

PRAISES TO THE 21 TARAS

Recite them once and / or offer prostrations or folding ones' hand and think like this: Praising and prostrating each time, like a spark of fire comes from another, a replica of the respective Tara manifests and sinks into you.

Prayer

CH'AK-YÄ CH'OK-JIN CH'AK-GYA-NYI / /

Let me and all who need protection

KYAP-JIN CH'AK-GYAR GY'UR-WÄI OK / /

Enter beneath Your right-hand mudra

DAK-D'ANG SUNG-J'A KÜN TS'Ü-NÄ / /

Of granting boons, the Refuge mudra,

JIK-PA KÜN-LÄ UK-YUNG-GY'UR / /

And be relieved from every fear!

From your sublime abode at the Potala

O Tara – born from the green letter TAM

Your crown adorned with Amitabha,

Action-mother of the Buddhas of the three times,

Come with your retinue, I beg you.

The gods and demi-gods bow

To your lotus feet, O Tara,

You who rescue all who are destitute

To you, Mother Tara, I pay homage.

OM JE TSUN MA PAG MA DROL MA LA CHAG TSEL LO

OM Homage to the Venerable Arya Tara

-1-

**CHAG TSEL DROL MA NYUR MA PA MO
CHEN NI KAY CHIG LHOK DANG DRA MA
JIG TEN SUM GON CHU KYE SHEL GYI
KE SAR JE WA LAY NI JUNG MA**

Homage to 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.

-2-

**CHAG TSEL TON KAY DA WA KUN TU
GANG WA GYA NI TSEG PAY SHEL MA
KAR MA TONG TRAG TSOG PA NAM KYI
RAB TU CHE WAY O RAB BAR MA**

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

-3-

**CHAG TSEL SER NGO CHU NAY KYE KYI
PAY MAY CHAG NI NAM PAR GYEN MA
JIN PA TSON DRO KA TUB SHI MA
SO PA SAM TEN CHO YUL NYI MA**

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, and ascetism,
Pacification, patience, concentration and all objects of practice

-4-

**CHAG TSEL DE SHIN SHEG PAY TSUG TOR
TA YAY NAM PAR GYAL WA CHO MA
MA LU PA ROL CHIN PA TOB PAY
GYEL WAY SAY KYI SHIN TU TEN MA**

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.

-5-

**CHAG TSEL TUTTARA HUM YI GE
DO DANG CHOG DANG NAM KA GANG MA
JIG TEN DUN PO SHAB KYI NEN TE
LU PA MAY PAR GUG PAR NU MA**

Homage to you, Tara, who with the letters TUTTARA HUNG
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.

-6-

**CHAG TSEL GYA CHEN MAY LHA TSANG PA
LUNG LHA NA TSOG WANG CHUK CHO MA
JUNG PO RO LANG TI SA NAM DANG
NO JIN TSOG KYI DUN NE TO MA**

Homage to you Tara, Venerated by Indra,
Agni, Brahma, Vayu, and Ishvara.
Praised by the assembly of spirits, raised corpses,
Ghandaravas and all yakshas.

-7-

**CHAG TSEL TRED CHE CHA DANG PHET KYI
PA ROL TUL KOR RAB TU JOM MA
YAY KUM YON KYANG SHAB KYI NEN TE
MAY BAR TUG PA SHIN TU BAR MA**

Homage to you, Tara, whose TRAD 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.

-8-

**CHAG TSEL TURE JIG PA CHEN PO
DU KYI PA WO NAM PAR TOM MA
CHU KYE SHEL NI TRO NYER DEN DZE
DA WO TAM CHE MA LU SO MA**

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
Slays all enemies without an exception.

-9-

**CHAG TSEL KON CHOG SUM TSON CHAG GYE
SOR MO TUG KAR NAM PAR GYEN MA
MA LU CHOG KYI KOR LO GYEN PAY
RANG GI O KYI TSOG NAM TRUG MA**

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.

