

# The praises of the Twenty-One Taras

## Tibetan phonetics and English

### Invocation

PO TA LA YI NÄ CH'OG NÄ  
TAM YIG JANG GU LÄ THRUNG SHING  
ÖPAG ME KYI U LA GYÄN  
DÜ SUM SANG GYÄ THRIN LÄ MA  
DRÖL MA KHOR CHÄ SHEG SU SÖL

From your sublime abode of the Potala,  
You who are born from the green syllable TAM,  
Your crown adorned with Amitabha,  
Action-mother of the buddhas of the three times,  
Tara, together with your retinue, please come here.

### Prostration

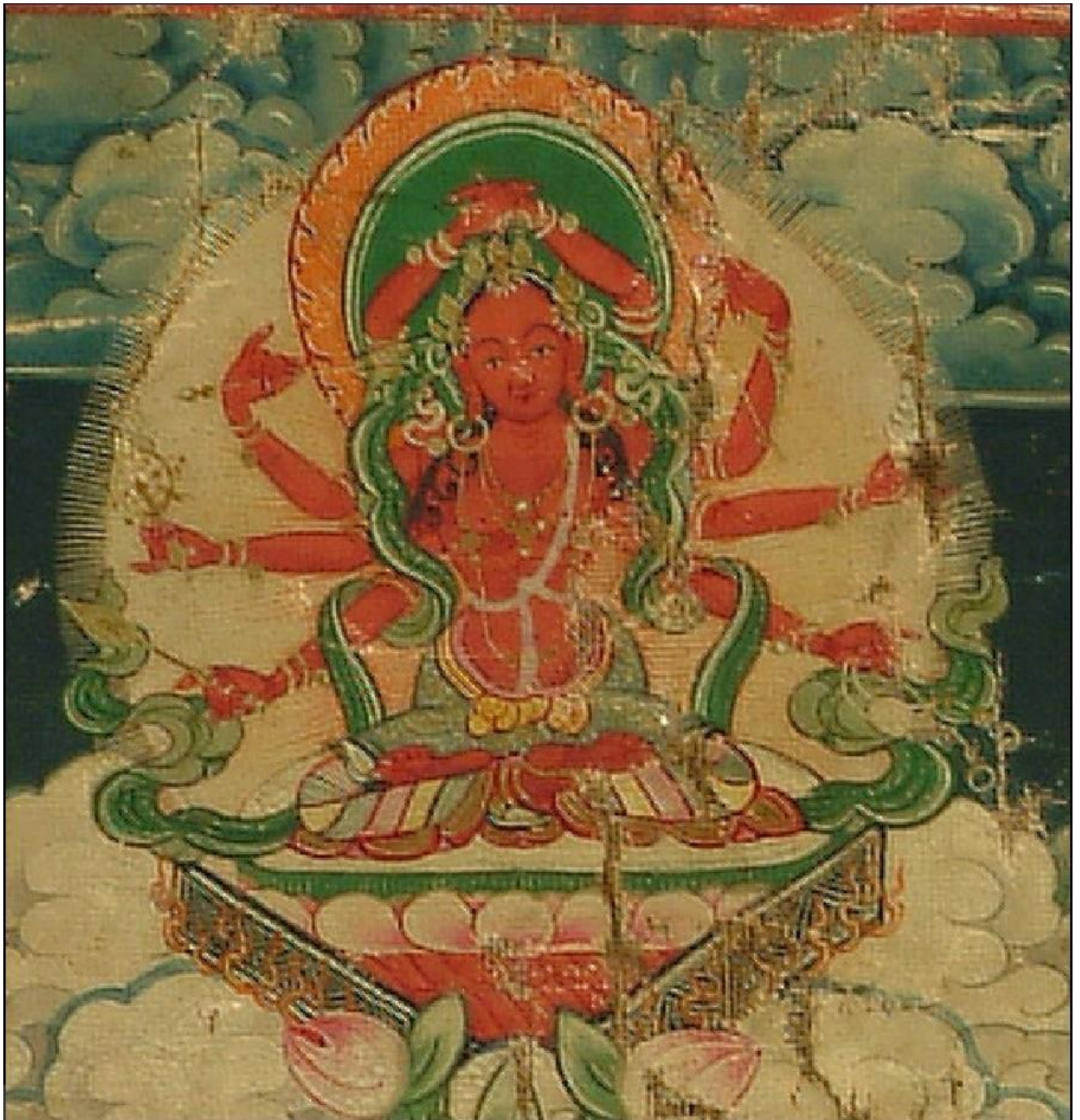
LHA DANG LHA MIN CHÖ PÄN GYI  
ZHAB KYI PÄ MO LA TÛ DE  
PHONG PA KÜN LÄ DRÖL DZÄ MA  
DRÖL MA YUM LA CHHAG TSHÄL LO

