



The Offering Prayer Of The Four Mandalas To Cittamani Tara



Without HYT

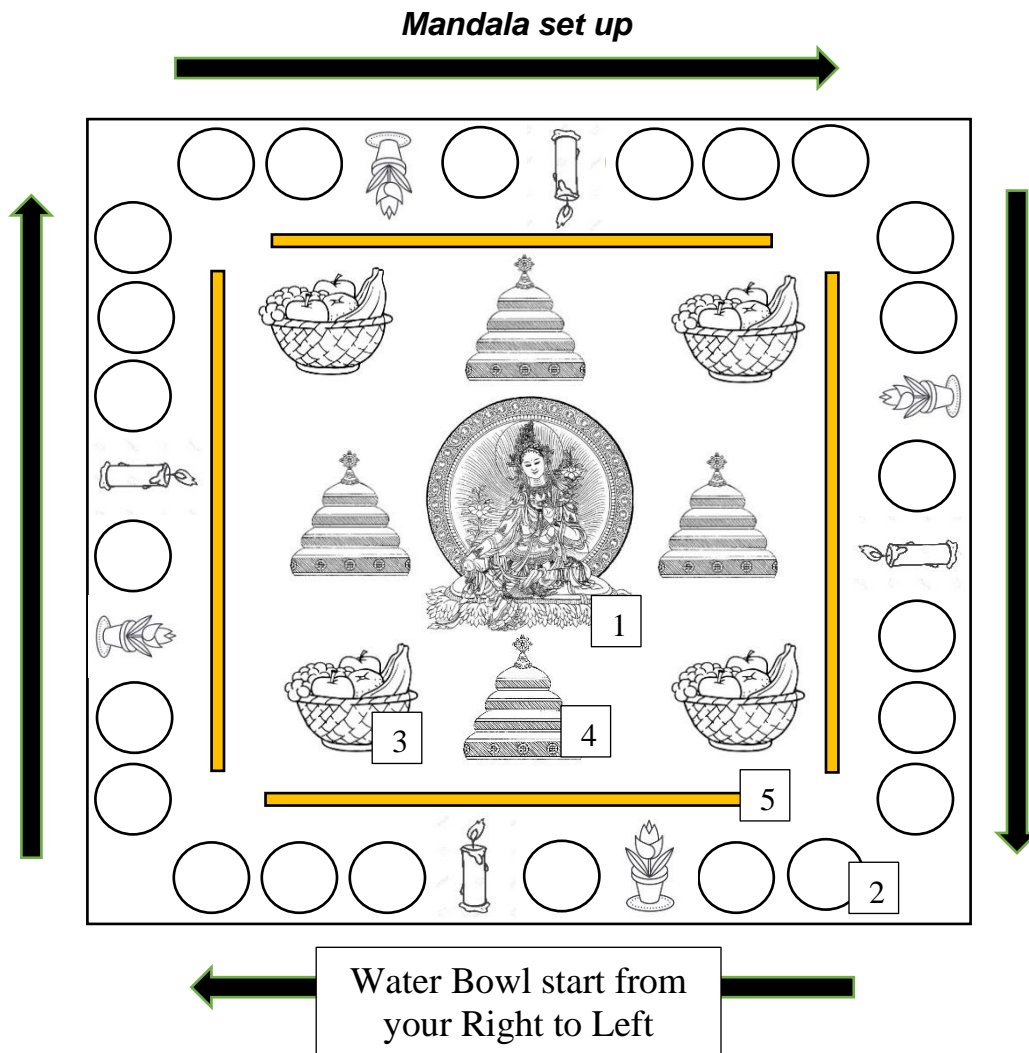
4 May 2020 V1

Notes:

Those who has taken Tara initiation, shall arise as deity.

Preparation:

- 1) Tara Statue.
- 2) 4 sets of 8 water bowls (water, water, flower, incense, candle, perfume, food, conch shell)
- 3) 4 plates of fruits.
- 4) 4 mandala sets. (optional)
- 5) The eight auspicious symbols, the eight auspicious substances, the seven possessions of the chakravartin and the five offerings of sensory enjoyments. (optional)
- 6) Loose flowers for sprinkling during puja. 🌸





The Offering Prayer Of The Four Mandalas To Cittamani Tara

Refuge (x 3)

I and all sentient beings, the migrators as extensive as space,
From now until we achieve the essence of enlightenment,
Go for refuge to the glorious sacred Gurus;
We go for refuge to the perfect Buddhas, the Blessed Ones;
We go for refuge to the sacred Dharma;
We go for refuge to the exalted Sangha.

Dag-Dang Dro-Wa Nam-Kay Ta-Dang Nyam-Pay

Sem-Chen Tam-Chay

Du-Di Nay-Zung-Te Ji-Si Jang-Chub Nying-Po-La Chi-Kyi Bar-Du

Pal-Den La-Ma Dam-Pa Nam-La Kyab-Su-Chi-Wo

Dzog-Pay Sang-Gyay Chom-Den-Day Nam-La Kyab-Su-Chi-Wo

Dam-Pay-Cho Nam-La Kyab-Su-Chi-Wo

Pag-Pay Ge-Dun Nam-La Kyab-Su-Chi-Wo

Refuge And Bodhicitta (X 3)

I take refuge until I am enlightened in the Buddhas,
The Dharma and the Sangha.
By the positive potential I create by practicing generosity and
the other far –reaching attitudes,
May I attain Buddhahood in order to benefit all sentient beings.

Sang-Gyay Cho-Dang Tsok-Kyi Chog-Nam-La

Jang-Chub Bar-Du Dag-Ni Kyab-Su-Chi

Dag-Gi Jin-Sog Gyi-Pay Di-Dag-Gi

Dro-La Pen-Chir Sang-Gyay Drub-Par-Shog

Special Cultivation Of Bodhicitta

Especially for the sake of all mother sentient beings,
Quickly and still more quickly, by every means,
I shall attain the precious state of fully-accomplished
Buddhahood.



For this purpose I shall practise the yoga of the Venerable Arya Tara.

**Kyay-Par Ma-Sem-Chen Tam-Chay-Kyi Don-Du Nyur-Wa
Nyur-War Yang-Dag-Par Dzog-Pay Sang-Gyay-Kyi
Go-Pang Rin-Po-Che Chi-Nay-Kyang Tob-Par-Ja
De-Yi Chir-Du Je-Tsun-Ma Pag-Ma Drol-May Nel-Jor
Nyam-Su Lang-War Gyi-Wo**

The Four Immeasurables

May all sentient beings have happiness and its causes,
May all sentient beings be free of suffering and its causes,
May all sentient beings not be separated from sorrowless bliss,

May all sentient beings abide in equanimity, free of bias, attachment and anger.

