAL WE TA ME ME TAR
BAR WE TRENG WE Ü NA NE MA
YE KYANG YON KUM KUN NE KOR GE
DRA YI PUNG NI NAMPAR JOM MA

Homage to Her who sits amidst a circle of blazing flames
Like the fire at the end of the kalpa,
Who, with the right leg extended and left leg drawn in, utterly destroys
The armies of enemies of those who rejoice in the turning of the wheel.

OM TARE TU TARE TURE VAJRA DZALA PHAT PHAT RAKCHA RAKCHA SOHA

14. TRONYER CHENMA, SHE WHO WEARS A WRATHFUL FROWN

CHAK TSAL SA ZHI'I NGÖ LA CHAK GI
TIL GYI NUN CHING ZHAP KYI DUNG MA
TRO NYER CHAN DZAD YI GE HUNG GI
RIMPA DUNPO NAM NI GEM MA

Homage to Her who strikes the earth's surface
With the palm of her hand and stamps with her foot,
Who subdues the seven levels of the underworld
With her angry scowl and letter HUNG.

OM TARE TU TARE TURE HUNG HUNG HAM SHAM TRIGNAN PHAT SOHA

15. RABSHI MA, SHE WHO IS PERFECT PEACE

CHAK TSAL DE MA GE MA ZHI MA
NYA NGAN DE ZHI CHOD YUL NYID MA
SOHA OM DANG YANG DAK DAN PE
DIKPA CHENPO JOMPA NYID MA

Homage to Her who is bliss, goodness and serenity,
Whose sphere of activity is the peace beyond all suffering,
Whose mantra with SOHA and OM, when perfectly recited,
Nullifies the greatest evils.

OM TARE TU TARE TURE SARWA PA PAM GHATE GHATE SOHA

16. BARWE OCHEN MA, LADY WHO IS ABLAZE WITH LIGHT

CHAK TSAL KUN NE KOR RAP GA WE
DRA YI LÜ NI NAM PAR GEM MA
YI GE CHU PE NGA NI KOD PE
RIGPA HUNG LE DROLMA NYID MA

Homage to Her who annihilates the host of forces opposing those
Who express perfect delight in the turning of the wheel,
She who liberates through the movement of her ten syllable mantra
And the HUNG with its mantra of awareness.

OM TARE TU TARE TURE TRAM DUTRI NA TRAM DU PHAT SOHA

17. PAKME NONMA, SHE OF LIMITLESS SUBJUGATION

CHAK TSAL TURE ZHAP NI TAP PE
HUNG GI NAM PE SA BON NYID MA
RI RAP MANDARA DANG BIK CHED
JIKTEN SUM NAM YO WA NYID MA

Homage to Her, TURE, the swift One,
Whose seed syllable takes the form HUNG,
Who is stamping her feet,
Shakes Mount Meru, Mandara, Kailasha, and the three worlds.

OM TARE TU TARE TURE HUNG HUNG BAM HO SOHA

18. MAJA CHENMO, MAJESTIC AS THE GREAT PEACOCK

CHAK TSAL LHA YI TSO YI NAM PE
RI DAK TAK CHAN CHAK NA NAM MA
TARA NYI JOD PHAT KYI YI GYE
DUK NAM MA LÜ PA NI SEL MA

Homage to Her, who holds in her hand
A moon as white as the celestial lake,
Bearing the mark of a deer,
Who dispels all poisons on uttering TARA twice and PHAT.

OM TARE TU TARE TURE SARWA BIKA TARA PHAT SOHA

19. MIPAM GYALMO, SHE WHO IS UNCONQUERABLE AND VICTORIOUS

CHAK TSAL LHA YI TSOK NAM GYALPO
LHA DANG MI AM CHI YI TEN MA
KUN NE GO CHA GA WA JID KYI
TSOD DANG MI LAM NGAN PA SEL MA

Homage to her, served by the ruler of the hosts divine,
By gods and kimnaras,
Dispelling conflicts and bad dreams
With her armor of joy and splendor.

