

# *Praises to the Twenty-One Taras*



FPMT Inc.  
1632 SE 11th Avenue  
Portland, OR 97214 USA  
[www.fpmt.org](http://www.fpmt.org)

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# *Praises to the Twenty-One Taras*

## *Invocation*

PO TA LA YI NÄ CHHOG NÄ

**From your sublime abode at the Potala,**

TAM YIG JANG KHU LÄ THRUNG SHING

**O Tara, born from the green letter TAM**

Ö PAG ME KYI U LA GYÄN

**Your crown adorned with Amitabha,**

DÜ SUM SANG GYÄ THRIN LÄ MA

**Action-mother of the buddhas of the three times,**

DRÖL MA KHOR CHÄ SHEG SU SÖL

**Tara, please come with your attendants.**

## *Prostration*

LHA DANG LHA MIN CHÖ PÄN GYI

**The gods and demigods bow**

ZHAB KYI PÄ MO LA TÜ DE

**To your lotus feet, O Tara;**

PHONG PA KÜN LÄ DRÖL DZÄ MA

**You who rescue all who are destitute.**

DRÖL MA YUM LA CHHAG TSHÄL LO

**To you, Mother Tara, I pay homage.**

## The Praises

OM JE TSÜN MA PHAG MA DRÖL MA LA CHHAG TSHÄL LO  
**OM I prostrate to the noble transcendent liberator.**

CHHAG TSHÄL DRÖL MA NYUR MA PA MO  
**Homage! Tara, swift, heroic!**

CHÄN NI KÄ CHIG LOG DANG DRA MA  
**Eyes like lightning instantaneous!**

JIG TEN SUM GÖN CHHU KYE ZHÄL GYI  
**Sprung from op'ning stamens of the**

GE SAR JE WA LÄ NI JUNG MA  
**Lord of three world's tear-born lotus!**

CHHAG TSHÄL TÖN KÄI DA WA KÜN TU  
**Homage! She whose face combines a**

GANG WA GYA NI TSEG PÄI ZHÄL MA  
**Hundred autumn moons at fullest!**

KAR MA TONG THRAG TSHOG PA NAM KYI  
**Blazing with light rays resplendent**

RAB TU CHHE WÄI Ö RAB BAR MA  
**As a thousand star collection!**

CHHAG TSHÄL SER NGO CHHU NÄ KYE KYI  
**Homage! Golden-blue one, lotus**

PÄ MÄ CHHAG NI NAM PAR GYÄN MA  
**Water born, in hand adorned!**

JIN PA TSÖN DRÜ KA THUB ZHI WA  
**Giving, effort, calm, austerities,**

ZÖ PA SAM TÄN CHÖ YÜL NYI MA  
**Patience, meditation her sphere!**

CHHAG TSHÄL DE ZHIN SHEG PÄI TSUG TOR  
**Homage! Crown of tathagatas,**

THA YÄ NAM PAR GYÄL WAR CHÖ MA  
**Actions triumph without limit**

MA LÜ PHA RÖL CHHIN PA THOB PÄI  
**Relied on by conquerors' children,**  
 GYÄL WÄI SÄ KYI SHIN TU TEN MA  
**Having reached ev'ry perfection!**

CHHAG TSHÄL TUTTARA HUM YI GE  
**Homage! Filling with TUTTARE,**  
 DÖ DANG CHHOG DANG NAM KHA GANG MA  
**HUM, desire, direction, and space!**  
 JIG TEN DÜN PO ZHAB KYI NÄN TE  
**Trampling with her feet the seven worlds,**  
 LÜ PA ME PAR GUG PAR NÜ MA  
**Able to draw forth all beings!**

CHHAG TSHÄL GYA JIN ME LHA TSHANG PA  
**Homage! Worshipped by the all-lords,**  
 LUNG LHA NA TSHOG WANG CHHUG CHHÖ MA  
**Shakra, Agni, Brahma, Marut!**  
 JUNG PO RO LANG DRI ZA NAM DANG  
**Honored by the hosts of spirits,**  
 NÖ JIN TSHOG KYI DÜN NÄ TÖ MA  
**Corpse-raisers, gandharvas, yakshas!**