**Sem-Chen Tam-Chay De-Wa-Dang De-Way Gyu-Dang
Den-Par-Gyur- Chig**

**Sem-Chen Tam-Chay Dug-Ngel-Dang Dug-Ngel-Gyi
Gyu-Dang Drel-Way Gyur-Chig**

**Sem-Chen Tam-Chay Dug-Ngel Me-Pay De-Wa-Dang
Mi-Drel-War Gyur- Chig**

**Sem-Chen Tam-Chay Nye-Ring Chag-Dang Nyi-Dang
Drel-Way Tang- Nyom-La Nay-Par Gyur-Chig**

Visualization Of The Merit Field

In the space in front is a lion-throne. Upon cushions of a lotus and full

Moon sits my root Guru who is inseparable from Tara of the Rosewood Forest.

Above her are Atisa, the Kadam Geshes and the direct and indirect Gurus.





Around the Guru are the twenty-one Taras, deities, yidams, Buddhas,

Bodhisattvas, hearers, solitary conquerors and oath-bound protectors.







**Dun-Gyi Nam-Kar Seng-Tri Pay-Day Den-La Tsa-Way
La-Ma Dang Yer-Me-Pay Seng-Deng Nag-Drol-Gyi
Teng-Du Jo-Wo Je-Sog La-Ma Nam-Dang
Ta-Kor-Du Drol-Ma Nyer-Chig Sog Yi-Dam Sang-Gyay
Jang-Sem Nyen-Rang Ka-Do Dang-Che-Pa Zhug-Par
Gyur**





Prostration (recite each verse 3 times)

1. Holy body which encompasses all Buddhas, 
Vajra-Holder, sole essence and 
Root of the Sublime Precious Three, 
To all Gurus I prostrate. 

**Sang-Gyay Tam-Chay Du-Pay-Ku
Dor-Je Dzin-Pay Ngo-Wo-Nyi
Kon-Chog Sum-Gyi Tsa-Wa-Te
La-Ma Nam-La Chag-Tsel-Lo**

2. Saviour having great compassion, 
Founder having all understanding, 
Field of Merit with an ocean of qualities, 
To the Ones gone to Thusness I prostrate. 




**Gon-Po Tug-Je Che-Den-Pa
Tam-Chay Kyen-Pay Ton-Pa-Po
So-Nam Yon-Ten Gya-Tso-Zhing
De-Zhin Sheg-La Chag-Tsel-Lo**

3. Purity which frees from attachment, 
Virtue which frees from lower realms, 
The one path, the sublime pure reality; 
To the Dharma which pacifies, I prostrate. 

**Dag-Pay Do-Chag Drel-War-Gyur
Ge-Way Ngen-Song Lay-Drol-Ching
Chig-Tu Don-Dam Chog-Gyur-Pa
Zhi-Gyur Cho-La Chag-Tsel-Lo**





4. Liberated ones who show the path to liberation,
Devoted to the moral precepts, 
Holy fields qualifies with realizations, 
To the Sublime Community intent on virtue, I prostrate. 

Drol-Nay Drol-Way Lam-Yang-Ton
Lab-Pa Dag-La Rab-Tu-Nay
Zhing-Gi Dam-Pa Yon-Ten-Den
Tsog-Chog Ge-Dun La-Chag-Tsel

Offerings To The Buddhas And Bodhisattvas

Om Sarwa Tathagata Sapariwara Argham Pratitsa
Hung Svaha
Om Sarwa Tathagata Sapariwara Padyam Pratitsa
Hung Svaha
Om Sarwa Tathagata Sapariwara Pushpe Pratitsa
Hung Svaha
Om Sarwa Tathagata Sapariwara Dhupe Pratitsa
Hung Svaha
Om Sarwa Tathagata Sapariwara Alope Pratitsa Hung
Svaha
Om Sarwa Tathagata Sapariwara Gandhe Pratitsa
Hung Svaha
Om Sarwa Tathagata Sapariwara Neude Pratitsa
Hung Svaha
Om Sarwa Tathagata Sapariwara Shabda Pratitsa
Hung Svaha 
Om Sarwa Tathagata Sapariwara Om Ah Hung 

The Seven-Limb Prayer

To the Buddhas and Bodhisattvas, I prostrate,
And present clouds of every type of offering, actual and
mentally-transformed
I confess all my negative actions accumulated since
beginningless time,
And rejoice in the virtues of all holy and ordinary beings.



Please remain until cyclic existence ends,
And turn the wheel of Dharma for sentient beings.
I dedicate all the virtues of myself and others to the great
enlightenment.

Gyal-Wa Say-Che Nam-La Chag-Tsel-Lo
Ngo-Sham Yi-Trul Cho-Pa Ma-Lu-Bul
Tog-Me Nay-Sag Dig-Tung Tam-Chay-Shag
Kye-Pag Ge-Wa Nam-La Je-Yi-Rang
Kor-Wa Ma-Tong Bar-Du Leg-Shug-Nay
Dro-La Cho-Kyi Kor-Lo Kor-Wa-Dang
Dag-Zhen Ge-Nam Jang-Chub Chen-Por-Ngo

Mandala Offering

Om Ah Hung (x 3)

