

The Twenty-One Tārās  
their praises and  
images according to the lineage of  
Nāgārjuna and Atisha

Compiled and edited by Hermes Brandt  
France, May 2023

# The Praises to the Twenty-One Tārās

Tibetan phonetics and English translation

## Invocation

PO TA LA YI NÄ CH'OG NÄ

**From your sublime abode of the Potala,**

TĀṂ YIG JANG GU LÄ Tr'UNG SHING

**You who are born from the green syllable tām,**

Ö PAG ME KYI U LA GYÄN

**Your crown adorned with Amitābha,**

D'Ü SUM SANG GYÄ Tr'IN LÄ MA

**Action-mother of the buddhas of the three times,**

DrÖL MA K'OR CHÄ SHEG SU SÖL

**Tārā, together with your retinue, please come here.**

## Prostration

LHA DANG LHA MIN CHÖ PÄN GY'I

**The gods and demigods bow**

ZHAp KYI PÄ MO LA TÛ DE

**Their crowns to your lotus feet.**

P'ONG PA KÜN LÄ DrÖL DZÄ MA

**Liberator of all who are destitute,**

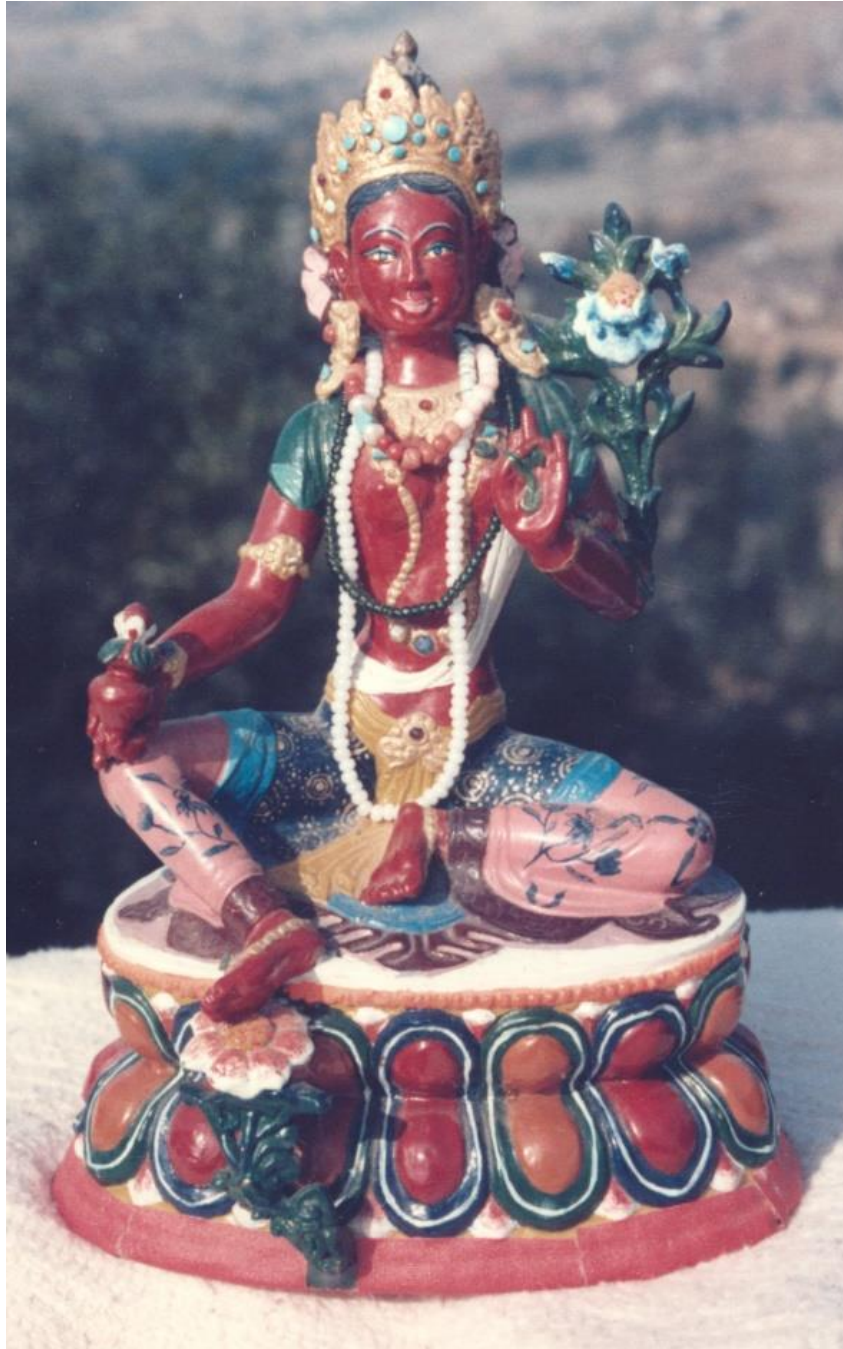
DrÖL MA YUM LA CH'ak TS'ÄL LO

**To you, Mother Tārā, I prostrate.**

## The Twenty-One Praises

OM! JE-TSÜN-MA P'AK-MA DrÖL-MA-LA CH'ak TS'ÄL-LO

**OM I prostrate to the noble transcendent Liberator.**



**1. Tārā the heroine**

CH'AK-TS'ÄL DrÖL-MA NYUR-MA PA-MO

**Homage! Tārā, swift, heroic!**

CHÄN-NI KÄ-CHIK LOK-D'ANG DrA-MA

