

# Green Tara

## Sadhana



*His Holiness Dalai Lama's Daily Prayer Excerpt from Shantideva's Way of the Bodhisattva*

May all beings everywhere plagued by sufferings of body and mind obtain an ocean of happiness and joy by virtue of my merits.

May no living creature suffer, commit evil, or ever fall ill.

May no one be afraid or belittled, with a mind weighed down by depression.

May the blind see forms and the deaf hear sounds,

May those whose bodies are worn with toil be restored on finding repose.

May the naked find clothing, the hungry find food;

May the thirsty find water and delicious drinks.

May the poor find wealth, those weak with sorrow find joy. May the forlorn find hope, constant happiness, and prosperity.

May there be timely rains and bountiful harvests;

May all medicines be effective and wholesome prayers bear fruit.

May all who are sick and ill quickly be freed from their ailments.

Whatever diseases there are in the world, may they never occur again.

May the frightened cease to be afraid and those bound be freed;

May the powerless find power and may people think of benefiting each other.

For as long as space remains, for as long as sentient beings remain, Until then may I too remain to dispel the miseries of the world.

### ***Taking Refuge***

DAG DANG DRO WA NAM KHE THA DANG NYAM PEI SEM  
CHEN THAM CHE DÜ DI NE ZUNG TE YI SI YANG CHHUB  
NYING PO LA CHHI KYI BAR DU /  
PAL DEN LA MA DAM PA NAM LA KYAB SU CHI WO /  
DZOG PEI SANG GYE CHOM DEN DE NAM LA KYAB SU CHI WO /  
DAM PEI CHÖ NAM LA KYAB SU CHI WO /  
  
PHAG PEI GE DÜN NAM LA KYAB SU CHI WO (3x)

I and all sentient beings, as vast as space,  
from now until reach the essence of supreme enlightenment, Go for refuge  
to the glorious pure lamas.  
Go for refuge to the perfectly enlightened victorious ones. Go for refuge to  
the pure Dharma.  
Go for refuge to the Arya Sangha. (1 or 3x)

### ***Taking Refuge and Generating Bodhicitta***

SANG GYE CHÖ DANG TSHOG KYI CHOG NAM LA YANG CHUB  
BAR DU DAG NI KYAB SU CHI  
DAG GI YIN SOG GYI PÄI TSHOG NAM KYI  
DRO LA PHÄN CHIR SANG GYÄ DRUB PAR SHOG (1 or 3x)

I go for refuge until I am enlightened  
To the Buddha, the Dharma, and the Supreme Assembly. By my merits of  
generosity and so forth,  
May I become a buddha to benefit all sentient beings. (3x)

NAMO GURUBYA

NAMO BUDDHAYA

NAMO DHARMAYA

NAMO SANGHAYA (3X)

### *Special Generation of Bodhicitta*

KHYÄ PAR MA SEM CHÄN THAM CHE KYI DÖN DU NYUR WA  
NYUR WAR YANG DAG PAR DZOG PÄI SANG GYE KYI GO  
PHANG RIN PO CHHE CHI NÄ KYANG THOB PAR YA / DEI CHHIR  
DU YE TSÜN MA PHAG MA DRÖL MÄI NÄL JOR NYAM SU LANG  
WAR GYI WO

Especially, in order to benefit all my mother sentient beings quickly and more quickly, I must achieve the precious state of perfect and complete Buddhahood. Therefore, I am going to undertake the yoga of Venerable Arya Tara.

### *Four Immeasurables*

SEM CHÄN THAM CHÄ DE WA DANG DE WÄI GYU DANG DÄN  
PAR GYUR CHIG

SEM CHÄN THAM CHÄ DUG NGÄL GYI GYU DANG DRÄL WAR  
GYUR CHIG

SEM CHÄN THAM CHÄ DUG NGÄL ME PÄI DE WA DANG MI  
DRÄL WAR GYUR CHIG SEM CHÄN THAM CHÄ NYE RING  
CHHAG DANG NYI DANG DRÄL WÄI TANG NYOM LA NÄ PAR  
GYUR CHIG

May all sentient beings have happiness and the causes of happiness.