Om Bendza Bhu-Mi Ah-Hung

Om Vajraground Ah Hung

Wang-Chen Ser-Gyi Sa-Zhi

Here Is The Mighty And Powerful Base Of Gold

Om Benza Re-Ke Ah-Hung

Om Vajraline Ah Hung

Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su

The Outer Ring Is Encircled With This Iron Fence

First Ring

1 Ri-Gyäl Po-Ri Rab

In the centre, the king of mountains, Mount Meru

2 Shar Lu-Pag-Po

In the east, the continent Purvavideha

3 Lho Dzam-Bu-Ling

In the south, Jambudvipa

4 Nub Ba-Lang-Chö

In the west, Aparagodaniya

5 Jang Dra-Mi-Nyän

In the north, Uttarakuru



6 Lu-Dang Lu-Pag

7 Around the east, the sub-continent Deha and Videha

8 Nga-Yab-Dang Nga-Yab-Zhän

9 Around the south, Camara and Aparacamara

10 Yo-Dän-Dang Lam-Chog-Dro

11 Around the west, Satha and Uttaramantrin

12 Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da

13 Around the north, the sub-continent Kurava and Kaurava

14 Rin-Po-Che Ri-Wo

In the east is the treasure mountain

15 Pag Sam-Gyi-Shing

In the south is the wish-granting tree

16 Dö Jo-I Ba

In the west is the wish-granting cow

17 Ma-Mo Pa-I Lo-Tog

In the north is the harvest that needs no cultivation

Second Ring

18 Kor-Lo Rin-Po Che

Here is the precious wheel

19 Nor-Bu Rin-Po Che

Here is the precious jewel

20 Tsun-Mo Rin-Po Che

Here is the precious queen

21 Lon-Po Rin-Po Che

Here is the precious minister

22 Lang-Po Rin-Po Che

Here is the precious elephant

23 Ta-Chog Rin-Po Che

Here is the precious and best of horses

24 Mag-Pon Rin-Po Che

Here is the precious general

25 Ter-Chen Po-i Pum-Ba

Here is the great treasure vase



Third Ring

26 Geg-Ma

Here is the goddess of beauty

27 Treng-Wa-Ma

Here is the goddess of garlands

28 Lu-Ma

Here is the goddess of song

29 Gar-Ma

Here is the goddess of dance

30 Me-Tog-Ma

Here is the goddess of flowers

31 Dug-Pö-Ma

Here is the goddess of incense

32 Nang-Sel-Ma

Here is the goddess of light

33 Dri-Chab-Ma

Here is the goddess of perfume

Top Ring

34 Nyi-Ma Da-Wa

35 Here is the sun; Here is the moon

36 Rin-Po-Che Dug

Here is the umbrella of all that is precious

37 Chog-Lay Nam-Par Gyäl-Way Gyäl-Tsän

Here is the banner of victory in all directions

U-Su Lha-Dang Mi-I Päl-Jor Pun-Sum Tsog-Pa Ma-

Tsang Wa-Me-Pa

In the centre are all the possessions precious to gods and men

Tsang-Zhing Yi-Du Wong-Wa Di-Dag

This magnificent collection, lacking in nothing

Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay

I offer to you, my kind and holy root Lama

Päl-Den La-Ma Dam-Pa Nam-Dang Kye-Par Du-Yang

Together with you, Venerable Lineage Lamas



**Gyel-Wa Say-Dang Chay-Pa Lha-Tsog-La Zhing-Kam
Ul-War-Gyi-Wo**

Especially to the Buddhas and Bodhisattvas and attendant deities.

Kye-Par Du-Yang Je-Tsun-Ma Pag-Ma Drol-May Lha-Tsog-La Zhing-Kam Ul-War-Gyi-Wo

Especially to the Venerable Arya Tara and assembly of attendant deities.

Tug-Je Dro-Way Dön-Du Zhe-Su-Sol Zhe-Nay Dag-Sog

Please accept it with compassion for the sake of migrating beings

Dro-Wa Mar-Gyur Nam-Kay Ta-Dang Nyam-Pay Sem-Chen

Having accepted these, please bestow on me and on mother sentient beings

**Tam-Chay-La Tug-Tse-Wa Chen-Poi Go-Nä Jin-Gyi
Lab-Tu-Sol**

Abiding as far as the limits of space your inspiration with loving compassion.

The Short Mandala Of Seven Heaps

Sa-Zhi Pö-Kyi Jug-Shing Me-Tog Tram

This ground, anointed with perfume, strewn with flowers,

Ri-Rab Ling-Zhi Nyi-Day Gyen-Pa Di

Adorned with Mount Meru, four continents, Sun and Moon,

Sang-Gay Zhing-Du Mig-Te Ul-War Gyi

I offer in visualization as Field of Buddhas.

Dro-Kun Nam-Dag Zhing-La Chö-Par Shog

May all sentient beings thus enjoy this Pure Land!

Om Idam Guru Ratna Mandalakam Nirya Tayami 



Refuge And Bodhicitta (x 3)

I take refuge until I am enlightened in the Buddhas,
The Dharma and the Sangha.

By the positive potential I create by practicing generosity and
the other far –reaching attitudes,

May I attain Buddhahood in order to benefit all sentient beings.

Sang-Gyay Cho-Dang Tsok-Kyi Chog-Nam-La

Jang-Chub Bar-Du Dag-Ni Kyab-Su-Chi

Dag-Gi Jin-Sog Gyi-Pay Di-Dag-Gi

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Prayer For The Success Of One's Wishes (x 3)

May I be blessed to follow with devotion, in thought and action,
The spiritual friend who is the source of all accumulations of
goodness

And, by acquainting my mind with the path pleasing to the
Victorious Ones, may I attain peerless enlightenment.

Leg-Tsog Kun-Gyi Jung-Nay Ge-Way-She

Sam-Dang Jor-Way Tsul-Zhin Gu-Ten-Zhing

Gyal-Wa Gye-Way Lam-Gyi Gyu-Jang-Nay

La-Me Jang-Chub Tob-Par Dze-Du-Sol

1st Round

Praise (recite 3 or 7 times)

Worldly gods and non-worldly gods,
bow their crowns to your lotus feet,
You who rescue from all poverty,
Mother Tara, to you I prostrate.



**Lha-Dang Lha-Min Cho-Pen-Gyi
Zhab-Nyi Pay-Mo La-Tu-Nay
Pong-Pa Kun-Lay Drol-Dzay-May
Drol-Ma Yum-La Chag-Tsel-Lo**

Offerings To Tara

Om Arya Tare Sapariwara Argham Pratitsa Hung Svaha

Om Arya Tare Sapariwara Padyam Pratitsa Hung Svaha

Om Arya Tare Sapariwara Pushpe Pratitsa Hung Svaha

Om Arya Tare Sapariwara Dhupe Pratitsa Hung Svaha

Om Arya Tare Sapariwara Aloke Pratitsa Hung Svaha

Om Arya Tare Sapariwara Gandhe Pratitsa Hung Svaha

Om Arya Tare Sapariwara Neude Pratitsa Hung Svaha

Om Arya Tare Sapariwara Shabda Pratitsa Hung Svaha



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Reverently I prostrate to your feet, Venerable Tara,

And present clouds of every type of offering, actual and
mentally-transformed

I confess all my negative actions accumulated since
beginningless time,

And rejoice in the virtues of all holy and ordinary beings.

Please remain until cyclic existence ends,

And turn the wheel of Dharma for sentient beings.

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Request To Be Freed From Fears

Please, may I and all the objects in need of protection
Be covered by the right hand which was in the mudra of
granting

Sublime realizations and now is in the mudra of granting refuge
And freed from the suffocation of all the fears of samsara.

**Chay-Yay Chog-Jin Chag-Gya-Nyi
Kyab-Jin Chag-Gyar Gyur-Pay-Og
Dag-Dang Sung-Ja Kun-Tsu-Nay
Jip-Pa Kun-Lay Ug-Yung Gyur**

Homage To The 21 Taras (recite 2 times in English or Tibetan)

OM I prostrate to the noble transcendent liberator.

1

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

2

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

3

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

4

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



5

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

6

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

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!

8

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

9

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

10

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

11

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



12

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

13

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

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!

15

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

16

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

17

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

18

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



19

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

20

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

21

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

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

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.

21 Praises To Tara (Tibetan)

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

1

- | | | | |
|-------------|----------|----------|----------|
| ❖ 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

❖ 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

❖ 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

❖ 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

❖ 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

❖ 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	Tsog-Kyi	Dun-Ne	Toh-Ma

7

❖ 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

❖ Chag-Tsal	TURE	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

❖ 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

❖ 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

❖ 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

❖ 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

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



14

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

15

❖ 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

❖ 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

❖ 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

❖ 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

❖ 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

❖ 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

❖ 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

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

The Condensed Praise

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

Request To Be Freed From Hindrances

Treasure of Compassion, Venerable Arya,
Please pacify all hindrances of every transmigrator,
Enable them to reach immediately the city of everlasting
happiness and
Increase all their necessary conditions, without exception.

