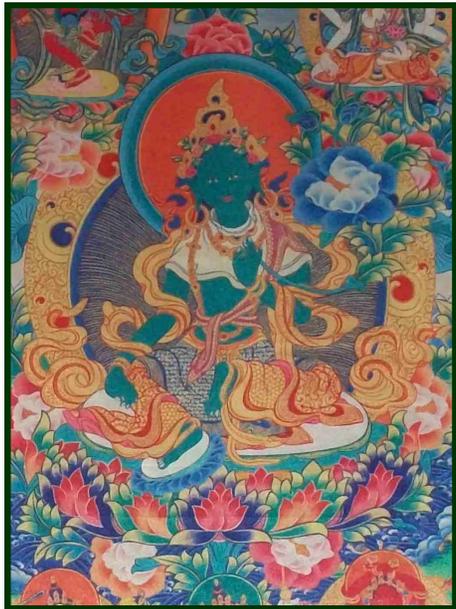


**LAND OF  
ENLIGHTENED WISDOM**

**THE SADHANA OF TARA**



**21 PRAISES OF TARA**

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## Praises to Shakyamuni Buddha

Ton pa chom dän dä de shin sheg pa dra chom pa  
yang dag par dzog pai sang gyä rig pa dang shab  
su dän pa. De bar sheg pa. Jig ten khyen pa. Kye  
bu du wa'i. Kha lo gyur wa. La na me pa. Lha  
dang mi nam kyi tön pa sang gyä chom dän dä  
pal gyal wa sha kya thub pa la chag tsäl lo. Chöd  
do kyab su chio. *(Recite 3xs)*

Gang tse kang nyi tso wo khyöd tam tse  
Sa chen di la gom pa dun bor nä  
Nga ni jig ten di na chog che sung  
De tse khä pa khyöd la chag tsäl lo.

Nam dag ku mga chog tu zug zang wa  
Ye she gya tso ser gyi lhun po dra  
Drag pa jig ten sum na lham me wa  
Gon po chog gyur khyöd la chag tsäl lo.

Tsän chog dän pa dri me da wa'i shal.  
Ser dog dra wa khyöd la chag tsäl lo.  
Dul dra khyöd dra srid pa sum ma chi  
Nyam me khyen chän khyöd la chag tsäl lo.

Gon po thug je che dän pa  
Tham chäd khyen pa ton pa po  
Sod nam yon tän gya tso'i shing  
De shin sheg la chag tsäl lo

Dag pä död chag dral war gyur  
Ge wa'i ngän song lä drol ching  
Chig tu don dam chog gyur pa  
Shi gyur chöla chag tsäl lo

Dröl nä dröl wä'i lam yang ton  
Lap pa dag la rab tu nä  
Shing gi dam pa yon tän dän  
Ge dun la yang chag tsäl lo.

Dig pa chi yang mi ja shing  
Ge wa pun sum tsong par gyur  
Rang gi sem ni yong su dul  
De nyi sang gyä ten pay yin.

Kar ma rab rib mar me dang  
Gyu ma zil pa chu bur dang  
Mi lam log dang drin ta bur  
Du ja chö nam de tar ta.

Sod nam di yi tham chäd zig pa yi  
Go phang thob nä kyon gyi dra dul te  
Ga dang na dang chi wa'i lab drug pa'i  
Srid pa'i tso lä dro wa drol war shog.

## Praises to Shakyamuni Buddha

To the Teacher, the Blessed One, the One Gone Beyond, the Foe Destroyer, the Completely Perfected, Fully Awakened Being, perfect in knowledge and in good conduct, Sugata, Knower of the World, Supreme Guide of beings to be tamed, teacher of gods and humans. To you, the Completely and Fully Awakened One, the Blessed One, the Glorious Conqueror, the Subduer from the Shakya clan, I prostrate, make offerings and go for refuge. (Recite 3 times )

When, O supreme among humans, you were born on this earth, You paced out seven strides, Then said, "I am supreme in this world."  
To you, who were wise then, I prostrate.

With pure bodies, form supremely pure,  
Wisdom ocean, like a golden mountain,  
Fame that blazes in the three worlds,  
Winner of the best – to you I prostrate.

With the supreme signs, face like spotless moon,  
Color like gold – to you, I prostrate.  
You are immaculate, the three worlds are not.  
Incomparably wise one – to you, I prostrate.

The Saviour having great compassion,  
The Teacher having all understanding,  
The field of merit with qualities like a vast ocean  
To you, the One Gone to Thusness, I prostrate.