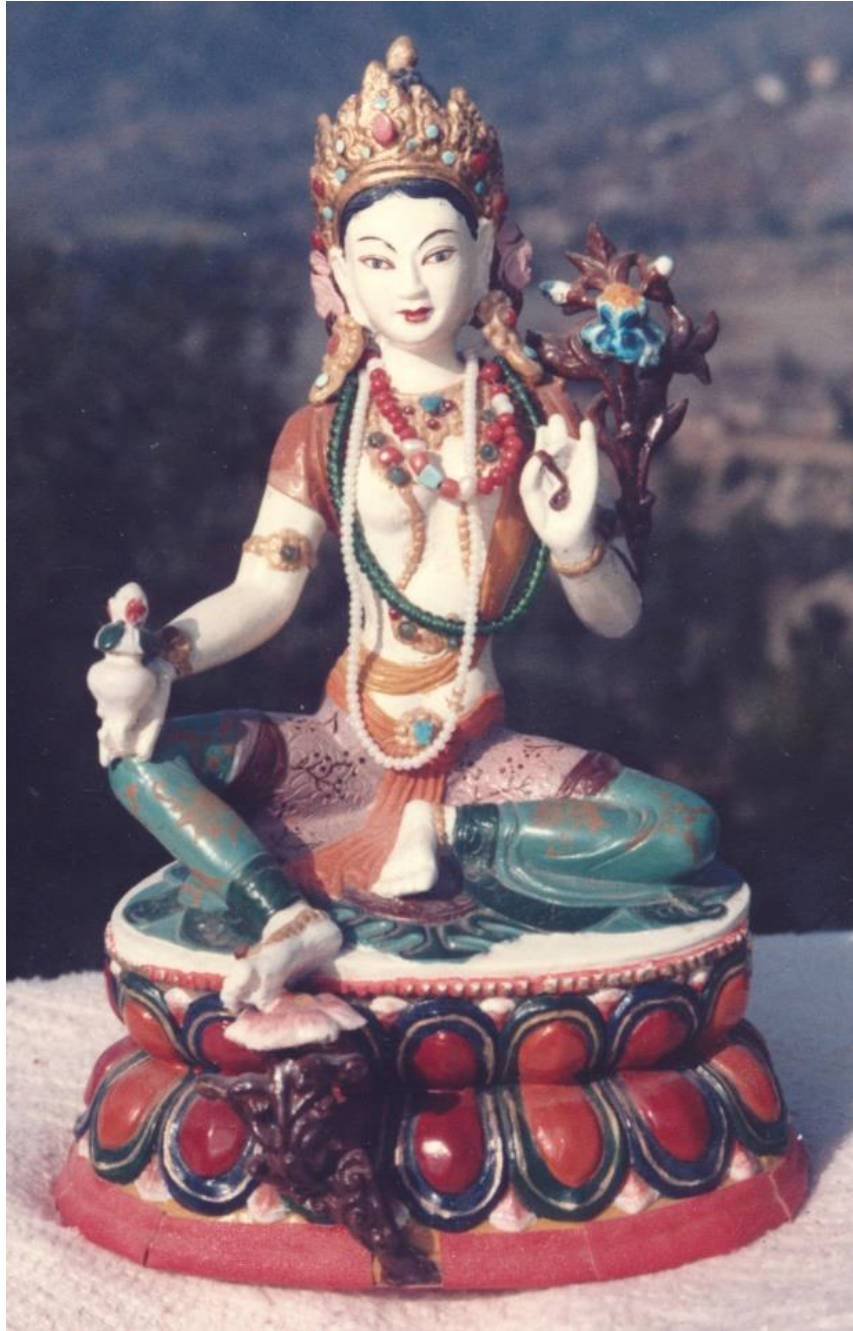
**Eyes like lightning instantaneous!**

JIK-TEN SUM-GÖN CH'U-KYE ZHÄL-GY'I

**Sprung from op'ning stamens of the**

G'E-SAR J'E-WA-LÄ-NI J'UNG-MA

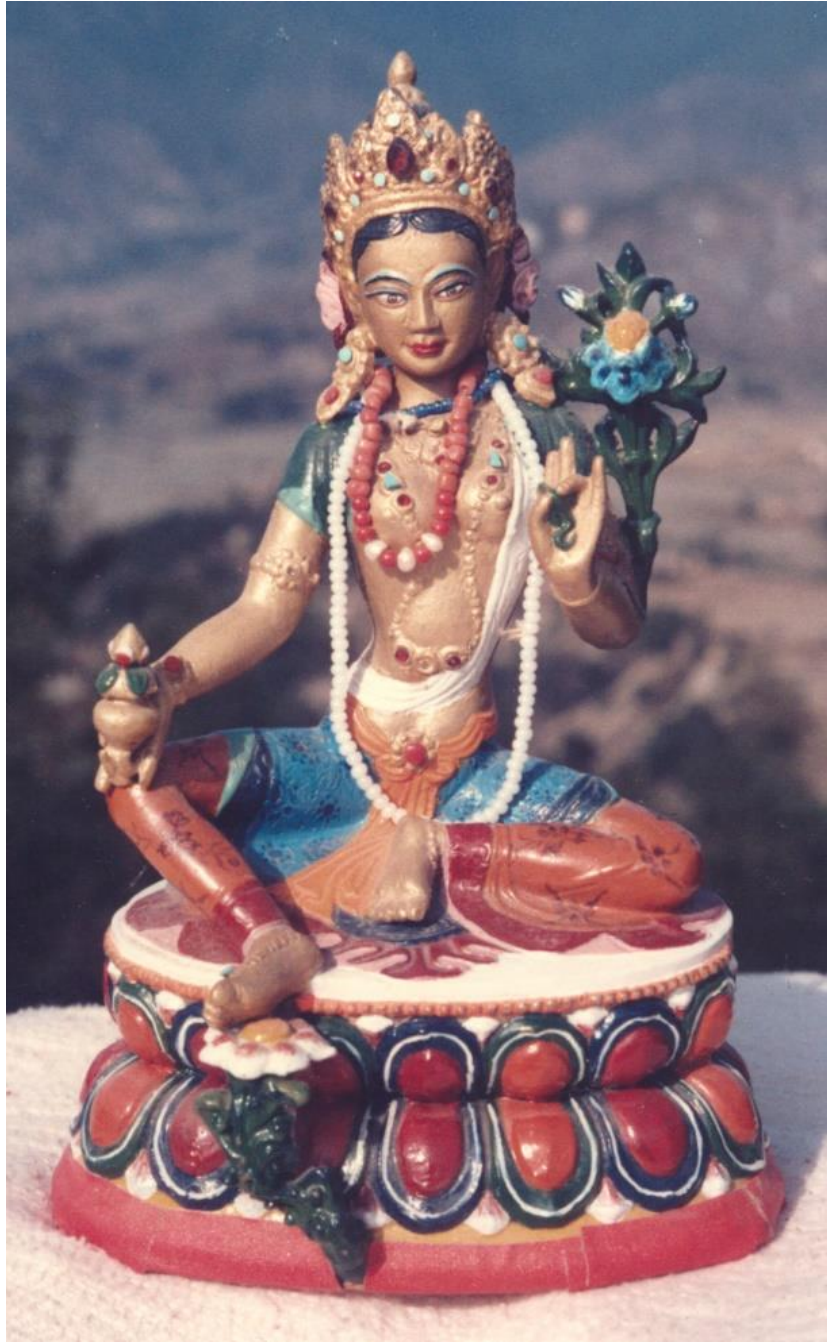
**Lord of three world's tear-born lotus!**



## 2. Tārā white as the autumn moon

CH'AK-TS'ÄL TÖN-KÄi DA-WA KÜN-TU  
**Homage! She whose face combines a**  
G'ANG-WA GYA-NI TSEK-PÄi ZHÄL-MA  
**Hundred autumn moons at fullest!**  
KAR-MA TONG-TrAK TS'Ok-PA-NAM-KYI  
**Blazing with light rays resplendent**  
RAP-TU CH'E-WÄi Ö RAB-BAR-MA  
**As a thousand star collection!**