Tug-Je Ter-Chen Pag-Ma Je-Tsun-May
Ka-Nyam Dro-Nam Ten-De Trong-Kyer-Du
De-Lag Dro-Way Bar-Chay Kun-Zhi-Zhing
Tug-Gyen Ma-Lu Pel-War Jin-Gyi-Lob

2nd Round

Praise (recite 3 or 7 times)

Worldly gods and non-worldly gods,
bow their crowns to your lotus feet,
You who rescue from all poverty,
Mother Tara, to you I prostrate.



Lha-Dang Lha-Min Cho-Pen-Gyi
Zhab-Nyi Pay-Mo La-Tu-Nay
Pong-Pa Kun-Lay Drol-Dzay-May
Drol-Ma Yum-La Chag-Tsel-Lo

Offerings To Tara

Om Arya Tare Sapariwara Argham Pratitsa Hung Svaha

Om Arya Tare Sapariwara Padyam Pratitsa Hung Svaha

Om Arya Tare Sapariwara Pushpe Pratitsa Hung Svaha

Om Arya Tare Sapariwara Dhupe Pratitsa Hung Svaha

Om Arya Tare Sapariwara Alope Pratitsa Hung Svaha

Om Arya Tare Sapariwara Gandhe Pratitsa Hung Svaha

Om Arya Tare Sapariwara Neude Pratitsa Hung Svaha

Om Arya Tare Sapariwara Shabda Pratitsa Hung Svaha

Om Arya Tare Sapariwara Om Ah Hung



The Seven-Limb Prayer

Reverently I prostrate to your feet, Venerable Tara,
And present clouds of every type of offering, actual and
mentally-transformed

I confess all my negative actions accumulated since
beginningless time,

And rejoice in the virtues of all holy and ordinary beings.

Please remain until cyclic existence ends,

And turn the wheel of Dharma for sentient beings.

I dedicate all the virtues of myself and others to the great
enlightenment.



**Je-Tsun Drol-May Zhab-La Gu-Chag-Tsel
Ngo-Sham Yi-Trul Cho-Pa Ma-Lu-Bul
Tog-Me Nay-Sag Dig-Tung Tam-Chay-Shag
Kye-Pag Ge-Wa Nam-La Je-Yi-Rang
Kor-Wa Ma-Tong Bar-Du Leg-Shug-Nay
Dro-La Cho-Kyi Kor-Lo Kor-Wa-Dang
Dag-Zhen Ge-Nam Jang-Chub Chen-Por-Ngo**

Mandala Offering

Om Ah Hung (x 3)

Om Bendza Bhu-Mi Ah-Hung

Om Vajraground Ah Hung

Wang-Chen Ser-Gyi Sa-Zhi

Here Is The Mighty And Powerful Base Of Gold

Om Benza Re-Ke Ah-Hung

Om Vajraline Ah Hung

Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su

The Outer Ring Is Encircled With This Iron Fence

First Ring

1 Ri-Gyäl Po-Ri Rab

In the centre, the king of mountains, Mount Meru

2 Shar Lu-Pag-Po

In the east, the continent Purvavideha

3 Lho Dzam-Bu-Ling

In the south, Jambudvipa

4 Nub Ba-Lang-Chö

In the west, Aparagodaniya

5 Jang Dra-Mi-Nyän

In the north, Uttarakuru

6 Lu-Dang Lu-Pag

7 Around the east, the sub-continent Deha and Videha



8 Nga-Yab-Dang Nga-Yab-Zhän

9 Around the south, Camara and Aparacamara

10 Yo-Dän-Dang Lam-Chog-Dro

11 Around the west, Satha and Uttaramantrin

12 Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da

13 Around the north, the sub-continents Kurava and Kaurava

14 Rin-Po-Che Ri-Wo

In the east is the treasure mountain

15 Pag Sam-Gyi-Shing

In the south is the wish-granting tree

16 Dö Jo-I Ba

In the west is the wish-granting cow

17 Ma-Mo Pa-I Lo-Tog

In the north is the harvest that needs no cultivation

Second Ring

18 Kor-Lo Rin-Po Che

Here is the precious wheel

19 Nor-Bu Rin-Po Che

Here is the precious jewel

20 Tsun-Mo Rin-Po Che

Here is the precious queen

21 Lon-Po Rin-Po Che

Here is the precious minister

22 Lang-Po Rin-Po Che

Here is the precious elephant

23 Ta-Chog Rin-Po Che

Here is the precious and best of horses

24 Mag-Pon Rin-Po Che

Here is the precious general

25 Ter-Chen Po-i Pum-Ba

Here is the great treasure vase



Third Ring

26 Geg-Ma

Here is the goddess of beauty

27 Treng-Wa-Ma

Here is the goddess of garlands

28 Lu-Ma

Here is the goddess of song

29 Gar-Ma

Here is the goddess of dance

30 Me-Tog-Ma

Here is the goddess of flowers

31 Dug-Pö-Ma

Here is the goddess of incense

32 Nang-Sel-Ma

Here is the goddess of light

33 Dri-Chab-Ma

Here is the goddess of perfume

Top Ring

34 Nyi-Ma Da-Wa

35 Here is the sun; Here is the moon

36 Rin-Po-Che Dug

Here is the umbrella of all that is precious

37 Chog-Lay Nam-Par Gyäl-Way Gyäl-Tsän

Here is the banner of victory in all directions

U-Su Lha-Dang Mi-I Päl-Jor Pun-Sum Tsog-Pa Ma-Tsang Wa-Me-Pa

In the centre are all the possessions precious to gods and men

Tsang-Zhing Yi-Du Wong-Wa Di-Dag

This magnificent collection, lacking in nothing

Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay

I offer to you, my kind and holy root Lama

Päl-Den La-Ma Dam-Pa Nam-Dang Kye-Par Du-Yang

Together with you, Venerable Lineage Lamas



Kye-Par Du-Yang Je-Tsun-Ma Pag-Ma Drol-May Lha-Tsog-La Zhing-Kam Ul-War-Gyi-Wo

Especially to the Venerable Arya Tara and assembly of attendant deities.

Tug-Je Dro-Way Dön-Du Zhe-Su-Sol Zhe-Nay Dag-Sog

Please accept it with compassion for the sake of migrating beings

Dro-Wa Mar-Gyur Nam-Kay Ta-Dang Nyam-Pay Sem-Chen

Having accepted these, please bestow on me and on mother sentient beings

Tam-Chay-La Tug-Tse-Wa Chen-Poi Go-Nä Jin-Gyi Lab-Tu-Sol

Abiding as far as the limits of space your inspiration with loving compassion.

The Short Mandala Of Seven Heaps

Sa-Zhi Pö-Kyi Jug-Shing Me-Tog Tram

This ground, anointed with perfume, strewn with flowers,

Ri-Rab Ling-Zhi Nyi-Day Gyen-Pa Di

Adorned with Mount Meru, four continents, Sun and Moon,

Sang-Gay Zhing-Du Mig-Te Ul-War Gyi

I offer in visualization as Field of Buddhas.