The purity which makes one free from attachment, The virtue which frees one from the lower realms, The one path, the sublime pure reality –  
To that Dharma which pacifies, I prostrate.

Those who are liberated and who also show the path to liberation, The holy field qualified with realizations, Who are devoted to the moral precepts – To you, the sublime community  
Intending virtue, I prostrate.

Do not commit any non-virtuous actions,  
Perform only perfect virtuous actions,  
Subdue your mind thoroughly -  
This is the teaching of the Buddha.

A star, a mirage, a flame of a lamp,  
An illusion, a drop of dew, or a bubble,  
A dream, a flash of lightning, a cloud –  
See conditioned things as such!

Through these merits may sentient beings  
Attain the rank of all-seeing, subdue the foe of faults,  
And be delivered from the ocean of suffering,  
Of aging, sickness and death.

## HOMAGE TO THE LAMA

*Balen tsa-we lam-ma rin-po-che  
Dak-gi chi-wor pe-me  
Ga-trin chen-po go-ne je-sung-de  
Gu-sung tuk-kyi ngo -drup tsal-du-so*

Splendid and precious Root Lama  
Sitting on the lotus seat on the crown of  
my head, Out of your great kindness  
may you care for me And bestow the  
attainments of body, speech, and mind.

## REFUGE AND BODHICHITTA (3x)

*Sang-gye-cho -tang tsok-kyi chok-nam-la  
Chang-chup par-du dak-ni kyap-su-chi  
Dak-gi jin-sok gyi-pe so -nam-gyi  
Dro-la pen-chir sang-gye drup-par-sho*

In the Buddha, the Dharma, and the  
Noble Sangha I take refuge until  
enlightenment. By the merit I made  
through giving and so forth May I  
become enlightened for the benefit  
of all beings.

## THE FOUR IMMEASUREABLES THOUGHTS

***Sem chen tam che de wa dang de  
way gyu dang den par gyur chig  
Sem chen tam che dug ngel dang  
dug ngel kyi gyu drel war gyur chig  
Sem chen tam che dug ngel may  
pay de wa dang mi drel war gyur chig  
Sema chen tam che nye ring chag dang  
nyi dang drel way dang nyom la nay  
par gyur chig***

May all sentient beings have happiness  
and its cause.

May all sentient beings be freed from  
suffering and its cause.

May all sentient beings never be separated  
from the happiness that is beyond all suffering.

May all sentient beings abide in equanimity,  
free from attraction that holds some close  
and aversion that keeps others distant.

## MANDALA OFFERING

***Sa-shi bo chu chuk-shing me-tok-tram  
Ri-rap ling-shi nyin-de gyen-pa-di  
Sang gye shing-du mik-de pul-wa-yi  
Dro-kun nam-tak shing-du cho par-sho***

## MANDALA OFFERING

The earth is perfumed with scented  
water and is strewn with flowers.  
Adorned as well with Sumeru,  
the four continents, the sun and moon,  
By imaging and offering these as a  
Buddha realm  
May all living beings here come to  
enjoy pure realms.

### **Idam Guru Ratna Mandalakam Nirya Taya Mi**

To you oh Precious Guru,  
I send forth this jeweled mandala.