### 3. Golden-coloured Tārā

CH'AK-TS'ÄL SER-NGO CH'U-NÄ KYE-KYI

**Homage! Golden-blue one, lotus**

PÄ-MÄ CH'AK-NI NAM-PAR GYÄN-MA

**Water born, in hand adorned!**

JIN-PA TSÖN-DrÜ KA-T'UP ZHI-WA

**Giving, effort, calm, austerities,**

ZÖ-PA SAM-TÄN CHÖ-YÜL-NYI-MA

**Patience, meditation her sphere!**



**4. Tārā with the victorious crown protuberance of the Tathagatas**

CH'AK-TS'ÄL D'E-ZHIN-SHEK-PÄi TSUK-TOR

**Homage! Crown of tathagatas,**

T'A-YÄ NAM-PAR GYÄL-WAR CHÖ-MA

**Actions triumph without limit,**

MA-LÜ P'A-RÖL-CH'IN-PA T'OP-PÄi

**Relied on by conquerors' children**

GYÄL-WÄi SÄ-KYI SHIN-TU TEN-MA

**Having reached ev'ry perfection!**



**5. Tārā proclaiming the sound of hūṃ**

CH'AK-TS'ÄL TUTTĀRĀ HŪṂ YI-G'E

**Homage! Filling with TUTTARE,**

DÖ-D'ANG CH'OK-D'ANG NAM-K'A G'ANG-MA

**HUM, desire, direction, and space!**

JIK-TEN DÜN-PO ZHAP-KYI NÄN-TE

**Trampling with her feet the seven worlds,**

LÜ-PA ME-PAR GUK-PAR NÜ-MA

**Able to draw forth all beings!**





## 6. Tārā victorious over the three worlds

CH'AK-TS'ÄL GYA-J'IN ME-LHA TS'ANG-PA

**Homage! Worshipped by the all-lords,  
LUNG-LHA NA-TS'OK WANG-CH'UK CH'Ö-MA**

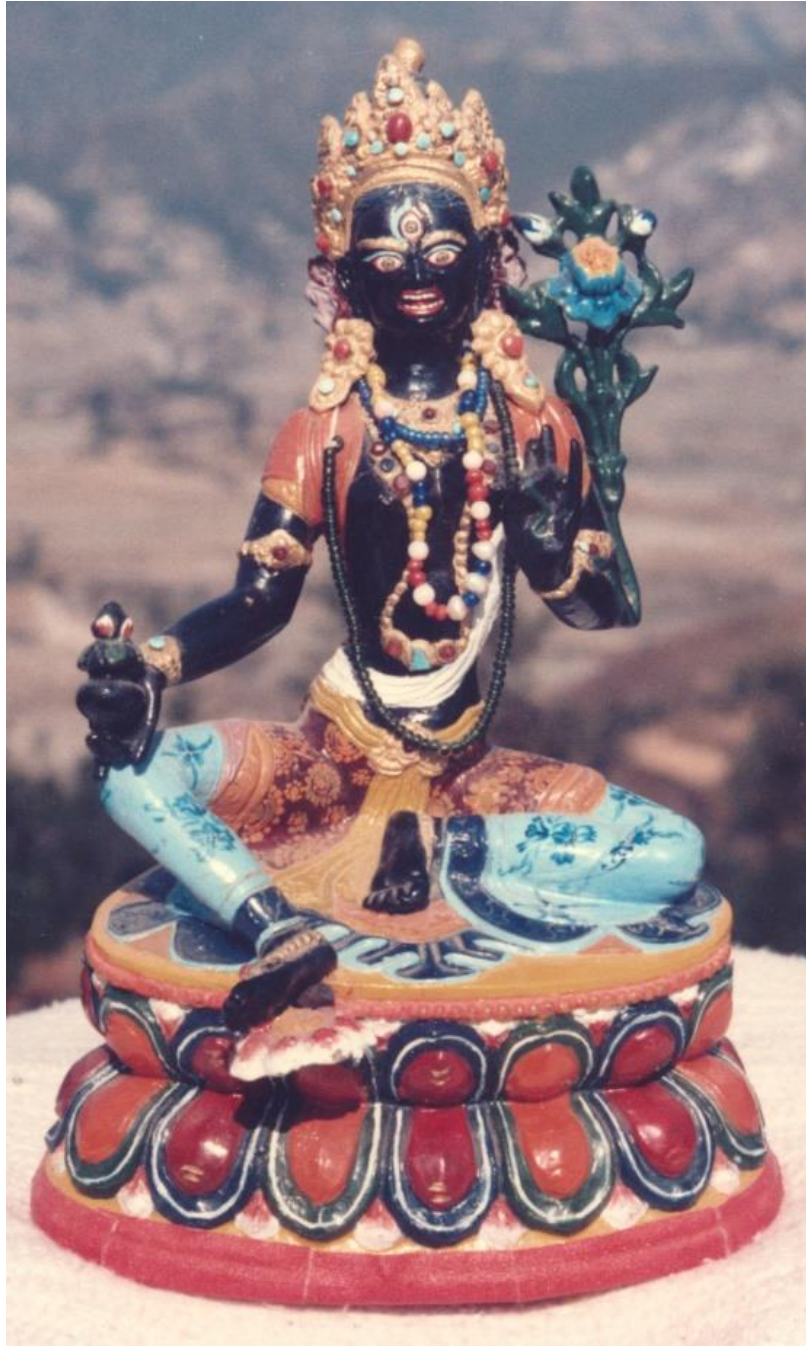
**Shakra, Agni, Brahma, Marut!**

JUNG-PO RO-LANG DR'I-ZA-NAM-D'ANG

**Honored by the hosts of spirits,  
NÖ-JIN TS'OK-KYI DÜN-NÄ TÖ-MA**

**Corpse-raisers, gandharvas, yakshas!**





### 7. Tārā who crushes all adversaries

CH'AK-TS'ÄL TrÄṬ-CHE-J'A-D'ANG PHÄṬ-KYI  
Homage! With her TRAD and PHAT sounds  
P'A-RÖL TrÜL-K'OR RAP-TU JOM-MA  
Destroying foes' magic diagrams!  
YÄ-KUM YÖN-KYANG ZHAP-KYI NÄN-TE  
Her feet pressing, left out, right in,  
ME-BAR TrUK-PA SHIN-TU BAR-MA  
Blazing in a raging fire-blaze!



