

The Praise of Twenty-One Taras

OM JET-SUN-MA PA-MA DROL-MA LA CHA-TSAL-LO
Om. I pay homage to Tara, the Noble One, the Arya

CHA-TSAL DROL-MA NYUR-MA PA-MO
Namo. Tara, She who is Swift, the Heroine,

CHEN-NI KE-CHIK LO-DANG DRA-MA
She who has Eyes like instantaneous lightning

JI-TEN SUM-GÖN CHU-CHE SHAL-KYI
She who appeared from the opened blossom

GE-SAR CHE-WA LE-NI JHUNG-MA
Of the Lotus Face of the Lord of the Three Worlds (Chenrezi).

CHA-TSAL TÖN-KE DA-WA KUN-TU
Namo. She who has the Face of a hundred completely full moons

GHANG-WA JA-NI TSE-PE ZHAL-MA
Of Autumn, laid one upon another.

KAR-MA TONG-DRA TSO-PA NAM-KYI
She who is shining intensely with the completely diffused light

RAB-TU CHE-WE YOE-RAB BAR-MA
Of a multitude of thousands of stars.

CHA-TSAL SER NGO CHU NE CHE CHI
Namo. She whose Hand is perfectly adorned

PE-ME CHA-NI NAM-PAR JEN-MA
By a gold and blue lotus born from water.

JIN-PA TSÖN-DRU KA-TUB SHI-WA
She who is the embodiment of the field of activity of giving,

ZÖ-PA SAM-TEN CHÖ-YUL NYI-MA
diligence, the difficult, peace, patience and dhyana.

CHA-TSAL DE-SHIN SHE-PE TSUK-TOR
Namo. She who has the activity of complete, infinite victory

TA-YE NAM-PAR GYAL-WAR CHÖ-MA
Upon the Ushinishas (Head-mounds) of the Tathagatas

MA-LU-PA ROL CHIN-PE TOP-PE
She, on whom the Buddha's daughters and sons

GYAL-WE SE-CHI SHIN-TU TEN-MA
Who have attained all paramitas without exception, utterly depend.

CHA-TSAL TUT-TA-RA HUNG YI-GE
Namo. She who fills Desire, Direction and Space

DÖ-DANG CHÖ-DANG NAM-KHA GANG-MA
With tutara and the syllable hung

JI-TEN DUN-PO SHAP-KYI NEN-TE
She who has the power to squash down the seven worlds with her Feet

LU-PA ME-PAR GU-PAR NU-MA
And summon all without exception.

CHA-TSAL JA-CHIN ME-LHA TSANG-PA
Namo. She to whom Indra, Agni, Brahma, Pavana

LUNG-LHA NA-TSO WONG-CHU CHÖ-MA
And the Various Great Gods make offerings

JUNG-PO RO-LANG DRI-SA NAM DANG
She who is praised by multitudes of bhutas, vetalas

NÖ-JIN TSO-CHI DUN-NE TÖ-MA
Gandharvas and yakshas gathered before Her.

CHA-TSAL TRE CHE CHA-TANG PHE CHI
Namo. She who completely defeats the magical devices of adversaries

PHA-ROL TRUL-KOR RAB-TU JOM-MA
By what is named trad and phat

YE-KUM YÖN-CHANG SHAB-CHI NEN-TE
She who squashes down with Her legs, the right indrawn, the left extended,

ME-BAR DRU-PA SHIN-TU BAR-MA
And blazes intensely with whirling blazing fire.

CHA-TSAL TU-RE JI-PA CEN-MÖ
Namo. Ture, the Great Terrorress,

DU-KYI PA-WO NAM-PAR JOM-MA
Who completely vanquishes the Mara-Warriors

CHU-CHE SHAL-NI TRO-NYER DEN-DZE
She who has a Lotus-Face grimacing angrily,

DRA-WO TAM-CHE MA-LU SÖ-MA
Who slays all enemies without exception.

CHA-TSAL KÖN-CHOK SUM-TSÖN CHA GHI
Namo. She who's Heart is perfectly adorned

SOR-MO TU-KAR NAM-PAR GYEN.MA
By Her fingers in the Mudra symbolising the Three Jewels,

MA-LU CHO-KYI KOR-LO GYEN-PE
She who whirls her own multitude of lights,

RAN-GI Ö-KYI TSO-NAM DRU-MA
Adorning the wheel of all directions without exception.

CHA-TSAL RAB-TU GA-WA JI-PE
Namo. She who has a Tiara of brilliance and complete joy

U-JEN YOË-KYI DRENG-WA PEL-MA
Creating more and more streams of light.

SHE-PA RAB-SHE TUT-TA-RA YI
She who with laughter, the perfect laughter of tutara,

DU DANG JI-TEN WANG-DU DZE-MA
Overpowers Maras and worlds.

CHA-TSAL SA-SHI CHONG-WE TSO-NAM
Namo. She who has the power to summon

TAM-CHE GU-PAR NU-PA NYI-MA
All the multitudes of Protectors of the World.

DRO-NYER YO-WE YI-GE HUNG GI
She who perfectly liberates from all destitution

PONG-PA TAM-CHE NAM-PAR DROL-MA
With the syllable hung of the Wrathful Grimacer.