May all sentient beings be free from suffering and the causes of suffering.

May all sentient beings never be separated from the happiness that knows no suffering.

May all sentient beings abide in equanimity, free of attachment and hatred for those held close and distant.

### *Visualization of the Field of Merits*

DÜN GYI NAM KHAR SENG THRI PÄ DÄI DÄN LA TSA WÄI LA  
MA DANG YER ME PÄI SENG DENG NAG DRÖL GYI TENG DU YO  
WO JE SOG LA MA NAM DANG THA KOR DU DRÖL MA NYER  
CHIG SOG YI DAM SANG GYÄ YANG SEM NYÄN RANG KA DÖ  
DANG CHÄ PA ZHUG PAR GYUR

In the space before me, on a lion throne, lotus and a moon disk,  
sits Khadiravani Tara, who is inseparable from my Root Guru.

Above her is Venerable Atisha and the other lineage Gurus , and she is surrounded by the twenty-one Taras and so forth, the Yidams, Buddhas, Bodhisattvas, hearers, self-realisers, and the oath-bound protectors. Tara is in the nature of emerald green light. She sits on a lotus and a moon disk. Tara is a manifestation of the omniscience, love and compassion of all buddhas.

Her left leg gathered in symbolises her complete control over desire (the subtle winds) and her extended right leg indicates that she is ready to get up and help all sentient beings.

Tara has her left hand on her heart in the refuge mudra: her palm facing out, the thumb and ring finger touching and the other three fingers raised. Her right hand is on her right knee showing the mudra of bestow sublime accomplishments: the palm out, the thumb and the index touching and the rest pointing down. In each hand she holds the stem of a blue utpala flower. She is dressed in rainbow like diaphanous garments like silk. Her beauty and compassion is stunningly powerful.

### *The Seven Limbs Prayer*

GO SUM GÜ PÄI GO NÄ CHHAG TSHÄL LO  
NGÖ SHAM YI TRÜL CHHÖ TRIN MA LÜ BÜL  
THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG  
KYE PHAG GE WA NAM LA JE YI RANG

I prostrate reverently with my body, speech, and mind.  
I present clouds of every type of offering, both actually arranged and mentally emanated.

I confess all my negative actions and downfalls collected from beginningless time. I rejoice in the virtues of ordinary beings and āryas.

KHOR WA MA TONG BAR DU LEG ZHUG NÄ  
DRO LA CHHÖ KYI KHOR LO KOR WA DANG  
DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

Please remain until the end of cyclic existence  
And turn the wheel of Dharma for transmigratory beings.  
I dedicate my own and others' virtues to great enlightenment.

### *Short Maṇḍala Offering*

SA ZHI PÖ KYI JUG SHING ME TOG TRAM  
RI RAB LING ZHI NYI DÄ GYÄN PA DI  
SANG GYÄ ZHING DU MIG TE ÜL WA YI  
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

This ground, anointed with perfume, strewn with flowers,  
Adorned with Mount Meru, the four continents, the sun, and the moon: I  
imagine as a buddha land and offer it. May all transmigratory beings enjoy  
this pure land.

(Can offer the three great requests here)

IDAM GURU RATNA MAṆḌALAKAM NIRYĀTAYĀMI

### *Homage*

LHA DANG LHA MIN CHÖ PÄN GYI ZHAB NYI PÄ MO LA TÛ DE  
PHONG PA KÜN LÄ DRÖL DZÄ PÄI DRÖL MA YUM LA CHHAG  
TSHÄL LO

Devas and titans bow down

With their crowns at your lotus feet. I prostrate to the liberating mother,  
Who liberate from all misfortunes.