The gods and demigods bow  
Their crowns to your lotus feet.  
Liberator of all who are destitute,  
To you, Mother Tara, I prostrate.



OM! JE-TSÜN-MA P'AK-MA DrÖL-MA-LA CH'AK TS'ÄL-LO //  
OM I prostrate to the noble transcendent Liberator.





### 1. Tara the heroine

CH'AK-TS'ÄL DrÖL-MA NYUR-MA PA-MO  
CHÄN-NI KÄ-CHIK LOK-D'ANG DrA-MA  
JIK-TEN SUM-GÖN CH'U-KYE ZHÄL-GY'I  
G'E-SAR J'E-WA-LÄ-NI J'UNG-MA

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





## 2. Tara white as the autumn moon

CH'AK-TS'ÄL TÖN-KÄi DA-WA KÜN-TU  
G'ANG-WA GYA-NI TSEK-PÄi ZHÄL-MA  
KAR-MA TONG-TrAK TS'Ok-PA-NAM-KYI  
RAP-TU CH'E-WÄi Ö RAP-BAR-MA

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

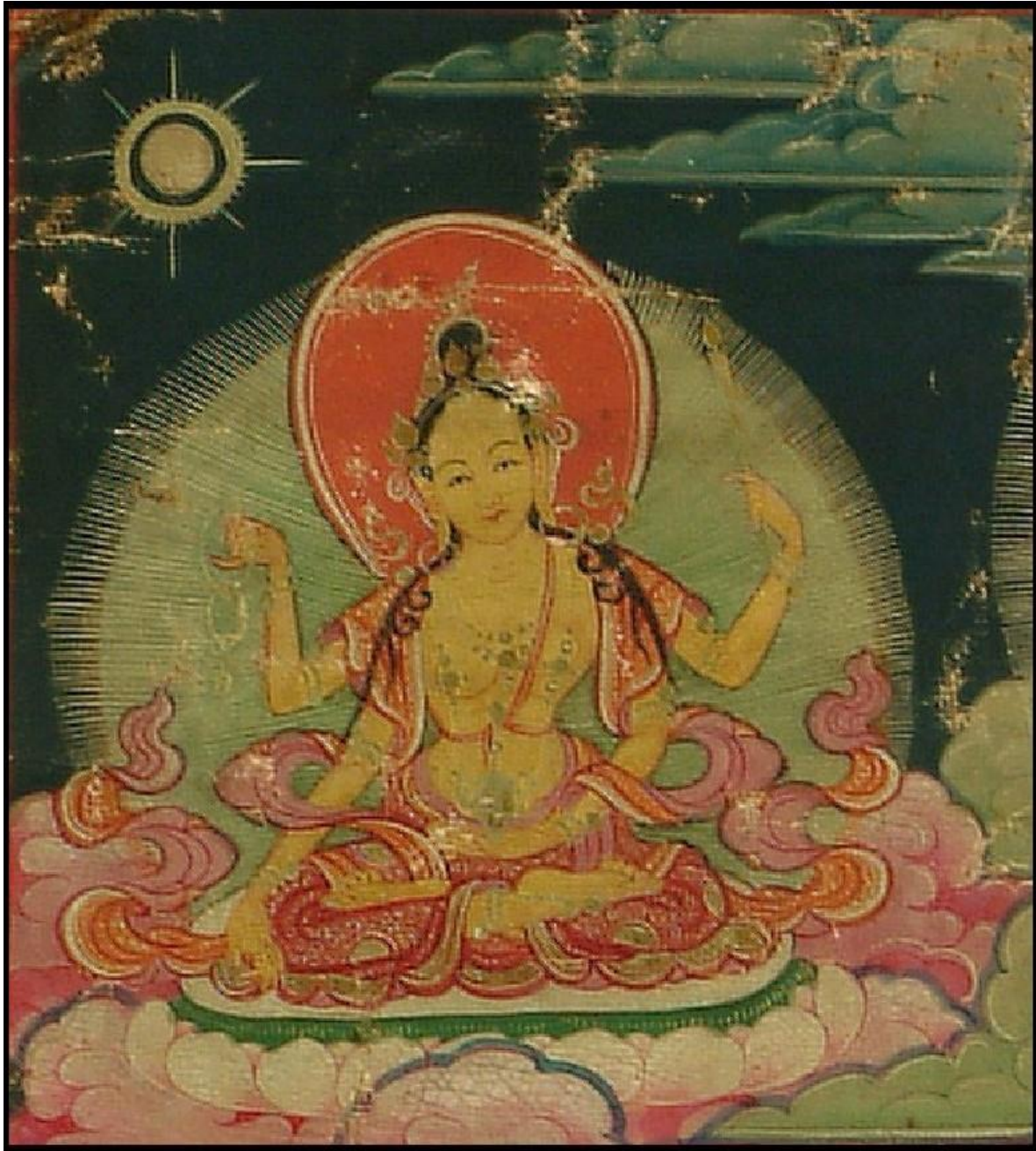


### 3. Golden-coloured Tara

CH'AK-TS'ÄL SER-NGO CH'U-NÄ KYE-KYI  
PÄ-MÄ CH'AK-NI NAM-PAR GYÄN-MA  
JIN-PA TSÖN-DrÜ KA-T'UP ZHI-WA  
ZÖ-PA SAM-TÄN CHÖ-YÜL-NYI-MA

Homage! Golden-blue one, lotus  
Water born, in hand adorned!  
Giving, effort, calm, austerities,  
Patience, meditation her sphere!





#### 4. Tara with the victorious crown protuberance of the Tathagatas

CH'AK-TS'ÄL D'E-ZHIN-SHEK-PÄi TSUK-TOR  
T'A-YÄ NAM-PAR GYÄL-WAR CHÖ-MA  
MA-LÜ P'A-RÖL-CH'IN-PA T'OP-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!