OM TARE TU TARE TURE HUNG HUNG PHAT PHAT RAKCHA RAKCHA MAM SOHA

20. RITROD MA, DWELLER IN THE MOUNTAINS

CHAK TSAL NYIMA DAWA GYE PE
CHAN NYI PO LA OD RAP SAL MA
HARA NYI JOD TUTTARA YI
SHIN TU DRAKPO'I RIM NAD SEL MA

Homage to Her whose eyes, like two suns of two full moons,
Illuminate with their light rays,
Who dispels the fiercest diseases
With the sound of two HARAs and TUTARE.

OM TARE TU TARE TURE NAMA TARE MANO HARA HUNG HARA SOHA

21. OZER CHENMA, LADY RAYS OF LIGHT

CHAK TSAL DE NYID SUM NAM KOD PE
ZHI WE TU DANG YANGDAK DAN MA
DON DANG RO LANG NOD JIN TSOK NAM
JOMPA TURE RAP CHOK NYID MA

Homage to Her who has complete power of appeasement
Through the visualization of her three principal syllables,
She who excels in the swift action TURE
Of subduing all demons, zombies, and beings who bring harm.

OM TARE TU TARE TURE MARI TSE YE TSE DRUM NI DZA SOHA

TSA WE NGA K KYI TOD PA DI DANG
CHA TSAL WA NI NYI SHU TSA CHIK

Such are the praises with the root mantras
And the twenty-one verses of homage.

PRAYER TO TARA WHO LIBERATES FROM THE EIGHT GREAT FEARS

SENGE LANG CHEN ME DRUL CHÖ KUN DANG
CHAK DROL GYA TSO SHA ZE HIKPA NAM
ZHI DZAD DAWE ÖD ZER SOLWA DEP
JETSUN DROLMA YUM LA CHAK TSAL LO

We pray to you who are like the moonlight, the one who pacifies all fear:
Of doubt, desire, envy and avarice,
Of wrong views, hatred, delusion, and pride:
Jetsun Tara, mother of all the Buddhas, we pay homage to you!

SHORT PRAYER AND ROOT MANTRA OF TARA

JETSUN PAKMA DROLMA KHYED KHYEN NO
JIK DANG DUK NGAL KUN LE KYAP DU SOL

I pray to you, the Noble Saviouress Tara,
May you protect us from all dangers, fears, and misfortune.

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OM TARE TU TARE TURE SOHA

Repeat many times.

DISSOLUTION

DUN KYED OD ZHI RANG LA TIM
YERMED NYID DU CHIN LAP PE
RANG NYID PAK MA DROLME KU
NANG LA RANG ZHIN MED PAR GYUR

The front visualization dissolves into lights and melts into me,
Inseparable, united, and blessed.
Oneself becomes Tara.
Manifest, yet without inherent existence.

DEDICATION

GEWA DI YI NYUR DU DAK
PAKMA DROLMA DRUP GYUR NE
DROWA CHIK KYANG MA LÜ PA
DE YI SA LA GÖ PAR SHOK

Through the positivity and merit of this, may I swiftly
Attain the realization of the Noble Saviouress Tara
So that every single sentient being
May reach that state of perfection too.

SONAM DI YI TAM CHAD ZIKPA YI
TOP NE NYE PE DRA NAM PAMJE SHING
KYE GA NA CHI BALONG TRUKPA YI
SIPE TSO LE DROWA DRÖLWAR SHOK

By this merit may I attain omniscience.
Having defeated the enemies, negativities,
May all beings be liberated from the ocean of existence,
With its stormy waves of birth, old age, sickness and death.

JAMPAL PAWO JITAR KHYENPA DANG
KUNTUZANGPO DE YANG DE ZHIN TE
DE DAK KUN GYI JE SU DAK LOP CHIR
GEWA DI DAK TAMCHAD RAP TU NGO

Just as the Bodhisattva Manjushri attained realization,
And likewise Samantabhadra,
I shall train to follow in their footsteps
And dedicate all this merit toward the enlightenment of all beings.

SANG GYE TANPA DAR SHING GYE PAR SHOK
SEMCHAN TAMCHAD DE SHING KYID PAR SHOK
NYIN DANG TSAN DU CHÖ LA CHÖD PAR SHOK
RANG ZHAN DON NYI LHUN GYI DRUP PAR SHOK

May the teaching of Buddha flourish and spread!
May all sentient beings find peace and happiness!
May they practice the dharma day and night!
May the two purposes of self and others be spontaneously accomplished!