



新加坡大乘禪寺
THEKCHEN CHOLING
(SINGAPORE)

Connecting All With Divine Hearts
心系慈愛心



21 Praises to Tara

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OM I prostrate to the noble transcendent liberator.

OM Je-Tsun-Ma Pak-Ma Drol-Ma-La Chak-Tsal-Lo

1

- Homage! Tara, Swift, Heroic!
- Eyes Like Lightning Instantaneous!
- Sprung From Op'ning Stamens Of The
- Lord Of Three World's Tear-Born Lotus!

- ❖ Chag-Tsal Drol-Ma Nyur-Ma Pa-Mo
- ❖ Chen-Mi Kay-Chig Log-Dang Dra-Ma
- ❖ Jig-Ten Sum-Gon Chug-Key Shel-Gyi
- ❖ Key-Sar Je-Wa Lay-Ni Jung-Ma

2

- Homage! She Whose Face Combines A
- Hundred Autumn Moons At Fullest!
- Blazing With Light Rays Resplendent
- As A Thousand Star Collection!

- ❖ Chag-Tsal Ton-Kay Da-Wa Kun-Tu
- ❖ Gang-Wa Gya-Ni Tseg-Pay Shel-Ma
- ❖ Kar-Ma Tong-Trag Tsog-Pa Nam-Kyi
- ❖ Rab-U Che-Way O-Rab Bar-Ma

3

- Homage! Golden-Blue One, Lotus
- Water Born, In Hand Adorned!
- Giving, Effort, Calm, Austerities,
- Patience, Meditation Her Sphere!

- ❖ Chag-Tsal Ser-Ngo Chu-Nay Kye-Kyi
- ❖ Pay-May Chag-Ni Nam-Par Gyen-Ma
- ❖ Jin-Pa Tsun-Du Ka-Tub Shi-Wa
- ❖ So-Pa Sam-Ten Cho-Yul Nyi-Ma

4

- Homage! Crown Of Tathagatas,
- Actions Triumph Without Limit!
- Relied On By Conquerors' Children,
- Having Reached Ev'ry Perfection!

- ❖ Chag-Tsal De-Shin Sheg-Pay Tsug-Tor
- ❖ Ta-Yay Nam-Par Gyal-Wa Cho-Ma
- ❖ Ma-Lu Pa-Rol Chin-Pa Tob-Pay
- ❖ Gyal-Way Say-Kyi Shin-Tu Ten-Ma

5

- Homage! Filling With TUTTARE,
- HUM, Desire, Direction, And Space!
- Trampling With Her FeeT The Seven Worlds,
- Able To Draw Forth All Beings!

- ❖ Chag-Tsal TU-TA RA-HUNG 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

6

- Homage! Worshipped By The All-Lords,
- Sakra, Agni, Brahma, Marut!
- Honored By The Hosts Of Spirits,
- Corpse-Raisers, Gandharvas, Yakshas!

- ❖ Chag-Tsal Gya-Jin May-Lha Tsang-Pa
- ❖ Lung-Lha Na-Tsog Wang-Chug Cho-Ma
- ❖ Jung-Po Ro-Lang Dri-Sa Nam-Dang
- ❖ No-Jin Tso-Kyi Dun-Ne Toh-Ma

7

- 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-Tsal TREY-Che Cha-Dang PEY-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

8

- Homage! TURE, Very Dreadful!
- Destroyer Of Mara's Champion(S)!
- She With Frowning Lotus Visage
- Who Is Slayer Of All Enemies!

- ❖ Chag-Tsal TU-RE Jig-Pa Chen-Po
- ❖ Du-Kyi Pa-Wo Nam-Par Jom-Ma
- ❖ Chu-Kye Shel-Ni Tro-Nyer Den-Dze
- ❖ Dra-Wo Tam-Che Ma-Lu So-Ma

9

- Homage! At The Heart Her Fingers,
- Adorn Her With Three Jewel Mudra!
- Light-Ray Masses All Excited!
- All Directions' Wheels Adorn Her!

- ❖ Chag-Tsal 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

10

- Homage! She So Joyous, Radiant,
- Crown Emitting Garlands Of Light!
- Mirthful, Laughing With TUTTARE,
- Subjugating Maras, Devas!

- ❖ Chag-Tsal Rab-Tu Ga-Wa Ji-Pay
- ❖ U-Gyen O-Kyi Treng-Wa Pel-Ma
- ❖ Shay-Pa Rab-Shay TU-TA RA-Yi
- ❖ Du-Dang Jig-Ten Wang-Du Dze-Ma

11

- Homage! She's Able To Summon
- All Earth-Guardians' Assembly!
- Shaking, Frowning, With Her HUM Sign
- Saving From Ev'ry Misfortune!

- ❖ Chag-Tsal 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

12

- Homage! Crown Adorned With Crescent
- Moon, All Ornaments Most Shining!
- Amitabha In Her Hair-Knot
- Sending Out Much Light Eternal!

