

A Gem to Increase Life and Wisdom, A Praise of White Tara

by Gyalwa Gendun Drub, The 1st Dalai Lama

Homage to the Female Buddha beautiful with youth
Who sits on seats of white lotus and moon in nature
Spreading with stainless compassion and knowledge,
Who captures the radiance of snow mountains.

Homage to the Youthful One with budding breasts,
Who has one face and two arms, sits in the vajra posture,
Is bold with grace and calm, has a full moon as backrest
And is filled with great bliss.

Homage to the Ultimately Generous One whose right hand,
Showing the mudra Supreme Giving
Easily releases boundless karmas of peace, increase, power and wrath
As well as the eight siddhis and even supreme Buddhahood.

Homage to the Spiritual Mother who gives birth to Buddhas
Past, present and future; whose left hand
Supporting a blue lotus, grants protection
From lions, elephants, fires and all eight terrors.

Homage to the Refuge of the World, who has eyes
In hands and feet gazing at the four doors of freedom
And who leads all living creatures
Toward the isle of blissful liberation.

Homage to she whose face unites
The beauty of a million autumn moons,
Whose wide eyes gaze with compassion
Whose Joyous mouth smiles equally on all.

Homage to she with head adorned by Amitayus, boundless Life,
The mere thought of whom grants life and wisdom,
Whose hand, in the contemplative mudra,
Hold a vase filled with ambrosia of immortality.

Homage to the All-Beautified One whose crown
Steals the light of sun and moon,
Whose sapphire hair is half knotted on top
And half falling freely over her shoulders.

Homage to the Majestic One of precious ornament blazing,
Whose crown, earrings, necklaces, arm-bands,
Bracelets, anklets and belt so elegantly arranged
Surpass the ornaments of men and gods.

Homage to she of celestial raiment,
Whose shoulder-sash and skirt
Hug her body like rainbows
Hug the crystal mountains.

Homage to the goddess before whose lotus feet
Vishnu, Indra, Shiva, Brahma, the antigods, spirits,
Men, semi-humans and all the world
Submit themselves in devotion.

Merely by reciting your mantra,
Those who make offerings at your lotus feet
Gain immortality, wisdom and merit
And attain all desired siddhis; to you I bow down.

The knowledge, compassion and perfect actions of all Buddhas
Appear in the form of the beautiful goddess
I take refuge in you and offer you my prayers;
Pray eliminate all my obstacles and fulfill all my aims.

Quickly release your perfect action of peace,
Calming all interferences to my practices for enlightenment;
Interferences such as the eight terrors,
Sickness, demons and other harmful agents, inner and outer.

Quickly release your perfect action of increase which multiplies
All good qualities, such as life, merit, unapprehending compassion,
The stainless wisdoms of learning, contemplation and meditation,
And the three higher trainings.

Quickly release your perfect action of power,
Which causes gods, men and spirits
To humbly bow before you
And which fulfils all wishes of the mind.

Quickly release your perfect action of wrath,
Which with punishments befitting the evils done
Destroys demons, interferences and hindrances
Hateful opposing Buddhadharma and its holders.

Pray, bestow quick and easy attainment of siddhis
Such as the magic sword, mystic eye-medicine, fast-walking,
The food pill and the precious vase,
And even mahamudra, the highest siddhi.

In brief, from now until enlightenment
I respectfully make offerings at your lotus feet
I need seek no other refuge
Out of compassion gaze upon me and quickly grant protection.

By the meritorious energy of this practice
May the transcended, perfect Tara
Look upon me forever with pleasure
And never leave me, even for a moment.

May all sentient beings after death take rebirth
Before Amitayus in Sukavati, Land of Pure Joy,
May they live in the ways of the great Bodhisattvas
And come to equal Avalokiteshvara, Lord of Compassion.

May I realise the oceans of Sutras and Tantras
To be able to pass them on to others;
And until samsara be emptied may I strive
To uphold the victory banner of practicing exactly as taught.

Upon completing the above praise to Tara, you can do her short mantra:

OM TARE TUTARE TUREE SOHA

Alternatively, or you can do the extended White Tara mantra:

OM TARE TUTTARE TURE MAMA AYU PUNYE JANA PUTIM KURUYE SOHA