CHHAG TSHÄL TRAD CHE JA DANG PHAT KYI  
**Homage! With her TRAD and PHAT sounds**  
 PHA RÖL THRÜL KHOR RAB TU JOM MA  
**Destroying foes' magic diagrams!**  
 YÄ KUM YÖN KYANG ZHAB KYI NÄN TE  
**Her feet pressing, left out, right in,**  
 ME BAR THRUG PA SHIN TU BAR MA  
**Blazing in a raging fire-blaze!**

CHHAG TSHÄL TURE JIG PA CHHEN PO  
**Homage! TURE, very dreadful!**  
 DÜ KYI PA WO NAM PAR JOM MA  
**Destroyer of Mara's champion(s)!**

CHHU KYE ZHÄL NI THRO NYER DÄN DZÄ

**She with frowning lotus visage**

DRA WO THAM CHÄ MA LÜ SÖ MA

**Who is slayer of all enemies!**

CHHAG TSHÄL KÖN CHHOG SUM TSHÖN CHHAG GYÄI

**Homage! At the heart her fingers,**

SOR MÖ THUG KAR NAM PAR GYÄN MA

**Adorn her with Three Jewel mudra!**

MA LÜ CHHOG KYI KHOR LÖ GYÄN PÄI

**Light-ray masses all excited!**

RANG GI Ö KYI TSHOG NAM THRUG MA

**All directions' wheels adorn her!**

CHHAG TSHÄL RAB TU GA WA JI PÄI

**Homage! She so joyous, radiant,**

U GYÄN Ö KYI THRENG WA PEL MA

**Crown emitting garlands of light!**

ZHE PA RAB ZHÄ TUTTARA YI

**Mirthful, laughing with TUTTARE,**

DÜ DANG JIG TEN WANG DU DZÄ MA

**Subjugating maras, devas!**

CHHAG TSHÄL SA ZHI KYONG WÄI TSHOG NAM

**Homage! She able to summon**

THAM CHÄ GUG PAR NÜ MA NYI MA

**All earth-guardians' assembly!**

THRO NYER YO WÄI YI GE HUM GI

**Shaking, frowning, with her HUM sign**

PHONG PA THAM CHÄ NAM PAR DRÖL MA

**Saving from every misfortune!**

CHHAG TSHÄL DA WÄI DUM BÜ U GYÄN

**Homage! Crown adorned with crescent**

GYÄN PA THAM CHÄ SHIN TU BAR MA

**Moon, all ornaments most shining!**

RÄL PÄI KHUR NA Ö PAG ME LÄ  
**Amitabha in her hair-knot**  
 TAG PAR SHIN TU Ö RAB DZÄ MA  
**Sending out much light eternal!**

CHHAG TSHÄL KÄL PÄI THA MÄI ME TAR  
**Homage! She 'mid wreath ablaze like**  
 BAR WÄI THRENG WÄI Ü NA NÄ MA  
**Eon-ending fire abiding!**  
 YÄ KYANG YÖN KUM KÜN NÄ KOR GÄI  
**Right stretched, left bent, joy surrounds you**  
 DRA YI PUNG NI NAM PAR JOM MA  
**Troops of enemies destroying!**

CHHAG TSHÄL SA ZHII NGÖ LA CHHAG GI  
**Homage! She who strikes the ground with**  
 THIL GYI NÜN CHING ZHAB KYI DUNG MA  
**Her palm, and with her foot beats it!**  
 THRO NYER CHÄN DZÄ YI GE HUM GI  
**Scowling, with the letter HUM the**  
 RIM PA DÜN PO NAM NI GEM MA  
**Seven levels she does conquer!**

CHHAG TSHÄL DE MA GE MA ZHI MA  
**Homage! Happy, virtuous, peaceful!**  
 NYA NGÄN DÄ ZHI CHÖ YÜL NYI MA  
**She whose field is peace, nirvana!**  
 SVAHA OM DANG YANG DAG DÄN PÄ  
**She endowed with OM and SVAHA,**  
 DIG PA CHHEN PO JOM PA NYI MA  
**Destroyer of the great evil!**