- ❖ Chag-Tsal Da-Way Dum-Bu 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

13

- Homage! She 'Midst Wreath Ablaze Like
- Eon-Ending Fire Abiding!
- Right Stretched, Left Bent, Joy Surrounds You
- Troops Of Enemies Destroying!

- ❖ Chag-Tsal Kel-Pay Ta-May May-Tar
- ❖ Bar-Way Treng-Way U-Na Ne-Mar
- ❖ Yay-Kyang Yon-Kum Kun-Nay Kor-Gay
- ❖ Dra-Yi Pung-Ni Nam-Par Jom-Ma

14

- 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-Tsal Sa-Shi Ngo-La Chag-Gi
- ❖ Til-Gyi Noon-Chin Zhab-Gyi Dung-Ma
- ❖ Tro-Nyer Chen-Dze Yi-Gay Hum-Ki
- ❖ Rim-Pa Dun-Po Nam-Ni Gem-Ma

15

- Homage! Happy, Virtuous, Peaceful!
- She Whose Field Is Peace, Nirvana!
- She's Endowed With OM And SVAHA,
- Destroyer Of The Great Evil!

- ❖ Chag-Tsal De-Ma Gay-Ma Zhi-Ma
- ❖ Nya-Ngen De-Zhi Cho-Yul Nyi-Ma
- ❖ SO-HA OM-Dang Yang-Dag Den-Pay
- ❖ Dig-Pa Chen-Po Jom-Pa Nyi-Ma

16

- Homage! She's With Joy Surrounded
- Tearing Foes' Bodies Asunder,
- Frees With HUM And Knowledge Mantra,
- Arrangement Of The Ten Letters!

- ❖ Chag-Tsal 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

17

- Homage! TURE! With Seed Letter
- Of The Shape Of Syllable HUM!
- By Foot Stamping Shakes The Three Worlds,
- Meru, Mandara, And Vindhya!

- ❖ Chag-Tsal TU-RE Zab-Ni Deb-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

18

- Homage! Holding In Her Hand The
- Deer-Marked Moon Of Deva-Lake Form!
- With Twice Spoken TARA And PHAT,
- Totally Dispelling Poison!

- ❖ Chag-Tsal Lha-Yi Tso-Yi Nam-Pay
- ❖ Ri-Dag Tak-Chen Chag-Na Nam-Ma
- ❖ TA-RA Nyi-Jo PEY-Kyi Yi-Gay
- ❖ Dug-Nam Ma-Lu Pa-Ni Sel-Ma

19

- Homage! She Whom Gods And Their Kings,
- And The Kinnaras Do Honor!
- Armored In All Joyful Splendor,
- She Dispels Bad Dreams And Conflicts!

- ❖ Chag-Tsal 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

20

- Homage! She Whose Two Eyes Bright With
- Radiance Of Sun And Full Moon!
- With Twice HARA And TUTTARE
- She Dispels Severe Contagion!

- ❖ Chag-Tsal Nyi-Ma Da-Wa Gye-Pay
- ❖ Chen-Nyi Po-La O-Rab Sel-Ma
- ❖ HA-RA Nyi-Jo TU-TA RA-Yi
- ❖ Shin-Tu Dag-Po Rim-Ne Sel-Ma

21

- Homage! Full Of Liberating
- Pow'r By The Set Of Three Natures!
- Destroys Hosts Of Spirits, Yakshas,
- And Raised Corpses! Supreme! TURE!

- ❖ Chag-Tsal De-Nyi Sum-Nam Ko-Pay
- ❖ Zi-Way Tu-Dang Yang-Dag Den-Ma
- ❖ Don-Dang Ro-Lang No-Jin Tsog-Nam
- ❖ Jom-Pa TU-RE Rab-Chog Nyi-Ma

- Thus The Root Mantra Is Praised
- And Twenty-One Homages Offered.

- ❖ Tsa-Way Ngag-Kyi To-Pa Di-Dang
- ❖ Chag-Tsal Wa-Ni Nyi-Shu Tsa-Chig

The Condensed Praise

OM to the transcendent subduer, **ARYA TARA**, I prostrate.

Homage to the glorious one who frees with **TARE**;

With **TUTTARA** you calm all fears;

You bestow all success with **TURE**;

To the sound **SOHA** I pay great homage.

OM Chom-Den-Day-Ma Pak-Ma-Drol-Ma-La Chag-Tsal-Lo!

- ❖ Chag-Tsal Drol-Ma Tare Pa-Mo
- ❖ Tuttara-Yi Jik-Kun Sel-Ma
- ❖ Ture Don-Nam Tam-Chay Ter-Ma
- ❖ Soha Yi-Ger Chay-Lar Rab-Du

Dedication

Due to these merits may I soon
Attain the enlightened state of Arya Tara
That I may be able to liberate
All sentient beings from their suffering.

Ge-Wa Di-Yi Nyur-Du-Dag

Pag-Ma Drol-Ma Drub-Gyur-Nay

Dro-Wa Chig-Kyang Ma-Lu-Pa

Te-Yi Sa-La Go-Par-Shog

May All Be Auspicious!