8. Tārā who bestows supreme powers / Tārā who crushes all maras

CH'AK-TS'ÄL TURE JIK-PA CH'EN-MO

**Homage! TURE, very dreadful!**

DÜ-KYI PA-WO NAM-PAR JOM-MA

**Destroyer of Mara's champion(s)!**

CH'U-KYE ZHÄL-NI Tr'O-NYER DÄN-DZÄ

**She with frowning lotus visage,**

DrA-WO T'AM-CHÄ MA-LÜ SÖ-MA

**Who is slayer of all enemies!**





### 9. Tārā who grants boons

CH'AK-TS'ÄL KÖN-CH'OK SUM-TS'ÖN CHAK-GYÄi

**Homage! At the heart her fingers,**  
SOR-MÖ T'UK-KAR NAM-PAR GYÄN-MA

**Adorn her with Three Jewel mudra!**  
MA-LÜ CH'OK-KYI K'OR-LÖ GYÄN-PÄi

**Light-ray masses all excited!**  
RANG-G'I Ö-KYI TS'OK-NAM Tr'UK-MA

**All directions' wheels adorn her!**





**10. Tārā who dispels all sorrows**

CH'AK-TS'ÄL RAP-TU GA-WA JI-PÄi

**Homage! She so joyous, radiant,**

U-GYÄN Ö-KYI TR'ENG-WA PEL-MA

**Crown emitting garlands of light!**

ZHÄ-PA RAP-ZHÄ TUTTÄRÄ-YI

**Mirthful, laughing with TUTTARE,**

DÜ-D'ANG JIK-TEN WANG-D'U DZÄ-MA

**Subjugating maras, devas!**



**11. Tārā who summons all beings / Dispeller of misfortune**

CH'AK-TS'ÄL SA-ZHI KYONG-WÄi TS'OK-NAM

**Homage! She able to summon**

T'AM-CHÄ GUK-PAR NÜ-PA-NYI-MA