(OPTIONAL: RECITE THE 21 PRAISES 1,3,7 OR 21X in Tibetan or  
any language - praises are at the end of the sadhana)

### *Request*

THUG JEI TER CHHEN PHAG MA JE TSÜN MÄ  
KHA NYAM DRO NAM TÄN DEI DRONG KHYER DU  
DE LAG DRÖ PÄI BAR CHA KÜN ZHI ZHING  
THÜN KYEN MA LÜ PHEL WAR JIN GYI LOB (3x)

Venerable Arya Tara, great treasure of compassion,

Grant your blessing to increase all favourable conditions,

And to clear away every obstacle

That all migratory beings may swiftly enter the city of eternal joy. (x3)

(OPTIONAL: Mantra of His Holiness Dalai Lama: OM AH GURU  
VAJRADHARA BHATARAK MANJUSHRI VAGINDRA SUMATI

JNANA SHASHANA DHARA SHRI BHADRA SARWA SIDDHI HUM  
HUM 3,7 OR 21 times - making requests and experiencing blessings)

### *Blessings*

From the White Om at the crown of Arya Tara white nectars and rays pour into my crown and fill the body with purifying bliss and emptiness. All mundane karmas of the body are purified. I receive the blessings of Arya Tara's Holy, my body becomes Arya Tara's Holy body.

From the red AH at the throat of Arya Tara, red nectars and rays pour into my throat and fill my subtle mind and wind with purifying bliss and emptiness. All mundane karmas of speech and impure winds are purified. I receive the blessings of Arya Tara's Holy Wind and Speech. My speech becomes one with Arya Tara's Holy Speech.

From the blue HUM at the heart of Arya Tara, blue nectars and rays pour into my heart and fill my body/mind with purifying bliss and emptiness. All mundane concepts are purified. I receive the blessings of Arya Tara's Holy Mind. My mind becomes one with Arya Tara's Holy Mind.

From all three places, nectars of white, red and blue stream forth into my three places, filling my body mind, purifying all subtle stains of grasping at inherent existence. I receive the blessings of the enlightened experience of Arya Tara.

Tara then comes to the crown of my head and dissolves into the seed syllable TAM at my heart. My mind becomes one with the Guru Arya Tara's mind. My mind, sense of self, dissolves into great bliss and emptiness. (Stabilise meditation on emptiness of self and other)

(At this point you can continue to visualise Arya Tara in the space above or if you have empowerment, Tara completely dissolves into the TAM, which dissolves into emptiness and then you arise as the deity.)

### *Mantra recitation*

At Tara's heart is the syllable TAM surrounded by the mantra. OM TARE TUTTARE TURE SVAHA

Overwhelming outpouring of bodhicitta from my heart/mind compels the mantra recitation to begin. Rainbow light radiates from the syllable TAM and the mantra that reaches all sentient beings purifying them and transforming them into Arya Tara.

All space becomes the pure land of Arya Tara.

All this radiated light comes back and is absorbed into the syllable TAM.

Again light is radiated from the TAM and the mantra that reaches all Buddhas and Bodhisattvas making offerings to them, the light is reabsorbed into our hearts granting us blessings.

*(Holding this visualisation we recite the mantra)*

OM TARE TUTTARE TURE SVAHA



### *Dedication*

GE WA DI YI NYUR DU DAG

PHAG MA DRÖL MA DRUB GYUR NÄ DRO WA CHIG KYANG MA  
LÜ PA

DE YI SA LA GÖ PAR SHOG

Through the merits of these virtuous actions may I quickly attain the state of Arya Tara And lead all living beings, without exception, into that enlightened state.



*To Actualize Bodhicitta*

JANG CHHUB SEM CHHOG RIN PO CHHE MA KYE PA NAM KYE  
GYUR CHIG  
KYE WA NYAM PA ME PA YANG  
GONG NÄ GONG DU PHEL WAR SHOG

May the supreme jewel Bodichitta that has not arisen, arise and grow;  
And may that which has arisen not diminish but increase more and more.

JAM PÄL PA WÖ CHI TAR KHYEN PA DANG KÜN TU ZANG PO DE  
YANG DE SHIN TE  
DE DAG KÜN GYI CHE SU DAG LOB CHHIR GE WA DI DAG  
THAM CHÄ RAB TU NGO

Just as the brave Manjushri and Samantabhadra realized things as they are,  
I, too, dedicate all these merits in the best way, that I may follow their  
perfect example.