Dro-Kun Nam-Dag Zhing-La Chö-Par Shog

May all sentient beings thus enjoy this Pure Land!

Om Idam Guru Ratna Mandalakam Nirya Tayami

Refuge And Bodhicitta (x 3)

I take refuge until I am enlightened in the Buddhas,

The Dharma and the Sangha.

By the positive potential I create by practicing generosity and the other far –reaching attitudes,

May I attain Buddhahood in order to benefit all sentient beings.



**Sang-Gyay Cho-Dang Tsok-Kyi Chog-Nam-La
Jang-Chub Bar-Du Dag-Ni Kyab-Su-Chi
Dag-Gi Jin-Sog Gyi-Pay Di-Dag-Gi
Dro-La Pen-Chir Sang-Gyay Drub-Par-Shog**

Request To Be Freed From Fears

Please, may I and all the objects in need of protection
Be covered by the right hand which was in the mudra of granting
Sublime realizations and now is in the mudra of granting refuge
And freed from the suffocation of all the fears of samsara.

**Chay-Yay Chog-Jin Chag-Gya-Nyi
Kyab-Jin Chag-Gyar Gyur-Pay-Og
Dag-Dang Sung-Ja Kun-Tsu-Nay
Jip-Pa Kun-Lay Ug-Yung Gyur**

Homage To The 21 Taras (Recite 3 times in English or Tibetan)

OM I prostrate to the noble transcendent liberator.

1

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

2

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

3

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



4

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

5

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

6

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

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!

8

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

9

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

10

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



11

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

12

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

13

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

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!

15

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

16

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

17

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



18

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

19

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

20

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

21

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

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

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.



21 Praises To Tara (Tibetan)

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

1

❖ 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

❖ 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

❖ 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

❖ 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

❖ 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

❖ 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	Tsog-Kyi	Dun-Ne	Toh-Ma



7

❖ 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

❖ Chag-Tsal	TURE	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

❖ 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

❖ 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

❖ 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

❖ Chag Tsal	Da Way	Dum Bu	U Gyen
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13

❖ Chag Tsal	Kel Pay	Ta May	May Tar
❖ Bar Way	Treng Way	U Nar	Ne Mar
❖ Yay Kyang	Yon Kum	Kun Nay	Kor Gay



❖ Dra Yi	Pung Ni	Nam Par	Jom Ma
14			
❖ Chag Tsal	Sa Shi	Ngo La	Chag Gi
❖ Til Gyi	Noon Chin	Zhab Gyi	Dung Ma
❖ Tro Nyer	Chen Dze	Yi Gay	Hum Kyi
❖ Rim Pa	Dun Po	Nam Ni	Gem Ma
15			
❖ 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			
❖ 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			
❖ 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			
❖ 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			
❖ 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			
❖ 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			
❖ 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
❖ Tsa Way	Ngag Kyi	To Pa	Di Dang
❖ Chag Tsal	Wa Ni	Nyi Shu	Tsa Chig

The Condensed Praise

OM Chom-Den-Day-Ma Pak-Ma-Drol-Ma-La Chag-Tsal-Lo!
Chag-Tsal Drol-Ma **TARE** Pa-Mo
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Ka-Nyam Dro-Nam Ten-De Trong-Kyer-Du
De-Lag Dro-Way Bar-Chay Kun-Zhi-Zhing
Tug-Gyen Ma-Lu Pel-War Jin-Gyi-Lob

3rd Round

Praise (recite 3 or 7 times)

Worldly gods and non-worldly gods,
bow their crowns to your lotus feet,
You who rescue from all poverty,
Mother Tara, to you I prostrate.



**Lha-Dang Lha-Min Cho-Pen-Gyi
Zhab-Nyi Pay-Mo La-Tu-Nay
Pong-Pa Kun-Lay Drol-Dzay-May
Drol-Ma Yum-La Chag-Tsel-Lo**

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Om Arya Tare Sapariwara Padyam Pratitsa Hung Svaha

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Om Arya Tare Sapariwara Dhupe Pratitsa Hung Svaha

Om Arya Tare Sapariwara Alope Pratitsa Hung Svaha

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Om Arya Tare Sapariwara Neude Pratitsa Hung Svaha

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Reverently I prostrate to your feet, Venerable Tara,
And present clouds of every type of offering, actual and
mentally-transformed

I confess all my negative actions accumulated since
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And rejoice in the virtues of all holy and ordinary beings.

Please remain until cyclic existence ends,

And turn the wheel of Dharma for sentient beings.

I dedicate all the virtues of myself and others to the great
enlightenment.



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Ngo-Sham Yi-Trul Cho-Pa Ma-Lu-Bul
Tog-Me Nay-Sag Dig-Tung Tam-Chay-Shag
Kye-Pag Ge-Wa Nam-La Je-Yi-Rang
Kor-Wa Ma-Tong Bar-Du Leg-Shug-Nay
Dro-La Cho-Kyi Kor-Lo Kor-Wa-Dang
Dag-Zhen Ge-Nam Jang-Chub Chen-Por-Ngo**

Mandala Offering

Om Ah Hung (x 3)