***Po-ta-la-yi ne-chok-ne  
Tam-yik jang-khu le-trung-shing  
TAM-yik o-kyi dro-wa-drol  
Drol-ma kor-che shek-su-sol***

***Hla-tang hla-min cho-pen-gyi  
Shap-kyi pemo la-du-de  
Pong-pa gun-le drol-dze-ma  
Drol-ma yum-la chak-tsal-lo***

**Jetsum Pak-ma Drol-ma-dang  
Cho-chu tu-sum shuk-pa-yi  
Gyal-wa se-che tam-che-la  
Gun-ne tang-we chak-gyi-o**

**Me-tol duk-po mar-me-tri  
Shal-se rol-rno la-sok-pa  
Ngo-jor yi-kyi tru-ne-bul  
Pak-me tsok-kyi she-au-sol**

**Tok-ma me-ne tan-te-par  
Mi-ge chu-tang tsam-me-nga  
Sem-ni-nyon-mong wang-gyur-pe  
Dik-pa tam-che shak-par-gyi**

**Nyen-to rang-gyal chang-chup-sem  
So-so kye-wo la-sok-pe  
Tu-sum ge-wa chi-sak-pe  
So-nam la-ni dak-yi-rang**

**Sem-chen nam-kyi sam-pa-tang  
Lo-yi che-trak ji-da-war  
Che-chung tun-mong tek-pa-yi  
Cho-kyi kor-lo gor-du-sol**

**Kor wa ji-si ma-dong-par  
Nya-ngen mi-da tukj-je-yi  
Duk-ngal gyan-tsor ching-wa-yi  
Sem-chen nam-la si-su-sol**

**Dak-gi so-nam chi-sak-pa  
Tam-che chang-chup gyur-gyur-ne  
Ring-por mi-tok dro-wa-yi  
Dren-pe bal-du dak-gyur-chi**

From the excellent region of the Potala,  
out of the green letter TAM arises Tara,  
You liberate beings with the light of the letter  
TAM. Pray come Tara with your retinue.

The crowns of devas and asuras  
bow to your lotus feet.  
Liberator from all poverty,  
homage to Tara, Mother.

To Reverend, Noble Tara and  
all the Victors and Bodhisattvas  
Who dwell in the ten directions and  
three times I most sincerely pay homage.

Flowers, incense, lamps, fragrances,  
food, music and other such,  
Goods I offer having mentally created  
them; I pray that the assembly of  
Noble Ones accept them.

From time without beginning until now,  
I have committed The ten unwholesome  
deeds and the five of immediate  
retribution. With a mind under the  
power of defilement; all these sins I confess

Shravakas, Pratyekabuddhas,  
Bodhisattvas, ordinary beings, and so forth  
Have accumulated wholesome deeds  
in the three times; I rejoice in their merit.

In accordance with the classes of thoughts  
and minds of beings, I pray that you turn the  
Wheel of Dharma of the Great, Small  
and Ordinary Vehicle

So long as samsara is not empty,  
pray do not enter nirvana, and with  
compassion, Look upon beings  
who are bound in the ocean of suffering.

All the merit I have accumulated, being the  
cause of enlightenment, Before long may I  
attain to the Splendor of the Guide of Beings.



## 21 PRAISES TO TARA

**Om Je-tsum-ma Pak-ma  
Drol-ma-la chak-tsal-lo**

OM! Homage to the Reverend, Noble Tara!

**Chak-tsal Drol-ma nyur-ma ba-mo**

Homage, Tara, quick one, heroine,

**Chen-ni ge-chik lok-tang dra-ma**

whose eyes flash like lightening,

**Jik-den sum-gon chu-kye shal-gyi**

Born from the opening corolla of the

**Ge-sai che-was le-ni chung-ma**

Lotus face of the Lord of the three worlds

**Chak-tsal don-ke da-wa gun-du**

Homage, Lady, whose face is filled

**Kang-wa gya-ni tsek-pe shal-mal**

with a hundred full autumn moons,

**Gar-ma dong-trak tsok-pa nam-kyi**

Blazing with the resplendent beams

**Rap-du che-wa o-rap bar-ma**

of a thousand starry clusters,

**Chak-tsal ser-ng chu-ne kye-kyi**

Homage, Lady, whose hand is adorned

**Pe-me cha-ni nam-par gyen-ma**

with a lotus, a lotus blue and gold

**Jin-pa tson-drun ga-trup shi-wa**

Whose field of practice is giving, exertion,

**So-pa sam-den cho-yel nyi-ma**

austerity, peace, patience and meditation.

**Chak-tsal te-shin shek-pe tsuk-tor**

Homage, Lady, ushnisha of the

Tathagatas,

**Ta-ye nam-par gyal-war cho-ma.**

Abiding in endless triumph

**Ma-lu pa-rol chin-pa top-pe**

Honored by the children of the Jina,

**Gyal-we se-kyi shin-tu dem-ma**

Having attained every perfection.

**Chak-tsal TUTTARE HUNG yi-ge**

Homage, Lady, who fills all directions

**Do-dang cho-dang nam-ka kang-ma**

Of space with syllables TUTTARE and

HUNG

**Jik-den dun-po shap-kyi nen-te**

Tampling the seven worlds with her feet,

**Lu-pa me par guk-par nu-ma**

Able to summon all before her.

**Chak-tsal gya-chin me hla tsang-pa**  
Homage, Lady, worshipped by Indra, Agni  
**Lung-hla na-tsok wang-chuk cho-ma**  
Brahma, the Maruts, and Vishveshvara  
**Chung-po ro-lang tri-sa nam-dang**  
Honored by hosts of monsters, zombies,  
**No-jin tsok-kyi dun-ne do-ma**  
Gandharvas, and yakshas.