CHA-TSAL DA-WE DUM-BU U-GYEN
Namo. She, whose head-adornment, which is a sliver of the moon,

GYEN-PA TAM-CHE SHIN-TU BAR-MA
And all Her adornments, are shining intensely.

RAL-PE TRÖ-NA YOE-PA-ME LE
She who creates eternal, intense light

TA-PAR SHIN-TU YOE-NI DZE-MA
From Amitabha in the midst of Her gathered hair.

CHA-TSAL KALPE TA-ME ME TAR
Namo. She who resides in the centre of a blazing garland

BAR-WE DRENG-WE U-NA NE-MA
like the fire at the end of the kalpa.

YE-KYAANG YÖN-KUM KUN-NE KOR-GA
She who, with right leg extended, left indrawn, with the joy of complete revolving

DRA-YI PUNG-NI NAM-PAR JOM-MA
Totally defeats the hordes of enemies.

CHA-TSAL SA-SHI NGÖ-LA CHA-GI
Namo. She who stamps with Her Feet and squashes down with Her Hands

TIL-CHI NUN-CHING SHAP-CHI DUNG-MA
The surface of the Earth.

DRO-NYER CHEN-DZE YI-GE HUNG-GI
She who manifests as (Bhrikuti The Angry Grimacer), and with the syllable hung

RIM-PA DUN-PO NAM-NI GEM-MA
Vanquishes all of the Seven Levels.

CHA-TSAL DE-MA GE-MA SHI-MA

Namo. She who is Bliss, She who is Goodness, She who is Peace,

NYA-NGEN DE-SHI CHÖ-JUL NYI-MA

She who is the embodiment of the field of experience of Nirvana's Peace.

SO-HA OM DANG YANG-DAG DEN-PE

She who, through that which truly possesses swaha and om (Tara's mantra)

DI-PA CHEN-PO JOM-PA NYI-MA

Is the embodiment of the defeat of great bad karma.

CHA-TSAL KUN-NE KOR-RAB GA-WE

Namo. She who totally vanquishes the bodies of the enemies

DRA-YI LU-NI RAB-TU GEM-MA

Of those with perfect joy at the complete circling.

YI-GE CHU-PE NGA-NI KÖ-PE

She who is the Saviouress arisen from the Wisdom-hung

RIM-PA HUNG LE DROL-MA NYI-MA

Of the arranged ten-syllable speech.

CHA-TSAL TU-RE SHAP-NI DAP PE

Namo. Ture, who by stamping Her Feet,

HUNG GI NAM-PE SA-PÖN NYI-MA

She who is the nature of the Seed in the form of a hung,

RI-RAB MEN-DA-RA DANG BI CHE

Shakes the Sumeru, Mandara and Vindhya mountains,

JI-TEN SUM-NAM YO-WA NYI-MA

And all the three worlds.

CHA-TSAL LHA-YI TSO-YI NAM-PE

Namo. She who holds in Her Hands that which has the emblem of a wild animal

RI-DA TA-CHEN CHA-NA NAM-MA

And has the form of the Lake of the Devas.

TA-RA NYI JEU PEH GHI YI-GE
She who eliminates all poisons without exception

DU-NAM MA-LU-PAR NI SEL-MA
Through reciting the two taras and the syllable phat.

CHA-TSAL LHA-YI TSO-NAM GYAL-PO
Namo. She to whom the multitudes of Deva-Kings

LHA-DANG MI-AM CHI-YI TEN-MA
Devas and Kimnara depend.

KUN-NE GO-CHA GA-WE JI-KYI
She who eliminates quarrels and evil dreams

TSÖ-DANG MI-LAM NGEN-PA SEL-MA
With the majesty of Her joyous complete armour.

CHA-TSAL NYI-MA DA-WA GAY-PE
Namo. She with the intensely vivid light

CHEN-NYI PO-LA YOE-RAB SAL-MA
Of the full sun and moon in both eyes,

HA-RA NYI JÖ TUT-TA-RA YI
She who eliminates extremely fierce diseases

SHIN-TU DRA-PÖ RIM-NE SEL-MA
By reciting the two haras and tuttare.

CHA-TSALDE-NYI SUM-NAM KÖ-PE
Namo. She who truly possesses the power of Peace,

SHI-WE TU-DANG YANG-DAG DEN-MA
Through the arrangement of the three Thatnesses,

DÖN-DANG RO-LANG NÖ-JIN TSO NAM
She who is the totally supreme ture, the conqueror

JOM-PA TU-RE RAB-CHO NYI-MA
Of the multitudes of avaharas, vetalas and yakshas.

TSAWE NGA CHI TÖ-PA DI-DANG
This praise of the Root-Mantra

CHA-TSAL-WA NI NYI SHU TSA CHI
And the twenty-one Namos.

Mantra of Tara (Je-tsun Dol-may tsen-ngag)

OM Chom-dhen dhey-ma lhamo dolma la chag tsal-lo,
OM I prostrate to the goddess foe destroyer, liberating lady Tara,

Chag-tsal dolma TA-RE pa-mo,
Homage to TA-RE, savior, heroine,

TU-TA re-yi jig-kun sel-ma,
With TUT-TARE dispelling all fears,

TU-RE dhon-nam tham-chay ter-ma,
Granting all benefits with TU-RE,

SVA-HA yi-gher chu-la rab-dhue.
To her with sound SVA-HA I bow.

OM TARE TU-TA-RE TU-RE SVA-HA (3x)