Om Bendza Bhu-Mi Ah-Hung

Om Vajraground Ah Hung

Wang-Chen Ser-Gyi Sa-Zhi

Here Is The Mighty And Powerful Base Of Gold

Om Benza Re-Ke Ah-Hung

Om Vajraline Ah Hung

Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su

The Outer Ring Is Encircled With This Iron Fence

First Ring

1 Ri-Gyäl Po-Ri Rab

In the centre, the king of mountains, Mount Meru

2 Shar Lu-Pag-Po

In the east, the continent Purvavideha

3 Lho Dzam-Bu-Ling

In the south, Jambudvipa

4 Nub Ba-Lang-Chö

In the west, Aparagodaniya

5 Jang Dra-Mi-Nyän

In the north, Uttarakuru

6 Lu-Dang Lu-Pag

7 Around the east, the sub-continent Deha and Videha

8 Nga-Yab-Dang Nga-Yab-Zhän

9 Around the south, Camara and Aparacamara



10 Yo-Dän-Dang Lam-Chog-Dro

11 Around the west, Satha and Uttaramantrin

12 Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da

13 Around the north, the sub-continent Kurava and Kaurava

14 Rin-Po-Che Ri-Wo

In the east is the treasure mountain

15 Pag Sam-Gyi-Shing

In the south is the wish-granting tree

16 Dö Jo-I Ba

In the west is the wish-granting cow

17 Ma-Mo Pa-I Lo-Tog

In the north is the harvest that needs no cultivation

Second Ring

18 Kor-Lo Rin-Po Che

Here is the precious wheel

19 Nor-Bu Rin-Po Che

Here is the precious jewel

20 Tsun-Mo Rin-Po Che

Here is the precious queen

21 Lon-Po Rin-Po Che

Here is the precious minister

22 Lang-Po Rin-Po Che

Here is the precious elephant

23 Ta-Chog Rin-Po Che

Here is the precious and best of horses

24 Mag-Pon Rin-Po Che

Here is the precious general

25 Ter-Chen Po-i Pum-Ba

Here is the great treasure vase

Third Ring

26 Geg-Ma

Here is the goddess of beauty



27 Treng-Wa-Ma

Here is the goddess of garlands

28 Lu-Ma

Here is the goddess of song

29 Gar-Ma

Here is the goddess of dance

30 Me-Tog-Ma

Here is the goddess of flowers

31 Dug-Pö-Ma

Here is the goddess of incense

32 Nang-Sel-Ma

Here is the goddess of light

33 Dri-Chab-Ma

Here is the goddess of perfume

Top Ring

34 Nyi-Ma Da-Wa

35 Here is the sun; Here is the moon

36 Rin-Po-Che Dug

Here is the umbrella of all that is precious

37 Chog-Lay Nam-Par Gyäl-Way Gyäl-Tsän

Here is the banner of victory in all directions

U-Su Lha-Dang Mi-I Päl-Jor Pun-Sum Tsog-Pa Ma-Tsang Wa-Me-Pa

In the centre are all the possessions precious to gods and men

Tsang-Zhing Yi-Du Wong-Wa Di-Dag

This magnificent collection, lacking in nothing

Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay

I offer to you, my kind and holy root Lama

Päl-Den La-Ma Dam-Pa Nam-Dang Kye-Par Du-Yang

Together with you, Venerable Lineage Lamas

Kye-Par Du-Yang Je-Tsun-Ma Pag-Ma Drol-May Lha- Tsog-La Zhing-Kam Ul-War-Gyi-Wo

Especially to the Venerable Arya Tara and assembly of attendant deities.



Tug-Je Dro-Way Dön-Du Zhe-Su-Sol Zhe-Nay Dag-Sog

Please accept it with compassion for the sake of migrating beings

Dro-Wa Mar-Gyur Nam-Kay Ta-Dang Nyam-Pay Sem-Chen

Having accepted these, please bestow on me and on mother sentient beings

Tam-Chay-La Tug-Tse-Wa Chen-Poi Go-Nä Jin-Gyi Lab-Tu-Sol

Abiding as far as the limits of space your inspiration with loving compassion.

The Short Mandala Of Seven Heaps

Sa-Zhi Pö-Kyi Jug-Shing Me-Tog Tram

This ground, anointed with perfume, strewn with flowers,

Ri-Rab Ling-Zhi Nyi-Day Gyen-Pa Di

Adorned with Mount Meru, four continents, Sun and Moon,

Sang-Gay Zhing-Du Mig-Te Ul-War Gyi

I offer in visualization as Field of Buddhas.

Dro-Kun Nam-Dag Zhing-La Chö-Par Shog

May all sentient beings thus enjoy this Pure Land!

Om Idam Guru Ratna Mandalakam Nirya Tayami



Refuge And Bodhicitta (x 3)

I take refuge until I am enlightened in the Buddhas,

The Dharma and the Sangha.

By the positive potential I create by practicing generosity and the other far –reaching attitudes,

May I attain Buddhahood in order to benefit all sentient beings.

Sang-Gyay Cho-Dang Tsok-Kyi Chog-Nam-La

Jang-Chub Bar-Du Dag-Ni Kyab-Su-Chi

Dag-Gi Jin-Sog Gyi-Pay Di-Dag-Gi

Dro-La Pen-Chir Sang-Gyay Drub-Par-Shog



Flow Of Nectar

From Tara's holy body, blissful nectar
Flows into the crown cakras of myself
And all those in need of protection
Filling our bodies completely and bringing every blessing.

**Ku-lay Du-Tsi Chu-Gyun-Bab
Rang-dang Sung-Jay Chi-Wo-Nay
Zhug-Te Lu-Kun Gang-Wa-Yi
Jin-Lab Ma-Lu Zhug-Par-Gyur**

Homage To The 21 Taras (Recite 7 times in English or Tibetan)

OM I prostrate to the noble transcendent liberator.

1

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

2

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

3

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

4

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

5

- Homage! Filling With TUTTARE,
- HUM, Desire, Direction, And Space!



- Trampling With Her Feet The Seven Worlds,
□ Able To Draw Forth All Beings!

6

- Homage! Worshipped By The All-Lords,
□ Shakra, Agni, Brahma, Marut!
□ Honored By The Hosts Of Spirits,
□ Corpse-Raisers, Gandharyas, Yakshas!

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!

8

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

9

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

10

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

11

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

12

- Homage! Crown Adorned With Crescent
□ Moon, All Ornaments Most Shining!
□ Amitabha In Her Hair-Knot



□ Sending Out Much Light Eternal!

13

□ Homage! She 'Midst Wreath Ablaze Like

□ Eon-Ending Fire Abiding!

□ Right Stretched, Left Bent, Joy Surrounds You

□ Troops Of Enemies Destroying!

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!

15

□ Homage! Happy, Virtuous, Peaceful!

□ She Whose Field Is Peace, Nirvana!

□ She's Endowed With OM And SVAHA,

□ Destroyer Of The Great Evil!

16

□ Homage! She's With Joy Surrounded

□ Tearing Foes' Bodies Asunder,

□ Frees With HUM And Knowledge Mantra,

□ Arrangement Of The Ten Letters!

17

□ Homage! TURE! With Seed Letter

□ Of The Shape Of Syllable HUM!

□ By Foot Stamping Shakes The Three Worlds,

□ Meru, Mandara, And Vindhya!

18

□ Homage! Holding In Her Hand The

□ Deer-Marked Moon Of Deva-Lake Form!

□ With Twice Spoken TARA And PHAT,

□ Totally Dispelling Poison!

19

□ Homage! She Whom Gods And Their Kings,

□ And The Kinnaras Do Honor!

□ Armored In All Joyful Splendor,

□ She Dispels Bad Dreams And Conflicts!



20

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

21

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

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

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.

21 Praises To Tara (Tibetan)

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

1

- | | | | |
|-------------|----------|----------|----------|
| ❖ 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

- | | | | |
|-------------|-----------|----------|---------|
| ❖ 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

❖ 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

❖ 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

❖ 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

❖ 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	Tsog-Kyi	Dun-Ne	Toh-Ma

7

❖ 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

❖ Chag-Tsal	TURE	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

❖ 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			
❖ 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			
❖ 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			
❖ 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			
❖ Chag Tsal	Kel Pay	Ta May	May Tar
❖ Bar Way	Treng Way	U Nar	Ne Mar
❖ Yay Kyang	Yon Kum	Kun Nay	Kor Gay
❖ Dra Yi	Pung Ni	Nam Par	Jom Ma
14			
❖ Chag Tsal	Sa Shi	Ngo La	Chag Gi
❖ Til Gyi	Noon Chin	Zhab Gyi	Dung Ma
❖ Tro Nyer	Chen Dze	Yi Gay	Hum Kyi
❖ Rim Pa	Dun Po	Nam Ni	Gem Ma
15			
❖ 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			
❖ 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			
❖ 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			
❖ 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			
❖ 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			
❖ 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			
❖ 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
❖ Tsa Way	Ngag Kyi	To Pa	Di Dang
❖ Chag Tsal	Wa Ni	Nyi Shu	Tsa Chig