**All earth-guardians' assembly!**

Tr'O-NYER YO-WÄi YI-G'E HÜM-G'I

**Shaking, frowning, with her HUM sign**

P'ONG-PA T'AM-CHÄ NAM-PAR DrÖL-MA

**Saving from every misfortune!**





### 12. Tārā of auspicious light

CH'AK-TS'ÄL DA-WÄi D'UM-B'Ü U-GYÄN

**Homage! Crown adorned with crescent**

GYÄN-PA T'AM-CHÄ SHIN-TU BAR-MA

**Moon, all ornaments most shining!**

RÄL-PÄi TrÖ-NA Ö-PAK-ME-LÄ

**Amitabha in her hair-knot**

TAK-PAR SHIN-TU WÖ-RAB DZÄ-MA

**Sending out much light eternal!**





### 13. Tārā the ripener

CH'AK-TS'ÄL KÄL-PÄi T'A-MÄi ME-TAR

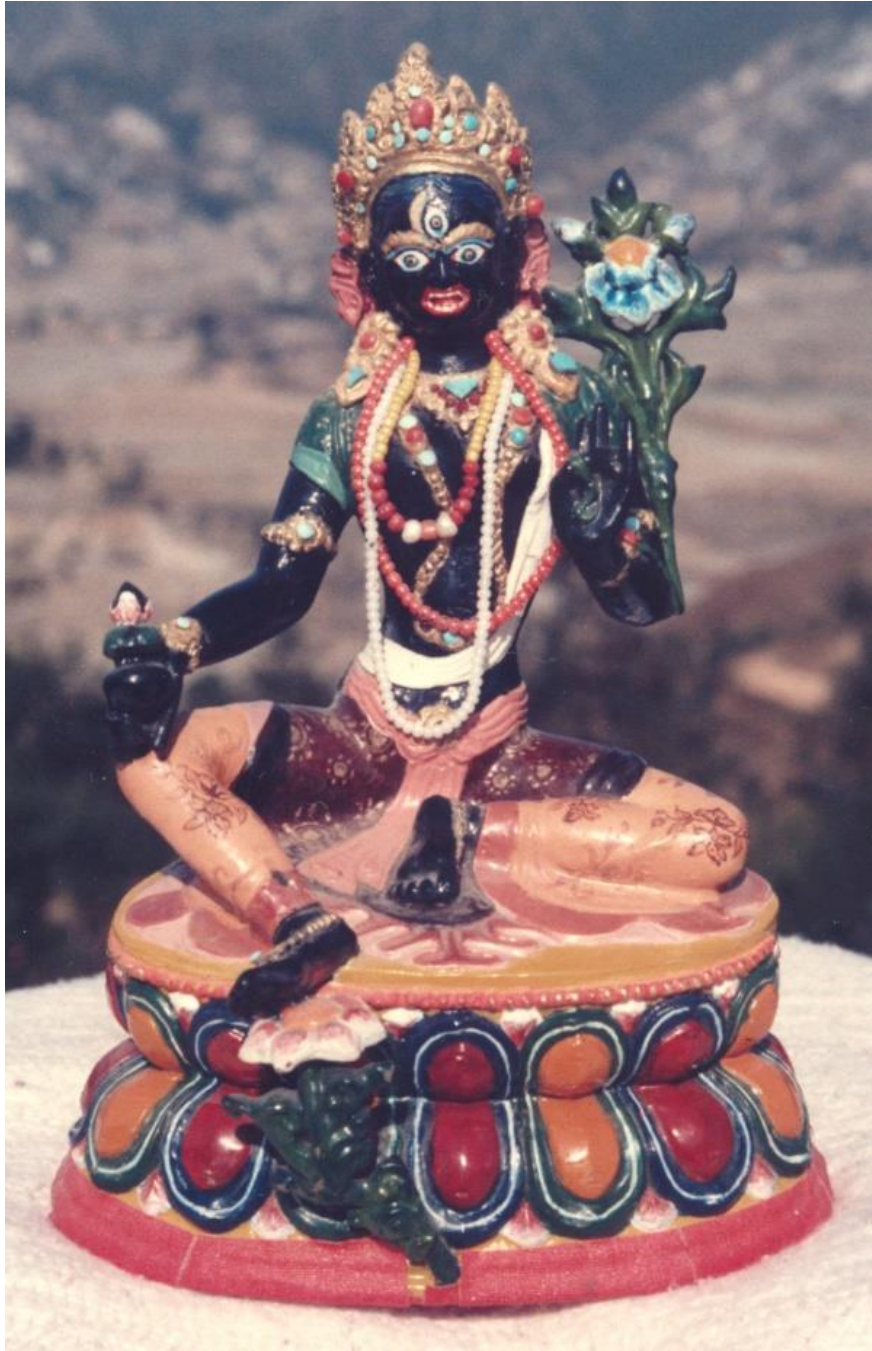
**Homage! She 'mid wreath ablaze like**  
BAR-WÄi Tr'ENG-WÄi Ü-NA NÄ-MA

**Eon-ending fire abiding!**

YÄ-KYANG YÖN-KUM KUN-NÄ-KOR GA

**Right stretched, left bent, joy surrounds you,**  
DrA-YI PUNG-NI NAM-PAR JOM-MA

**Troops of enemies destroying!**



#### 14. Frowning Tārā

CH'AK-TS'ÄL SA-ZHIi NGÖ-LA CH'AK-G'I  
**Homage! She who strikes the ground with**  
 T'IL-GY'I NÜN-CHING ZHAP-KYI DUNG-MA  
**Her palm, and with her foot beats it!**  
 Tr'O-NYER CHÄN-DZÄ YI-G'E HŪM-G'I  
**Scowling, with the letter HUM the**  
 RIM-PA DÜN-PO-NAM-NI GEM-MA  
**Seven levels she does conquer!**





