

21 Praises to Tara [Recite twice]

OM jetsun ma phag ma drol ma la chag tshal lo

OM. Prostrations to sacred Arya Tara.

<RED TARA>

Chag tshal drol ma nyur ma pal mo / chen ni kay chig log dang dra ma / jig ten sum gön chu kyey zhal gyi / gey sar jey wa lay ni jung ma

Prostrations to Tara, swift and courageous, whose glancing eyes flash like lightning, born within the pistil of a lotus blossom from a tear shed by the Lord of the Triple World.

<WHITE TARA>

Chag tshal tön kay da wa kun tu / gang wa gya ni tseg pay zhal ma / kar ma tong thrag tsog pa nam kyi / rab tu chay way ö rab bar ma

Prostrations to her whose face is like the accumulation of a hundred full moons in autumn, like the blazing light of a thousand stars.

<GOLDEN BLUE TARA>

Chag tshal ser ngö chu nay kyay kyi / pay may chag ni nam par gyen ma / jin pa tson dru ka thub zhi wa / zo pa sam ten chö yul nyi ma

Prostrations to Golden Blue Tara whose hand is adorned with a water-borne lotus; whose field of activity is generosity, enthusiasm, ethics, pacification, patience, contemplation and wisdom.

<GOLDEN TARA> **Chag tshal te zhin sheg pay tsug tor / thay yay nam par gyal wa chö ma / ma lü pha rol chin pa thob pay / gyal way say kyi shin tu ten ma**

Prostrations to her, the ushnisha of the Tathagatas, who has attained every perfection, experiences infinite victory and is honoured by all the heirs of the Victorious Ones.

<YELLOW TARA> **Chag tshal tut tare hum yi gey / dö dang chog dang nam kha gang ma / jig ten dun po zhab kyi nen tey / lü pa mey par gug par nü ma**

Prostrations to her who fills all of the three realms with TUT TARE and HUM, suppressing the seven worlds beneath her feet, her power summons all beings, without exception.

<RED TARA> **Chag tshal gya jin may lha tshang pa / lung lha na tsog wang chug chö ma / jung po ro lang dri za nam dang / nö jin tsog kyi dun nay tö ma**

Prostrations to her praised by Indra, Agni, Brahma, Vayu, all the various air devas, Ishvara and all his retinue, by all demons, zombies, gandharvas, and malignant spirits.

<BLACK TARA> **Chag tshal trat chay ja dang phat kyi / pha rol thrul khor rab tu jom ma / yay kum yön kyang zhab kyi nen tey / mey bar thrug pa shin tu bar ma**

Prostrations to her who destroys the harmful magic of others by intoning TRAT and PHAT, with her right leg bent inward and her left leg extended, standing amidst a blazing inferno.

<DARK RED TARA> **Chag tshal tu re jig pa chen mo / du kyi pa wo nam par jom ma / chu kyey zhal ni thro nyer den dzay / dra wo tham chay ma lü sö ma**

Prostrations to Tu Re, the greatly wrathful one who annihilates the generals of mara. By the terrifying expression on her lotus face she slays all enemies.

<WHITE TARA>

Chag tshal kōn' chok sum tshōn chag gyay / sor mö thug khār nam par gyen ma / ma lü chog kyi khor lö gyen pay / rang ki ö kyi tsog nam thrug ma

Prostrations to her whose hands make the mudras of the three jewels at her heart and, adorned by the universal chakra, emits light that subdues the entire cosmos.

<RED TARA>

Chag tshal rab tu ga wa ji pay / ur gyen ö kyi threng wa pel ma / zhay pa rab zhay tut ta ra yi / dü dang jig ten wang du dzay ma

Prostrations to her, the crown of supreme joy, ornamented by a rosary of dazzling lights. Through peals of laughter – the intonation of TUT TAR RA – she brings demons and the universe under her power.

<YELLOW TARA>

Chag tshal sa zhi kyong way tsog nam / tham chay gug par nü pa nyi ma / thro nyer yo wa yi ge hum gi / phong pa tham chay nam par drol ma

Prostrations to her whose power summons all the assemblies of protectors of the earth; who by intoning HUM and by her wrathful expression, liberates beings from all forms of destitution.