The Condensed Praise

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

Benefits Of Recitation


Those endowed with perfect and pure respect for the deities,
The intelligent who recite these praises with most supreme faith
Both in the evening and upon waking at dawn,
Will have fearlessness bestowed on them by this remembrance.
After being purified of all evils completely,
They will attain the destruction of all lower realms,
And the seven million conquering Buddhas
Will quickly grant them every empowerment.
Thus they will attain greatness and go forth
To the ultimate state of supreme Buddhahood.
As a result, all violent poisons –
Whether abiding within or spreading to others –
That they have eaten or drunk,
By this remembrance will be completely removed,
And they will eliminate completely affliction by spirits, epidemics,
Poisons, and all various sufferings.
If, for oneself or for the sake of others,
These praises are read two, three or seven times sincerely,
Those wishing a child will have one,
And those wishing wealth will attain this as well.
Without obstruction, all their wishes will be granted,
And every hindrance will be destroyed as it arises.

Lha-Mo La-Gu Yang-Dag Den-Pay
Lo-Den Gang-Gi Rab-Day Jo-De
So-Dang To-Rang Lang-Par Jay-Nay
Dren-Pay Mi-Jig Tam-Chay Rab-Ter
Dig-Pa Tam-Chay Rab-Tu Zhi-Way
Ngen-Dro Tam-Chay Jom-Pa Nyi-Tob
Gyal-Wa Je-Wa Trag-Dun Nam-Kyi




**Nyur-Du Wang-Ni Kur-War Gyur-La
Di-Lay Che-Wa Nyi-Ni Tob-Ching
Sang-Gyay Go-Pang Tar-Tug Ter-Dro
De-Yi Dug-Ni Drag-Po Chen-Po
Ten-Nay Pa-Am Zhen-Yang Dro-Wa
Zo-Pa Dang-Ni Tung-Wa Nyi-Kyang
Dren-Pay Rab-Tu Sel-Wa Nyi-Tob
Don-Dang Rim-Dang Dug-Di Zir-Way
Dug-Ngel Tsog-Ni Nam-Par Pang-Te
Sem-Chen Zhen-Pa Nam-La Yang-Ngo
Nyi-Sum Dun-Du Ngon-Par Jo-Na
Bu-Do Pay-Ni Nor-Nam Nyi-Tob
Do-Pa Tam-Chay Tob-Par Gyur-La
Geg-Nam Me-Ching So-Sor Jom-Gyur-Ching**

Outer And Inner Offerings

**Om Arya Tare Sapariwara Argham Pratitsa Hung Svaha
Om Arya Tare Sapariwara Padyam Pratitsa Hung Svaha
Om Arya Tare Sapariwara Pushpe Pratitsa Hung Svaha
Om Arya Tare Sapariwara Dhupe Pratitsa Hung Svaha
Om Arya Tare Sapariwara Alope Pratitsa Hung Svaha
Om Arya Tare Sapariwara Gandhe Pratitsa Hung Svaha
Om Arya Tare Sapariwara Neude Pratitsa Hung Svaha
Om Arya Tare Sapariwara Shabda Pratitsa Hung Svaha 
Om Arya Tare Sapariwara Om Ah Hung **

Praise

Worldly gods and non-worldly gods,
bow their crowns to your lotus feet,
You who rescue from all poverty,
Mother Tara, to you I prostrate. 

**Lha-Dang Lha-Min Cho-Pen-Gyi
Zhab-Nyi Pay-Mo La-Tu-Nay
Pong-Pa Kun-Lay Drol-Dzay-May
Drol-Ma Yum-La Chag-Tsel-Lo**



Prayer For Success

Venerable Arya Tara and your retinue,
With your non-objectifying compassionate love,
Please pay attention to me: Please empower me
To achieve without hindrance the aims I have requested.

Je-Tsun Pag-Ma Kor-Dang-Chay
Mig-Me Tug-Je Tser-Gong-La
Dag-Gi Ji-Tar Sol-Way-Don
Geg-Me Drub-Par Jin-Gyi-Lob

Prayer For All Beings To Find Dharma And Inner Peace

May the general teachings of the Victorious Ones and Je
Tsong Khapa's teachings of pure wisdom, and explanations
and practice, spread in the ten directions.

May the holders of the teachings and the Sangha be
harmonious and may good actions increase.

From this moment on, please help pacify disease, famine
and war in this country, spread the Dharma and all
auspiciousness.

Please develop the powers of the Dharma king and cause
every country to be at peace.

Please guide all beings from the eight and sixteen fears,
harm from spirits, epidemic disease, bad dreams and ill
omens.

Please protect all beings from the sufferings of samsara, evil
realms and all fears, temporal and ultimate.

Please help increase the magnificent of this life, its
enjoyments and good fortune, and pacify all superstition and
non-virtue.

Please help all beings to quickly complete the realizations of
the three principals of the path and the two tantric stages.

From now until enlightenment is achieved, I seek no refuge
other than you.



Please grant your blessing and guide me to your state with the care of a mother for her only beloved child.

**Gyal-Ten Chi-Dang Lo-Zang-Ten
Shay-Dang Drub-Pay Chog-Chur-Gyay
Ten-Dzin Ge-Dun De-Dang-Che
Tug-Tun Trin-Lay Pel-War-Dzo
Jong-Dir Nay-Mug Trug-Tso-Zhi
Cho-Dang Tra-Shi Gong-Dul-Pel
Cho-Den Gyal-Po Nga-Tang-Gyay
Gyal-Kam Ta-U De-War-Dzo
Gyay-Dang Chu-Drug Jig-Chen-Dang
Don-Rim Mi-Lam Tsen-Tay-Ngen**

**Kor-Wa Ngen-Song Dug-Ngel-Sog
Nay-Kab Tar-Tug Jig-Lay Kyob
Tse-Pel Long-Cho So-Nam Pel
Mi-Ge Tog-Pa Kun-Zhi-Zhing
Lam-Tso Sum-Dang Rim-Nyi Kyi
Nyam-Tog Nyur-Du Tar-Chin-Dzo
Di-Nay Jang-Chub Nying-Po-Bar
Kyo-Min Kyab-Nay Zhen-Me-Pay
Bu-Chig Po-La Ma-Yin-Zhin
Je-Zung Jin-Gyi Lab-Tu-Sol**

Hundred Syllable Mantra (Confession of faults in the recitation)

**Om Pema Satto Samaya / Manu Palaya /
Pema Satto Teno Patita / Dridho Me
Bhawa / Sutto Kayo Me Bhawa / Supo Kayo
Me Bhawa / Anurakto Me Bhawa Sarwa
Siddhi Me Prayatza / Sarwa Karma Sutza
Me / Tzitam Shriyam Kuru Hung / Ha Ha Ha
Ha Ho Bhagawan / Sarwa Tathagata
Pema Ma Me Muntsa / Pema Bhawa /
Maha Samaya Satto Ah Hung Phet**



Request For Patience

Whatever i have done incorrectly due to not acquiring the proper materials,
Not fully understanding or lack of ability, please be patient with all these mistakes.