### 5. Tara proclaiming the sound of hūṃ

CH'AK-TS'ÄL TUTTÄRA HŪṂ YI-G'E  
DÖ-D'ANG CH'OK-D'ANG NAM-K'A G'ANG-MA  
JIK-TEN DÜN-PO ZHAP-KYI NÄN-TE  
LÜ-PA ME-PAR GUK-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!





## 6. Tara victorious over the three worlds

CH'AK-TS'ÄL GYA-J'IN ME-LHA TS'ANG-PA  
LUNG-LHA NA-TS'OK WANG-CH'UK CH'Ö-MA  
JUNG-PO RO-LANG Dr'I-ZA-NAM-D'ANG  
NÖ-JIN TS'OK-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!





### 7. Tara who crushes all adversaries

CH'AK-TS'ÄL TrÄṬ-CHE-J'A-D'ANG PHÄṬ-KYI  
P'A-RÖL TrÜL-K'OR RAP-TU JOM-MA  
YÄ-KUM YÖN-KYANG ZHAP-KYI NÄN-TE  
ME-BAR TrUK-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!





**8. Tara who bestows supreme powers / Tara who crushes all maras**

CH'AK-TS'ÄL TURE JIK-PA CH'EN-MO  
DÜ-KYI PA-WO NAM-PAR JOM-MA  
CH'U-KYE ZHÄL-NI Tr'O-NYER DÄN-DZÄ  
DrA-WO T'AM-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!





### 9. Tara who grants boons

CH'AK-TS'ÄL KÖN-CH'OK SUM-TS'ÖN CHÄK-GYÄi  
SOR-MÖ T'UK-KAR NAM-PAR GYÄN-MA  
MA-LÜ CH'OK-KYI K'OR-LÖ GYÄN-PÄi  
RANG-G'I Ö-KYI TS'OK-NAM Tr'UK-MA

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



### 10. Tara who dispels all sorrows

CH'AK-TS'ÄL RAP-TU GA-WA JI-PÄi  
U-GYÄN Ö-KYI TR'ENG-WA PEL-MA  
ZHÄ-PA RAP-ZHÄ TUTTÄRA-YI  
DÜ-D'ANG JIK-TEN WANG-D'U DZÄ-MA