**Chak-tsal TRE-che cha-dang PHE-kyi**  
Homage, lady who destroys others magic devices  
**Pa-rol trul-kor rap-du jom-ma**  
With the sounds of TRE and PHE  
**Ye-gum yon-kyang shap-kyi nen-te**  
Trampling with right foot up and left extended  
**Me-bar truk-pa shin-tu bar-ma**  
Posed gracefully amidst a blazing fire, radiant

**Chak-tsal TURE jik-pa chen-mo**  
Homage, Lady, TURE, the terrible lady,  
**Du-kyi pa-wo nam-par jom-ma**  
who annihilates the hero of Mara,  
**Chu-kye shak-ni tro-nyer den-dze**  
Lotus-faced, frowning-browed,  
**Dra-wo tam-che ma-lu so-ma**  
who slays all enemies without exception.

**Chak-tsal gon-chok sum-tson chak-gye**  
Homage, Lady, who adorns her heart  
**Sor-mo tuk-kar nam-par gyen-ma**  
with a hand-gesture, symbol of the  
Three Jewels,  
**Ma-lu cho-kyi kor-lo gyen-pe**  
Her right palm, adorned with the  
universal wheel,  
**Rang-gi o-kyi tso-nam truk-rna**  
emits beams of light.

**Chak-tsal rap-du ga-wa ji-pe**  
Homage, Lady, whose delightfully  
brilliant diadem  
**Ur-gyan u-kyi treng-wa pel-ma**  
spreads a garland of light,  
**She-pa rap-she TUTTARA-yi**  
Subjugating Mara and the world  
**Du-dang jik-den wang-du dze-ma**  
with a laughing, mocking TUTTARE.

**Chak-tsal sa-shi kyong-we tsok-nam**  
Homage, Lady able to summon  
**Tam-che gu-par nu-pa nyi-ma**  
before her all the hosts of protectors  
of the earth,  
**Tro-nyer yo-we yi-ge HUNG-gi**  
Saving from all misfortune

**Chak-tsal da-we tum-bu ur-gyen**

Homage, Lady, whose diadem is a  
crescent moon

**Gyen-pa tam-che shin-tu bar-ma**

blazing with all its ornaments,

**Ral-pe tro-ne o-pak me-le**

Ever lit by the radiance of Amitabha

**Dak-par shin-tu o-ni dze-ma**

upon her piled hair.

**Chak-tsal gal-pa ta-me me-tar**

Homage, Lady who lives amidst a garland

**Bar-we tren-we tren-we u-na ne-ma**

that blazes like the fire of the final aeon,

**Ye-kyang yon-kum gun-ne gor-ge**

At ease in the royal of posture,

**Dra-yi pung-ni nam-par jom-ma**

overcoming the enemy army.

**Chak-tsal sa-shi ngo-la chak-gi**

Homage, Lady who strikes with the palm  
of the hand

**Til-gyi nun-ching shap-kyi dung-ma**

And pounds with her feet the surface of the earth,

**Tro-nyer chen-dze yi-ge HUNG-gi**

Who frowning, shatters the seven underworlds

**Rim-pa dun-po nam-ni gem-ma**

with the syllable HUNG.

**Chak-tsal de-ma ge-ma-shi-ma**

Homage, Lady blissful, virtuous, calm

**Nya-ngen de-shi cho-yul nyi-ma**

whose field of practice is calm nirvana,

**SOHA OM-dang yang-dak den-me**

Endowed with SOHA and OM,

**Dik-pa chen-po jom-pa nyi-rna**

destroying great sin.

**Chak-tsal gun-ne gor-rap ga-we**

Homage, Lady of joyous posture

**Dra-yi lu-ni rap-tu gem-ma**

who shatters the bodies of enemies,

**Yi-ge chu-pe nga-ni go-pe**

The liberator sprung from HUNG

**Rik-pa HUNG-le Drolma nyi-ma**

in the *mantra* arraying the sound of ten  
syllables.

**Chak-tsal TURE shap-ni dap-pe**

Homage, Lady who strikes with the  
feet of TURE,

**HUNG-gi nam-pe sa-bon nyi-ma**

whose seed has the form of HUNG,

**Ri-rap Man-da ra-dang bikche**

Shaking Mount Meru, Mandara,

**Jik-den sum-nam yo-wa nyi-ma**

Kailsha, and the three realms.

