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
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.

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, and ascetism,  
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 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.

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

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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.
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 HUNG.

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.
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.

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.
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.

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.
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.

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.
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.

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.
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!

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.