### 15. Great peaceful Tārā

CH'AK-TS'ÄL DE-MA GE-MA ZHI-MA

**Homage! Happy, virtuous, peaceful!**

NYA-NGÄN-DÄ-ZHI CHÖ-YÜL-NYI-MA

**She whose field is peace, nirvana!**

SVÄHÄ OM-D'ANG YANG-D'AK DÄN-PÄ

**She endowed with OM and SVAHA,**

DIK-PA CH'EN-PO JOM-PA-NYI-MA

**Destroyer of the great evil!**





**16. Tārā, destroyer of all attachment**

CH'AK-TS'ÄL KÜN-NÄ-KOR RAB-GA-WÄi

**Homage! She with joy surrounded,  
DrA-YI LÜ-NI RAP-TU GEM-MA**

**Tearing foes' bodies asunder,  
YI-G'E CHU-PÄi NGAK-NI KÖ-Päi**

**Frees with HUM and knowledge mantra,  
RIG-PA HÜM-LÄ DrÖL-MA-NYI-MA**

**Arrangement of the ten letters!**



**17. Tārā, accomplisher of bliss**

CH'AK-TS'ÄL TURE ZHAP-NI DAP-PÄ

**Homage! TURE! With seed letter**

HÜM-G'I NAM-PÄi SA-B'ÖN-NYI-MA

**Of the shape of syllable HUM!**

RI-RAB MÄNDARA-D'ANG Bik-J'E

**By foot stamping shakes the three worlds,**

JIK-TEN SUM-NAM YO-WA NYI-MA

**Meru, Mandara, and Vindhya!**





### 18. Victorious Tārā

CH'AK-TS'ÄL LHA-YI TS'O-YI NAM-PÄi

**Homage! Holding in her hand the**

RI-D'ak TAK-CHÄN CH'AK-NA NAM-MA

**Hare-marked moon of deva-lake form!**

TÄRÄ NYI-JÖ PHÄṬ-KYI YI-G'E

**With twice spoken TÄRÄ and PHAT,**

D'UK-NAM MA-LÜ-PAR-NI SEL-MA

**Totally dispelling poison!**





**19. Tārā, consumer of suffering**

CH'AK-TS'ÄL LHA-YI TS'OK-NAM GYÄL-PO

Homage! She whom gods and their kings,  
LHA-D'ANG MI-AM-CHI-YI TEN-MA

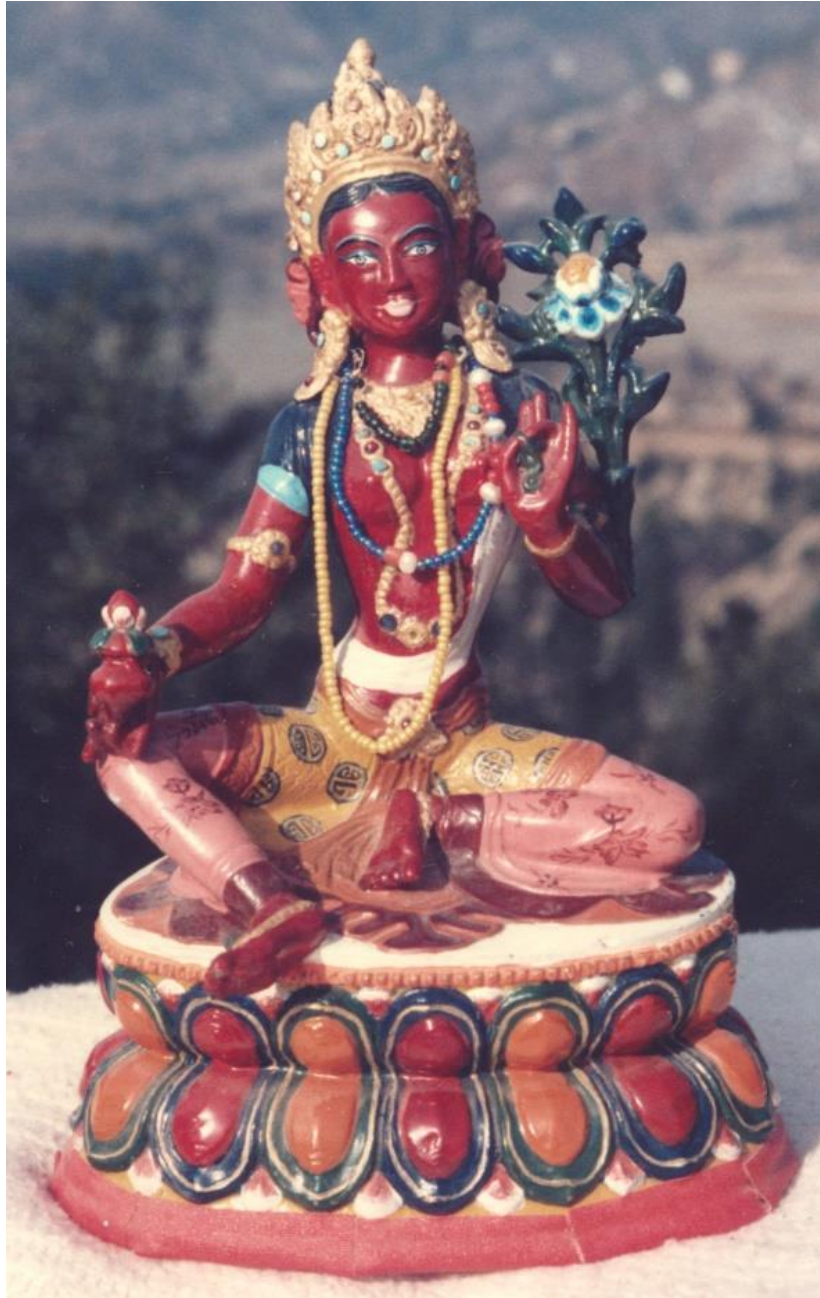
And the kinnaras do honor!

KÜN-NÄ G'O-CH'A GA-WÄi JI-KYI

Armored in all joyful splendor,

TSÖ-D'ANG MI-LAM NGÄN-PA SEL-MA

She dispels bad dreams and conflicts!