My additions and omissions, parts of the ritual that went wrong,
And whatever I forgot, please be patient with this too

**Ma-Nye Yong-Su Ma-She-Dang
Gang-Yang Nong-Pa Ma-Chi-Pa
Dir-Ni Ja-Wa Gang-Gyi-Pa
De-Kun Kye-Kyi Zo-Dzay-Rig
Lhag-Pa Dang-Ni Chay-Pa-Dang
Cho-Gay Yen-Lag Nyam-Pa-Dang
Dag-Gi Je-Nge Chi-Chi-Pa
De-Yang Zo-Par Dzay-Du-Sol**

Requesting The Deity To Remain

Together with the image here, remain for sentient beings' sake,
And please bestow health and long life, riches and the highest things.

**Dri-Ni Ten-Dang Lhen-Chig-Tu
Dro-Way Don-Du Zhug-Nay-Kyang
Nay-Me Tse-Dang Wang-Chug-Dang
Chog-Nam Leg-Par Tsel-Du-Sol**

Om Supra Tishta Vajra Ye Svaha 



Prayer That Spontaneously Fulfills All Wishes

Saviour of the snow land teaching and transmigratory beings
Who makes extremely clear the path that is unification of
emptiness and compassion

To the lotus holder, Tenzin Gyatso, I beseech

May all your holy wishes be spontaneously fulfilled!

Tong-Nyi	Nying-Jhe	Sung-Du	Jug-Pay-Lam
Che-Cher	Sal-Tza	Gang-Chen	Ten-Droi-Gon
Chag-Na	Ped-Mo	Ten-Zin	Gya-Tso-La
Sol-Wa	Deb-So	Shen-Don	Lhun-Drub-
Shog			

Long Life Prayer Of His Holiness The Dalai Lama

In the land encircled by snowy mountains

You are the source of all happiness and good

All powerful Chenrezig, Tenzin Gyatso

Please remain until Samsara ends

Gang-Ri	Ra-Way	Kor-Way	Zhing-Kam-Dir
Pen-Dang	De-Wa	Ma-Lü	Jung-Way-Nay
Chen-Re-Zig	Wang	Ten-Zin	Gya-Tso-Yi
Zhab-Pay	Si-Thay	Bar-Du	Ten-Gyur-Chig



Long Life Prayer Of Singha Thekchen Namdrol Rinpoche
Singha Thekchen Namdrol Rinpoche Gyi Shab-Ten Sol Deb

Om Svasti

Like the countless light rays that radiate from the ruby mountain;

Exquisite Amitayus, Lord of Everlasting Life, who captivates and one does not tire of seeing;

Whose essence is of infinite life, the nectar of immortality;

Please instantly grant our Guru, The Siddhi of Stable and Everlasting Life.

Pad-Rab	Lhun-Poi	O-ser	Bum-Tro-Tar
Rab-Ze	Ta-Wai	Mi-Ngom	Tse-Pak-Me
Chi-Med	Du-Tsi	Bum-Gyi	Che-Chuk-Pa
Tak-Ten	Dro-Wai	Ngo-Po	Deng-Dhir-Tsol

You are intelligent and skilful in upholding the traditions Of Buddha;

Spreading the Holy Dharma through explanations and practices;

In order to lead disciples onto the path to liberation;

You are the one who is an Unequaled Guide,

Please live a long and stable life.

Gang-Lo	<u>Thub-Pai</u>	Ring-Lug	Zin-Khe-Pa
Shed-Dang	Drup-Pai	<u>Ten-Pa</u>	Pel-Wa-Dang
Dul-Ja	<u>Nam-Drol</u>	Lam-Du	God-Pa-La
Dren-Pai	Da-Dral	Chog-Tu	Shab-Ten-Shog

I request respectfully, my Precious and Holy Guru, to enjoy excellent health;

I request respectfully, my Precious and Holy Guru, to live a long life;

I request respectfully, my Precious and Holy Guru,

That your Dharma activities spread and flourish far and wide;

I request respectfully, my Precious and Holy Guru,

To bless me to be never separated from you.



La-Ma Ku-Kham Sang-La Sol-Wa-Deb
Chog-Tu Ku-Tse Ring-La Sol-Wa-Deb
Trin-Lae Dar-Shing Gye-La Sol-Wa-Deb
La-Ma Dang-Dral Wa-Med-Par Jin-Gi
Lab-Tu-Sol

In all my future rebirths, may I never be separated from my Perfect Guru;

May I enjoy the magnificent Dharma;

And by completing the qualities of the stages and path;

May I quickly attain the state of Vajradhara.

Kye-Wa Kun-Tu Yang-Dag La-Ma-Dang
Dral-Me Cho-Kyi Pal-La Long-Cho-Ching
Sa-Dang Lam-Gyi Yon-Ten Rab-Zog Ne
Dor-Je Chang-Gi Go-Phang Nyur-Thob-Shog

Long Life Prayer Of Khandro Namdrol Lhamo

Homage to the assembly of deities who are the source of a hundred varieties of preciousness.

By your knowledge, compassion and power that liberates from mere seeing and hearing.

From the blessing and power of truth of the assembly of deities.

May the lotus of long life, good health, happiness and prosperity blossom.

Nam-Trang Gya-Tsay Rin-Chung Lha-Yi-Tsog
Khen-Tse Nu-Pey Thong-Thoe Thren-Dol-Wa
Lha-Tsok Nam-Ki Dhen-Pey Jin-Thu-Yi
Tse-Ring Ne-Mey Dhe-Jor Pe-Mo-Gye



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**

Auspicious Verse



Like the inconceivable tree,
The precious vase and the wish-granting jewel,
Mother Tara, the Buddhas and Bodhisattvas are treasures
that grant all wishes and fulfill all hopes.

May they guide us and increase the signs of virtue.

**Pag-Sam Shing-Dang Nor-Bu Bum-Zang-Zhing
Re-Kong Do-Gu Zo-Way Yi-Zhir-Ter
Gyel-Yum Drol-Ma Gyel-Wa Say-Chay-Kyi
Je-Zung Ge-Tsen Phel-Way Tra-Shi-Shog**

*This prayer was writting by the bearer of a Ganden Trijang transformation as requested
by the Nyema secretary, the son Tsering, who is devoted, has perseverance, will, and is
solely virtuous. By this virtue may the perfections be increased.*

May All Be Auspicious!



About Thekchen Choling

Thekchen Choling (Singapore) is a temple which operates 24 by 7 daily. Our services include blessing for newborn babies, marriage blessings, pujas for quick recovery from illness and career success, Chinese and Tibetan funeral services and so on.

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