CHHAG TSHÄL KÜN NÄ KOR RAB GA WÄI  
**Homage! She with joy surrounded**  
 DRA YI LÜ NI NAM PAR GEM MA  
**Tearing foes' bodies asunder,**

YI GE CHU PÄI NGAG NI KÖ PÄI

**Frees with HUM and knowledge mantra,**

RIG PA HUM LÄ DRÖL MA NYI MA

**Arrangement of the ten letters!**

CHHAG TSHÄL TURE ZHAB NI DEB PÄ

**Homage! TURE! With seed letter**

HUM GI NAM PÄI SA BÖN NYI MA

**Of the shape of syllable HUM!**

RI RAB MANDHARA DANG BIG JE

**By foot stamping shakes the three worlds,**

JIG TEN SUM NAM YO WA NYI MA

**Meru, Mandara, and Vindhya!**

CHHAG TSHÄL LHA YI TSHO YI NAM PÄI

**Homage! Holding in her hand the**

RI DAG TAG CHÄN CHHAG NA NAM MA

**Hare-marked moon of deva-lake form!**

TARA NYI JÖ PHAT KYI YI GE

**With twice spoken TARA and PHAT,**

DUG NAM MA LÜ PA NI SEL MA

**Totally dispelling poison!**

CHHAG TSHÄL LHA YI TSHOG NAM GYÄL PO

**Homage! She whom gods and their kings,**

LHA DANG MI AM CHI YI TEN MA

**And the kinnaras do honor!**

KÜN NÄ GO CHHA GA WÄI JI GYI

**Armored in all joyful splendor,**

TSÖ DANG MI LAM NGÄN PA SEL MA

**She dispels bad dreams and conflicts!**

CHHAG TSHÄL NYI MA DA WA GYÄ PÄI

**Homage! She whose two eyes bright with**

CHÄN NYI PO LA Ö RAB SÄL MA

**Radiance of sun and full moon!**

HARA NYI JÖ TUTTARA YI

**With twice HARA and TUTTARE**

SHIN TU DRAG PÖI RIM NÄ SEL MA

**She dispels severe contagion!**

CHHAG TSHÄL DE NYI SUM NAM KÖ PÄ

**Homage! Full of liberating**

ZHI WÄI THÜ DANG YANG DAG DÄN MA

**Pow'r by the set of three natures!**

DÖN DANG RO LANG NÖ JIN TSHOG NAM

**Destroys hosts of spirits, yakshas,**

JOM PA TURE RAB CHHOG NYI MA

**And raised corpses! Supreme! TURE!**

TSA WÄI NGAG KYI TÖ PA DI DANG

**These praises with the root mantras**

CHHAG TSHÄL WA NI NYI SHU TSA CHIG

**And prostrations thus are twenty-one!**



*Tara*

# *Praises to the Twenty-One Taras*

*(abbreviated version)*

This abbreviation in a single verse of the praises to the twenty-one Taras was received directly from Arya Tara by the great teacher, Jowo Atisha, for the swift collection of meritorious energy.

OM CHOM DÄN DÄ MA LHA MO DRÖL MA LA CHHAG TSHÄL LO  
**OM I prostrate to the goddess foe destroyer, liberating lady Tara.**

CHHAG TSHÄL DRÖL MA TARE PÄL MO  
**Homage to TARE, savior, heroine,**

TUTTARA YI JIG KÜN SEL MA  
**With TUTTARE dispelling all fears,**

TURE DÖN NAM THAM CHÄ TER MA  
**Granting all benefits with TURE,**

SVAHA YI GER CHÄ LA RAB DÜ  
**To her with sound SVAHA, I bow.**

## *Tara's Mantra*

OM TARE TUTTARE TURE SVAHA

# *Praises to the Twenty-One Taras*

*(literal English translation)*

OM Homage to the Venerable Arya Tara.

Homage to you, Tara, the swift heroine,  
Whose eyes are like an instant flash of lightning,  
Whose water-born face arises from the blooming lotus  
Of Avalokiteshvara, protector of the three worlds.

Homage to you, Tara, whose face is like  
One hundred full autumn moons gathered together,  
Blazing with the expanding light  
Of a thousand stars assembled.