-10-

**CHAG TSEL RAB TU GA WA JI PAY
U GYEN O KYI TRENG WA PEL MA
SHAY PA RAB SHAY TUTARA YI
DU DANG JIG TEN WANG DU DZE MA**

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.

-11-

**CHAG TSEL SA SHI KYONG WAY TSOG NAM
TAM CHE GUG PAR NU MA NYI MA
TRO NYER YO WAY YI GE HUM KI
PONG PA TAM CHE NAM PAR DROL MA**

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 HUNG.

-12-

**CHAG TSEL DA WAY DUM DU U GYEN
GYEN PA TAM CHE SHIN TU BAR MA
REL PAY TRO NA O PAG MAY LAY
TAG PAR SHIN TU O RAB DZE MA**

Homage to you, Tara, whose crown is adorned with the crescent moon,
Wearing ornaments exceeding bright.
From your hair-knot the Buddha Amitabha
Radiates eternally with great beams of light.

-13-

**CHAG TSEL KEL PAY TA MAY MAY TAR
BAR WAY TRENG WAY U NA NE MA
YAY KANG YON KUM KUN NE KOR GAY
DRA YI PUNG NI NAM PAR JOM MA**

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 enemies.

-14-

**CHAG TSEL SA SHI NGO LA CHAG GI
TIL GYI NUN CHING SHAB GYI DUNG MA
TO NYEN CHEN DZE YI GAY HUM KI
RIM PA DUN PO NAM NI GEM HA**

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 HUNG.

-15-

**CHAG TSEL DE MAY GAY MA SHI MA
NYA NYEN DE SHI CHO YUL NYI MA
SOHA OM DANG YANG DAG DEN PAY
DIG PA CHEN PO JOM PA NYI MA**

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

-16-

**CHAG TSEL KUN NE KOR RAB GA WAY
DRA YE LU NI NAM PAR GEM MA
YI GAY CHU PAY NGAG NI KO PAY
RIG PA HUM LAY DROL MA NYI MA**

Homage to you, Tara, surround 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 HUNG.

-17-

**CHAG TSEL TURE ZAB NI DAB PAY
HUM GI NAM PAY SA BON NYI MA
RI RAB MAN DA RA DANG BIG JE
JIG TEN SUM NAM YO WA NYI MA**

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

-18-

**CHAG TSEL LHA YI TSO YI NAM PAY
RI DAG TAG CHEN CHAG NA NAM MA
TARA NYI JO PEY KYI YI GAY
DUG NAM MA LU PA NI SEL MA**

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 exception.

-19-

**CHAG TSEL LHA YI TSOG NAM GYAL PO
LHA DANG MI AM CHI YI TEN MA
KUN NE GO CHA GA WAY JI KYI
TSO DANG MI LAM NYEN PA SEL MA**

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

-20-

**CHAG TSEL NYI MA DA WA GYE PAY
CHEN NYI PO LA O RAB SEL MA
HARA NYI JO TUTARA YI
SHIN TU DAG PO RIM NE SEL MA**

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

-21-

**CHAG TSEL DE NYI SUM NAM KO PAY
ZHI WAY TU DANG YANG DAG DEN MA
DON DANG RO LANG NO JIN TSOG NAM
JOM PA TURE RAB CHOG NYI MA**

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

**TSA WAY NGAG KYI TO PA DI DANG
CHAG TSEL WA NI NYI SHU TSA CHIG**

Thus concludes this praise based on the root mantra and the offering of the twenty-one homages. Can recite this in Tibetan phonetics or English. It is very beneficial to recite this as much as possible if we wish to fulfill a long heartfelt wish. Those wishing a child will get one, those wishing a son will get one, those wishing a daughter will receive one...those wishing sustenance will receive or before a long journey to be safe, this 21 praises is very potent. All of our wishes can be fulfilled when we recite this with faith and diligently. When one takes refuge in Tara, all does go right.