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





### 11. Tara who summons all beings / Dispeller of misfortune

CH'AK-TS'ÄL SA-ZHI KYONG-WÄi TS'Ok-NAM  
T'AM-CHÄ GUK-PAR NÜ-PA-NYI-MA  
Tr'O-NYER YO-WÄi YI-G'E HÜM-G'I  
P'ONG-PA T'AM-CHÄ NAM-PAR DrÖL-MA

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



## 12. Tara of auspicious light

CH'AK-TS'ÄL DA-WÄi D'UM-B'Ü U-GYÄN  
GYÄN-PA T'AM-CHÄ SHIN-TU BAR-MA  
RÄL-PÄi TrÖ-NA Ö-PAK-ME-LÄ  
TAK-PAR SHIN-TU WÖ-RAB DZÄ-MA

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





### 13. Tara the ripener

CH'AK-TS'ÄL KÄL-PÄi T'A-MÄi ME-TAR  
BAR-WÄi Tr'ENG-WÄi Ü-NA NÄ-MA  
YÄ-KYANG YÖN-KUM KUN-NÄ-KOR GA  
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!





#### 14. Frowning Tara

CH'AK-TS'ÄL SA-ZHIi NGÖ-LA CH'AK-G'I  
T'IL-GY'I NÜN-CHING ZHAP-KYI DUNG-MA  
Tr'O-NYER CHÄN-DZÄ YI-G'E HŪM-G'I  
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!





### 15. Great peaceful Tara

CH'AK-TS'ÄL DE-MA GE-MA ZHI-MA  
NYA-NGÄN-DÄ-ZHI CHÖ-YÜL-NYI-MA  
SVÄHÄ OM-D'ANG YANG-D'AK DÄN-PÄ  
DIK-PA CH'EN-PO JOM-PA-NYI-MA

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



### 16. Tara, destroyer of all attachment

CH'AK-TS'ÄL KÜN-NÄ-KOR RAP-GA-WÄi  
DrA-YI LÜ-NI RAP-TU GEM-MA  
YI-G'E CHU-PÄi NGAk-NI KÖ-PÄi  
RIK-PA HÜM-LÄ DrÖL-MA-NYI-MA

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





### 17. Tara, accomplisher of bliss

CH'AK-TS'ÄL TURE ZHAP-NI DAP-PÄ  
HŪM-G'I NAM-PÄi SA-B'ÖN-NYI-MA /  
RI-RAP MÄNDARA-D'ANG Bik-J'E  
JIK-TEN SUM-NAM YO-WA-NYI-MA

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



### 18. Victorious Tara

CH'AK-TS'ÄL LHA-YI TS'O-YI NAM-PÄi  
RI-D'AK TAK-CHÄN CH'AK-NA NAM-MA  
TÄRÄ NYI-JÖ PHÄṬ-KYI YI-G'E  
D'UK-NAM MA-LÜ-PAR-NI SEL-MA

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





19.

### 19. Tara, consumer of suffering

CH'AK-TS'ÄL LHA-YI TS'OK-NAM GYÄL-PO  
LHA-D'ANG MI-AM-CHI-YI TEN-MA  
KÜN-NÄ G'O-CH'A GA-WÄI JI-KYI  
TSÖ-D'ANG MI-LAM NGÄN-PA SEL-MA

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





## 20. Tara, source of attainments

CH'AK-TS'ÄL NYI-MA DA-WA GYÄ-PÄi  
CHÄN-NYI-PO-LA WÖ RAP-SÄL-MA  
HARA NYI-JÖ TUTTÄRA-YI  
SHIN-TU Dr'AK-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!