<GOLDEN TARA>

Chag tshal da way tum bü ür gyen / gyen pa tham chay shin tu bar ma / ral pay thrö nay ö pag mey lay / tag par shin tu ö rab dzay ma

Prostrations to her crowned with the crescent moon. From all her ornaments there emits a dazzling glow; from out of her topknot, Amitabha streams forth limitless light.

<RED TARA>

Chag tshal kal pa tha may mey tar / bar way threng way bü na nay ma / yay kyang yōn kum kun nay kor gay / dra yi pung ni nam par jom ma

Prostrations to her amidst a garland of flames, which is like the inferno at the end of an aeon. With her right leg extended and left bent inward, in this joyous posture she annihilates the negative forces of the enemy.

<BLACK TARA>

Chag tshal sa zhi'i ngö la chag gi / thil gyi nün ching zhab kyi dung ma / thro nyer chen dzay yi ge hum gi / rim pa dun po nam ni gem ma

Prostrations to her who slaps the earth with her palms and stamps it under her feet. By intoning HUM and by her wrathful expression, she eliminates the obstacles of the seven realms.

<WHITE TARA>

Chag tshal dey ma gey ma zhi ma / nya ngen day zhi chö yul nyi ma / sva ha om dang yang dag den may / dig pa chen po jom pa nyi ma

Prostrations to her who is blissful, virtuous, serene and completely beyond sorrow. Through possessing the inherently pure SVAHA and OM, even the greatest misdeeds are annihilated.

<RED TARA>

Chag tshal kun nay kor rab ga way / dra yi lu ni rab tu gem ma / yi ge chu pay ngag ni kö pay / rig pa hum lay drol ma nyi ma

Prostrations to her with the joyous posture, who shatters the bodies of the negative forces. Through the ten-syllable awareness mantra surrounding HUM, she is the mother who liberates.

<ORANGE TARA>

Chag tshal tu re zhab ni dab pay / hum gi nam pay sa wön nyi ma / ri rab man da ra dang big jey / jig ten sum nam yo wa nyi ma

Prostrations to her who stamps her feet with TURE, making the sound of the seed syllable HUM. She penetrates Mount Mandara and shakes the three realms.

<WHITE TARA>

Chag tshal lha yi tsho yi nam pay / ri dag tag chen chag na nam ma / ta ra nyi jö phat kyi yi ge / dug nam ma lü par ni sel ma

Prostrations to her who is in the form of the lake of the devas. She holds in her hand the symbol of the grazing creatures. By the sound of the TUT TARA and the letter PHAT, she dispels all poisons.

<WHITE TARA>

Chag tshal lha'yi tsog nam gyal po / lha dang mi am chi yi ten ma / kun nay go cha ga way ji kyi / tsö dang mi lam ngen pa sel ma

Prostrations to her, the sovereign of the devas, praised by the gods and humans. With the sheer brilliance of her joyous armour, she pacifies all bad dreams and disputes.

<YELLOW TARA>

Chag tshal nyi ma da wa gyay pay / chen nyi po la ö rab sel ma / ha ra nyi jö tu ta ra yi / shin tu drag pö rim nay sel ma

Prostrations to her whose eyes radiate brilliant light, like the sun and the moon. By intoning both HA RA and TUT TARA, she eradicates the most violent epidemics.

<WHITE TARA>

Chag tshal de nyi sum nam kö pay / zhi way thu dang yang dag den ma / dö dang ro lang nö jin tsog nam / jom pa tu re rab chog nyi ma

Prostrations to her who is adorned with the three suchnesses and, through her sublime power to calm, the hordes of demons, malignant spirits and zombies are vanquished by TURE, the unsurpassable mother.

Tsa way ngag kyi tö pa di dang / chag tshal wa ni nyi shu tsa chig

These are the praises of the root mantra and the prostrations to the twenty-one forms of Tara.