**20. Tārā, source of attainments**

**CH'AK-TS'ÄL NYI-MA DA-WA GYÄ-PÄi**

**Homage! She whose two eyes bright with**

**CHÄN-NYI-PO-LA WÖ RAP-SÄL-MA**

**Radiance of sun and full moon!**

**HARA NYI-JÖ TUTTÄRÄ-YI**

**With twice HARA and TUTTARE,**

**SHIN-TU Dr'AK-PÖi RIM-NÄ SEL-MA**

**She dispels severe contagion!**



### 21. Tārā, the perfecter

CH'AK-TS'ÄL D'E-NYI SUM-NAM KÖ-PÄ

**Homage! Full of liberating**

ZHI-WÄI T'U-D'ANG YANG-D'AK-DÄN-MA

**Pow'r by the set of three natures!**

DÖN-D'ANG RO-LANG NÖ-JIN TS'OK-NAM

**Destroys hosts of spirits, yakshas,**

JOM-PA TURE RAP-CH'OG-NYI-MA

**And raised corpses! Supreme! TURE!**



## The benefits

TSA-WÄi NGAK-KYI TÖ-PA DI-D'ANG

**These praises with the root mantras**

CH'AK-TS'ÄL-WA-NI NYI-SHU-TSA-CHIK

**And twenty-one prostrations,**

LHA-MO-LA G'Ü YANG-D'AK DÄN-PÄi

**Whoever is endowed with devotion for the goddess**

LO-DÄN G'ANG-G'I RAP-D'Ä JÖ-D'E

**And recites them with supreme faith,**

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SÖ-D'ANG T'O-RANG LANG-PAR J'Ä-NÄ

**Remembering them at dawn upon waking and in the evenings,**

Dr'ÄN-PÄ MI-JIK T'AM-CHÄ RAP-TER

**Will be granted all fearlessness,**

DIK-PA T'AM-CHÄ RAP-TU ZHI-WA

**Will perfectly pacify all negativities,**

NGÄN-DrO T'AM-CHÄ JOM-PA-NYI-D'O

**And will eliminate all unfortunate migrations.**

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GYÄL-WA J'E-WA-Tr'AK-DÜN-NAM-KYI

**The multitudes of conquerors**

NYUR-D'U WANG-NI KUR-WAR GYUR-LA

**Will quickly grant initiation:**

DI-LÄ CH'E-WA-NYI-NI T'OP-CHING

**Thus, endowed with this greatness,**

SANG-GYÄ G'O-P'ANG T'AR-T'UK D'ER-DrO

**One will eventually reach the state of a buddha.**

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D'E-YI D'UK-NI DrAK-PO CH'EN-PO

**If affected by the most terrible poison,**

TÄN-NÄ-PA-AM ZHÄN-YANG DrO-WA

**Whether ingested, drunk, or from a living being,**

ZÖ-PA D'ANG-NI T'UNG-PA-NYI KYANG

**Just by remembering**

DrÄN-PÄ RAP-TU SEL-WA-NYI T'OP

**Will one be thoroughly cleansed.**

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DÖN-D'ANG RIM-D'ANG D'UK-G'I ZIR-WÄI

**If this prayer is recited two, three, or seven times,**  
DUK-NGÄL TS'OK-NI NAM-PAR PONG-TE

**It will pacify all the sufferings of torments**  
SEM-CHÄN ZHÄN-PA-NAM-LA YANG-NGO

**Caused by spirits, fevers, and poisons,**  
NYI-SUM-DÜN-D'U NGÖN-PAR JÖ-NA

**And by other beings as well.**

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B'U-DÖ-PÄ-NI B'U T'OP-GYUR-ZHING

**If you wish for a child, you will get a child;**  
NOR-DÖ-PÄ-NI NOR-NAM-NYI T'OP

**If you wish for wealth, you will receive wealth.**  
DÖ-PA T'AM-CHÄ T'OP-PAR GYUR-TE

**All your wishes will be fulfilled**  
GEK-NAM ME-CHING SO-SOR JOM-GYUR

**And all obstacles pacified.**

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## Colophon

These statues of the Twenty-One Tārās were made in Nepal around 1980 and offered to Lama Thubten Zopa Rinpoche. I saw them at the time and bought their photographs in Kopan Monastery's shop. The photographs are numbered on their backside and are arranged here in the correct order.

The Tibetan text of the praises, here in phonetics, and the English translation are the versions found in *In Praise of Tara, Songs to the Saviouress*, by Martin Willson (Wisdom Publications, Somerville MA, USA, 1996).

For different renderings of the twenty-one Tārās according to the lineages of Sūryagupta and Nagarjuna-Atisha and for a commentary on slightly differing versions of the Tibetan translation of the Praises, see *The 21 Praises to Tārā, 6 texts combined*, made available by me in April 2023.

Hermes Brandt, Vendôme (41), France; May 5, 2023.