## 21. Tara, the perfecter

CH'AK-TS'ÄL D'E-NYI SUM-NAM KÖ-PÄ  
ZHI-WÄI T'U-D'ANG YANG-D'AK-DÄN-MA  
DÖN-D'ANG RO-LANG NÖ-JIN TS'OK-NAM  
JOM-PA TURE RAP-CH'OK-NYI-MA

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

## The benefits, in Tibetan and English

(Tib:)

TSA-WÄi NGAk-KYI TÖ-PA DI-D'ANG  
CH'AK-TS'ÄL-WA-NI NYI-SHU-TSA-CHIK  
LHA-MO-LA G'Ü YANG-D'AK DÄN-PÄi  
LO-DÄN G'ANG-G'I RAP-D'Ä JÖ-D'E // 22 //

SÖ-D'ANG T'O-RANG LANG-PAR J'Ä-NÄ  
Dr'ÄN-PÄ MI-JIK T'AM-CHÄ RAP-TER  
DIK-PA T'AM-CHÄ RAP-TU ZHI-WA  
NGÄN-DrO T'AM-CHÄ JOM-PA-NYI-D'O // 23 //

GYÄL-WA J'E-WA-Tr'AK-DÜN-NAM-KYI  
NYUR-D'U WANG-NI KUR-WAR GYUR-LA  
DI-LÄ CH'E-WA-NYI-NI T'OP-CHING  
SANG-GYÄ G'O-P'ANG T'AR-T'UK D'ER-DrO // 24 //

D'E-YI D'UK-NI DrAK-PO CH'EN-PO  
TÄN-NÄ-PA-AM ZHÄN-YANG DrO-WA  
ZÖ-PA D'ANG-NI T'UNG-PA-NYI KYANG  
DrÄN-PÄ RAP-TU SEL-WA-NYI T'OP // 25 //

DÖN-D'ANG RIM-D'ANG D'UK-G'I ZIR-WÄi  
DUK-NGÄL TS'OK-NI NAM-PAR PONG-TE  
SEM-CHÄN ZHÄN-PA-NAM-LA YANG-NGO  
NYI-SUM-DÜN-D'U NGÖN-PAR JÖ-NA // 26 //

B'U-DÖ-PÄ-NI B'U T'OP-GYUR-ZHING  
NOR-DÖ-PÄ-NI NOR-NAM-NYI T'OP  
DÖ-PA T'AM-CHÄ T'OP-PAR GYUR-TE  
GEk-NAM ME-CHING SO-SOR JOM-GYUR // 27 //





(Eng:)

These praises with the root mantras  
And twenty-one prostrations,  
Whoever is endowed with devotion for the goddess  
And recites them with supreme faith, -22-

Remembering them at dawn upon waking and in the evenings,  
Will be granted all fearlessness,  
Will perfectly pacify all negativities,  
And will eliminate all unfortunate migrations. -23-

The multitudes of conquerors  
Will quickly grant initiation:  
Thus, endowed with this greatness,  
One will eventually reach the state of a buddha. -24-

If affected by the most terrible poison,  
Whether ingested, drunk, or from a living being,  
Just by remembering  
Will one be thoroughly cleansed. -25-

If this prayer is recited two, three, or seven times,  
It will pacify all the sufferings of torments  
Caused by spirits, fevers, and poisons,  
And by other beings as well. -26-

If you wish for a child, you will get a child;  
If you wish for wealth, you will receive wealth.  
All your wishes will be fulfilled  
And all obstacles pacified. -27-



## COLOPHON

The thangka on the first page and the images of the first twenty Taras were painted by Dorje Tamang. The image of the twenty-first Tara was painted by Angeli Lhadripa Shkonda. The original edition, *“Praises of the 21 Taras – Tib-Skt with commentary, images acc. to Suryagupta”*, by the same editor, has some commentary and includes descriptions of the twenty-one Taras. It has the praises in Tibetan phonetics and in Sanskrit. The present, abbreviated, edition is more intended for use as a prayer book.

The idea to combine these images of the twenty-one Taras and the praises arose recently when, after many years of reciting the praises while looking at an image of the twenty-one Taras, I realized that it represented the twenty-one Taras according to Lama Atisha’s tradition, while the empowerments of the twenty-one Taras I had received came from Suryagupta’s tradition. I received the empowerments twice from Lama Thubten Zopa Rinpoche, on February 17 and 18, 1982 (Bodhgaya, India) and on May 28, 1987 (Kathmandu, Nepal). The notes I took then mention the tradition.

If someone prefers doing the recitation as in this edition, but in another language, just send me a digital version of the praises in that language, and I will adapt the document for them. If possible, let me know the name of the translator. The chantable (!) English translation of the praises in the present edition is by Martin Willson.

Hermes Brandt, Vendôme. France, July 26, 2022.