Homage to you, Tara, born from a golden-blue lotus,  
Whose hands are beautifully adorned with lotus flowers,  
You who are the embodiment of giving, joyous effort, asceticism,  
Pacification, patience, concentration, and all objects of practice.

Homage to you, Tara, the crown pinnacle of those thus gone,  
Whose deeds overcome infinite evils,  
Who have attained transcendent perfections without exception,  
And upon whom the sons of the victorious ones rely.

Homage to you, Tara, who with the letters TUTTARA and HUM  
Fill the (realms of) desire, direction, and space,  
Whose feet trample on the seven worlds,  
And who are able to draw all beings to you.

Homage to you, Tara, venerated by Indra,  
Agni, Brahma, Vayu, and Ishvara,  
And praised by the assembly of spirits, raised corpses,  
Gandharvas, and all yakshas.

Homage to you, Tara, whose TRAT and PHAT  
Destroy entirely the magical wheels of others.  
With your right leg bent and left outstretched and pressing,  
You burn intensely within a whirl of fire.

Homage to you, Tara, the great fearful one,  
Whose letter TURE destroys the mighty demons completely,  
Who with a wrathful expression on your water-born face  
Slay all enemies without an exception.

Homage to you, Tara, whose fingers adorn your heart  
With the gesture of the sublime precious three;  
Adorned with a wheel striking all directions without exception  
With the totality of your own rays of light.

Homage to you, Tara, whose radiant crown ornament,  
Joyful and magnificent, extends a garland of light,  
And who, by your laughter of TUTTARA,  
Conquer the demons and all of the worlds.

Homage to you, Tara, who are able to invoke  
The entire assembly of local protectors,  
Whose wrathful expression fiercely shakes,  
Rescuing the impoverished through the letter HUM.

Homage to you, Tara, whose crown is adorned  
With the crescent moon, wearing ornaments exceedingly bright  
From your hair knot the buddha Amitabha  
Radiates eternally with great beams of light.

Homage to you, Tara, who dwell within a blazing garland  
That resembles the fire at the end of this world age;  
Surrounded by joy, you sit with your right leg extended  
And left withdrawn, completely destroying all the masses  
of enemies.

Homage to you, Tara, with hand on the ground by your side,  
Pressing your heel and stamping your foot on the earth;  
With a wrathful glance from your eyes you subdue  
All seven levels through the syllable HUM.

Homage to you, Tara, O happy, virtuous, and peaceful one,  
The very object of practice, passed beyond sorrow.  
You are perfectly endowed with SVAHA and OM,  
Overcoming completely all the great evils.

Homage to you, Tara, surrounded by the joyous ones,  
You completely subdue the bodies of all enemies;  
Your speech is adorned with the ten syllables,  
And you rescue all through the knowledge-letter HUM.

Homage to you, Tara, stamping your feet and proclaiming TURE.  
Your seed-syllable itself in the aspect of HUM  
Causes Meru, Mandhara, and the Vindhya mountains  
And all the three worlds to tremble and shake.

Homage to you, Tara, who hold in your hand  
The hare-marked moon like the celestial ocean.  
By uttering TARA twice and the letter PHAT  
You dispel all poisons without an exception.

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

Homage to you, Tara, whose two eyes – the sun and the moon –  
Radiate an excellent, illuminating light;  
By uttering HARA twice and TUTTARA,  
You dispel all violent epidemic disease.

Homage to you, Tara, adorned by the three suchnesses,  
Perfectly endowed with the power of serenity,  
You who destroy the host of evil spirits, raised corpses,  
and yakshas,  
O TURE, most excellent and sublime!

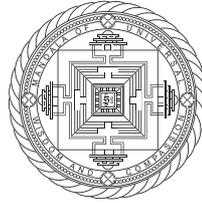
Thus concludes this praise of the root mantra  
and the offering of the twenty-one homages.

### *Colophons:*

Praises to the Twenty-One Taras, chantable version, based on Martin Wilson's chantable translation and additionally checked against the Tibetan and for euphony by FPMT Education Department and Venerable George Churinoff, January 2001.

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Foundation for the Preservation of the Mahayana Tradition  
1632 SE 11th Avenue  
Portland, OR 97214 USA  
(503) 808-1588

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