DÜ SUM SHEG PÄI GYÄL WA THAM CHÄ KYI NGO WA GANG LA  
CHOG TU NGAG PA DE DAG GI GE WÄI TSA WA DI KÜN KYANG  
ZANG PO CHÖ CHIR RAB TU NGO WAR GYI

I dedicate all these roots of virtue with the dedication praised as the best  
by the victorious ones thus gone of the three times, so I might perform  
good works.

DAG JI CHI NYE SAG PÄI GE WA DI  
TÄN DANG DRO WA KÜN LA GANG PHÄN DANG KHYÄ PAR JE  
TSÜN LO ZANG DRAG PA YI  
TÄN PÄI NYING PO RING DU SÄL JE SHOG

I dedicate whatever virtues I have ever collected for the benefit of the  
teachings and of all sentient beings. And in particular, for the essential  
teachings of perfect, pure Losang Dragpa to shine forever.

***Prayer for the Long Life of His Holiness the Dalai Lama***

GANG RI RA WÄ KHOR WÄI ZHING KHAM DIR PHÄN DANG DE  
WA MA LÜ JUNG WÄI NÄ CHÄN RÄ ZIG WANG TÄN DZIN GYA  
TSHO YI ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

In the land encircled by snow mountains  
you are the source of all happiness and good; All-powerfull Chenrezig,  
Tenzin Gyatso Please remain until samsara ends.

***Prayer for the Long Life of Lama Zopa Rinpoche***

THUB TSHÜL CHHANG ZHING JAM GÖN GYÄL WÄI TÄN DZIN  
KYONG PEL WÄ KÜN ZÖ DOG POR DZÄ  
CHHOG SUM KUR WÄI LEG MÖN THU DRUB PA  
DAG SOG DÜL JÄI GÖN DU ZHAB TÄN SHOG

You who uphold the Subduer's moral way, who serves as the the bountiful  
bearer-of-all, Sustaining, preserving, and spreading Manjunath's victorious  
doctrine,  
Who masterfully accomplish magnificent prayers honoring the Three  
Jewels:  
Savior of myself and others, your disciples, please, please live long!

***Praises to the Twenty-one Taras (English version for chanting)***

OM JE TSÜN MA PAG MA DRÖL MA LA CHAG TSÄL LO OM I  
prostrate to the noble transcendent liberator.

CHAG TSÄL DRÖL MA ÑUR MA PA MO CHÄN NI KÄ CHIG LOG  
DANG DRA MA JIG TEN SUM GÖN CHU KYE SHÄL GYI GE SAR  
JE WA LÄ NI JUNG MA

Homage! Tara, swift, heroic!  
Eyes like lightning instantaneous! Sprung from op'ning stamens of the  
Lord of three world's tear-born lotus!

CHAG TSÄL TÖN KÄI DA WA KÜN TU GANG WA GYA NI TSEG  
PÄI SHÄL MA KAR MA TONG TRAG TSOG PA NAM KYI RAB TU  
CHE WÄI Ö RAB BAR MA

Homage! She whose face combines a Hundred autumn moons at fullest!  
Blazing with light rays resplendent As a thousand star collection!

CHAG TSÄL SER NGO CHU NÄ KYE KYI PÄ MÄ CHAG NI NAM  
PAR GYÄN MA JIN PA TSÖN DRÜ KA TUB SHI WA  
SÖ PA SAM TÄN CHÖ YÜL ÑI MA Homage! Golden-blue one, lotus

Water born, in hand adorned! Giving, effort, calm, austerities, Patience,  
meditation her sphere!

CHAG TSÄL DE SHIN SHEG PÄI TSUG TOR TA YÄ NAM PAR  
GYÄL WAR CHÖ MA  
MA LÜ PA RÖL CHIN PA TOB PÄI  
GYÄL WÄI SÄ KYI SHIN TU TEN MA

Homage! Crown of tathagatas, Actions triumph without limit! Relied on  
by conquerors' children, Having reached ev'ry perfection!

CHAG TSÄL TUTTARA HUM YI GE  
DÖ DANG CHOG DANG NAM KA GANG MA JIG TEN DÜN PO  
SHAB KYI NÄN TE  
LÜ PAME PAR GUG PAR NÜ MA  
Homage! Filling with TUTTARE,  
HUM, desire, direction, and space!  
Trampling with her feet the seven worlds,  
Able to draw forth all beings!

CHAG TSÄL GYA JIN ME LA TSANG PA LUNG LA NA TSOG WANG  
CHUG CHÖ MA JUNG PO RO LANG DRI SA NAM DANG NÖ JIN  
TSOG KYI DÜN NÄ TÖ MA

Homage! Worshipped by the all-lords,  
Shakra, Agni, Brahma, Marut!  
Honored by the hosts of spirits,  
Corpse-raisers, gandharvas, yakshas!

CHAG TSÄL TRAD CHE JA DANG PHAT KYI PA RÖL TRÜL KOR  
RAB TU JOM MA  
YÄ KUM YÖN KYANG SHAB KYI NÄN TE ME BAR TRUG PA SHIN  
TU BAR MA

Homage! With Her TRAD and PHAT sounds Destroying foes' magic  
diagrams! Her feet pressing, left out, right in, Blazing in a raging fire-  
blaze!

CHAG TSÄL TURE JIG PA CHEN PO  
DÜ KYI PA WO NAM PAR JOM MA CHU KYE SHÄL NI TRO ÑER  
DÄN DSÄ DRA WO TAM CHÄ MA LÜ SÖ MA

Homage! TURE, very dreadful! Destroyer of Mara's champion(s)! She  
with frowning lotus visage Who is slayer of all enemies!

CHAG TSÄL KÖN CHOG SUM TSÖN CHAG GYÄI SOR MÖ TUG  
KAR NAM PAR GYÄN MA  
MA LÜ CHOG KYI KOR LÖ GYÄN PÄI  
RANG GI Ö KYI TSOG NAM TRUG MA

Homage! At the heart her fingers, Adorn her with Three Jewel mudra!  
Light-ray masses all excited!  
All directions' wheels adorn her!

CHAG TSÄL RAB TU GA WA JI PÄI  
U GYÄN Ö KYI TRENG WA PEL MA SHE PA RAB SHÄ TUTTARA YI  
DÜ DANG JIG TEN WANG DU DSÄ MA

Homage! She so joyous, radiant, Crown emitting garlands of light!  
Mirthful, laughing with TUTTARE, Subjugating maras, devas!

CHAG TSÄL SA SHI KYONG WÄI TSOG NAM TAM CHÄ GUG PAR  
NÜ MA ÑI MA  
TRO ÑER YO WÄI YI GE HUM GI  
PONG PA TAM CHÄ NAM PAR DRÖL MA

Homage! She able to summon All earth-guardians' assembly! Shaking,  
frowning, with her HUM sign Saving from every misfortune!

CHAG TSÄL DA WÄI DUM BÜ U GYÄN GYÄN PA TAM CHÄ SHIN  
TU BAR MA RÄL PÄI KUR NA Ö PAG ME LÄ  
TAG PAR SHIN TU Ö RAB DSÄ MA

Homage! Crown adorned with crescent Moon, all ornaments most shining!  
Amitabha in her hair-knot Sending out much light eternal!

CHAG TSÄL KÄL PÄI TA MÄI ME TAR BAR WÄI TRENG WÄI Ü  
NA NÄ MA  
YÄ KYANG YÖN KUM KÜN NÄ KOR GÄI DRA YI PUNG NI NAM  
PAR JOM MA

Homage! She 'mid wreath ablaze like Eon-ending fire abiding! Right  
stretched, left bent, joy surrounds you Troops of enemies destroying!

CHAG TSÄL SA SHII NGÖ LA CHAG GI TIL GYI NÜN CHING SHAB  
KYI DUNG MA TRO ÑER CHÄN DSÄ YI GE HUM GI  
RIM PA DÜN PO NAM NI GEM MA

Homage! She who strikes the ground with  
Her palm, and with her foot beats it!  
Scowling, with the letter HUM the  
Seven levels she does conquer!

CHAG TSÄL DE MA GE MA SHI MA ÑA NGÄN DÄ SHI CHÖ YÜL  
ÑI MA SVAHA OM DANG YANG DAG DÄN PÄ DIG PA CHEN PO  
JOM PA ÑI MA

Homage! Happy, virtuous, peaceful! She whose field is peace, nirvana!  
She endowed with OM and SVAHA, Destroyer of the great evil!

CHAG TSÄL KÜN NÄ KOR RAB GA WÄI DRA YI LÜ NI NAM PAR  
GEM MA

YI GE CHU PÄI NGAG NI KÖ PÄI  
RIG PA HUM LÄ DRÖL MA ÑI MA Homage! She with joy surrounded

Tearing foes' bodies asunder,  
Frees with HUM and knowledge mantra, Arrangement of the ten letters!

CHAG TSÄL TURE SHAB NI DEB PÄ HUM GI NAM PÄI SA BÖN ÑI  
MA  
RI RAB MANDHARA DANG BIG JE JIG TEN SUM NAM YO WA ÑI  
MA

Homage! TURE! With seed letter Of the shape of syllable HUM!  
By foot stamping shakes the three worlds, Meru, Mandara, and Vindhya!

CHAG TSÄL LA YI TSO YI NAM PÄI  
RI DAG TAG CHÄN CHAG NA NAM MA TARA ÑI JÖ PHAT KYI YI  
GEDUG NAM MA LÜ PA NI SEL MA

Homage! Holding in her hand the Deer-marked moon of deva-lake form!  
With twice-spoken TARA and PHAT,  
Totally dispelling poison!

CHAG TSÄL LA YI TSOG NAM GYÄL PO LA DANG MI AM CHI YI  
TEN MAKÜN NÄ GO CHA GA WÄI JI GYI  
TSÖ DANG MI LAM NGÄN PA SEL MA

Homage! She whom gods and their kings, And the kinnaras do honour!  
Armoured in all joyful splendor,  
She dispels bad dreams and conflicts!

CHAG TSÄL ÑI MA DA WA GYÄ PÄI CHÄN ÑI PO LA Ö RAB SÄL  
MA HARA ÑI JÖ TUTTARA YI  
SHIN TU DRAG PÖI RIM NÄ SEL MA

Homage! She whose two eyes bright with Radiance of sun and full moon!  
With twice HARA and TUTTARE She dispels severe contagion!

CHAG TSÄL DE ÑI SUM NAM KÖ PÄ  
SHI WÄI TÛ DANG YANG DAG DÄN MA DÖN DANG RO LANG NÖ  
JIN TSOG NAM JOM PA TURE RAB CHOG ÑI MA

Homage! Full of liberating  
Pow'r by the set of three natures!  
Destroys hosts of spirits, yakshas,  
And raised corpses! Supreme! TURE!

TSA WÄI NGAG KYI TÖ PA DI DANG CHAG TSÄL WA NI ÑI SHU  
TSA CHIG These praises with the root mantras  
And prostrations thus are twenty-one!

*Praises to the Twenty-One Taras (literal English translation)*

OM Homage to the Venerable Arya Tara.

Homage to you, 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, asceticism,  
Pacification, patience, concentration, and all objects of practice.

Homage to you, Tara, the crown pinnacle of those thus gone, Whose deeds  
overcome infi nite 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 and HUM 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,  
And praised by the assembly of spirits, raised corpses,

Gandharvas, and all yakshas.

Homage to you, Tara, whose TRAT 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.

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 Slay 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 HUM.

Homage to you, Tara, whose crown is adorned  
With the crescent moon, wearing ornaments exceedingly 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 masses of 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 HUM.

Homage to you, Tara, O happy, virtuous, and peaceful one, The very object of practice, passed beyond sorrow.



You are perfectly endowed with SVAHA and OM, Overcoming completely all the great evils.

Homage to you, Tara, surrounded 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 HUM.

Homage to you, Tara, stamping your feet and proclaiming TURE.

Your seed-syllable itself in the aspect of HUM Causes Meru, Mandhara, and the Vindhya mountains And all the 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 an exception.

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

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

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

Thus concludes this praise of the root mantra  
and the offering of the twenty-one homages.