**Chak-tsal hla-yi tso-yi nam-pe**

Homage, Lady, who holds in her hand

**Ri-dak dak-chen cha-na nam-ma**

The hare-marked moon in the form of  
the ocean of the gods,

**TARA nyi-jo PHE-kyi yi-ge**

Totally dispelling poisons with the

**TUK-nam ma-lu par-ni sel-ma**

Twice-spoken TARA and the sound of PHE.

**Chak-tsal hla-yi tsok-nam gyal-po**

Homage, Lady, honored by the ruler of  
hosts of gods,

**Hla-ang mi-am chi-yi den-ma**

by the gods and kinnaras.

**Gun-ne go-cha ga-we ji-kyi**

Dispelling contention and bad dreams

**So-dang mi-lam ngen-pa sel-ma**

with the brilliance of her joyous armor.

**Chak-tsal nyima da-wa gye-pe**

Homage, Lady, whose eyes are brilliant

**Che-nyi pola o-rap sal-ma**

with the light of the sun and the full moon,

**HARA nyi-jo TUTTARA-yi**

Dispelling terrible fevers

**Shin-tu trak-po rim-ne sel-ma**

with twice-spoken HARA and TUTT TARE.

**Chak-tsal de-nyi sum-nam go-pe**

Homage, Lady perfectly endowed

**Shi-we tu-dang yang-dak den-ma**

with the power of calm by the array Of  
the three truths

(OM - *Body*, AH - *Speech*, HUNG - *Mind*)

**Don-dang ro-lang no-jin tsok-nam**

Destroying the hosts of evil spirits, zom-  
bies, and yakshas,

**Jom-pa TURE rap-chok nyi-ma TURE,**  
most excellent lady!

**Tsa-we nga-kyi do-pa di-dang**

This is the praise with the basic *mantra*

**Chak-tsal wa ni nyi-shu tsa-chik**

and the twenty-on verses of homage.

(Repeat The Praises of 21 Tara 2, 3, 7, or 21x)



## TARA'S ACTIVITIES AND BENEFITS

***Hla-mo la-gu yang-dak den-pe  
Lo-den kang-gi rap-dang jo-de  
So-dang to-rang lang-par che-ne  
Tren-pe mi-jik tam-che rap-der***

***Dik-pa tam-che rap-du shi-wa  
Ngen-dro tam-che jom-pa nyi-do  
GyaJ-wa che-wa trek-dun nam-kyi  
Nyur-du went-ni gur-war gyur-la  
Di-le che-wa nyi-ni top ching  
Sang-gye ko-pang tar-tuk ter-dro***

***Te-yi tuk-ni trak-po chen-po  
Den-ne pa-am shen-yang dro-wa  
So-pa tang-ni tung-pa nyi-kyang  
Tren-pe rap-du sel-wa nyi-do  
Don-dang rim-dang tuk-gi sir-we  
Duk-ngal tsok-ni nam-par bong-te***

***Sem-chen shen-pa nam-la yang-ngo  
Nyi-sum dun-du ngon-par jo-na  
Pu-do pe-ni pu-top gur-shing  
Nor-do pe-ni nor-nam nyi-top  
Do-pa tam-che top-par gyur-de  
Gek-nam me-ching so-sor jom-gyur***

## TARA'S ACTIVITIES AND BENEFITS

To the wise, devoted to the goddess,  
who recite these stanzas  
At evening or upon arising at dawn, who  
recollect them,

Jetsun Tara grants total fearlessness,  
Pacifies all their unwholesome actions,  
and destroys all lower destinies,

Seventy million Blessed Ones will quickly  
initiate the wise;

Greatness beyond this is obtained and  
the wise go to the final Buddhahood.

If a dreadful poison, whether animal or  
vegetable, eaten or drunk, for the wise who  
recollect, it is completely nullified.

The wise are freed from sufferings inflicted  
by spirits, poisons or diseases;  
And as it works for them, it works for other  
beings, too. If they recite these stanzas clearly,  
two, three, seven times, By wishing for sons,  
they will have sons, wishing for wealth, they  
will gain wealth. They will obtain all they de-  
sire, and there will be no obstacles to hinder  
them.

*Je-tsun Chom-den-de-ma tuk-je-chen  
Dak-dang ta-ye sem-chen tam-che-kyi  
Drip-nyi chang-shing tsok-nyi nyur-dzok-ne  
Dzok-pe sang-gye top-par dze-du-sol*

*Te-ma top-kyi tse-rap gun-du-yang  
Hla-dang mi-yi de-ws chok-top-ne  
Tam-che khyen-pa drup-par che-pe-la*

*Par-che don-gek rim-dang ne-la-sok  
Tu-min chi-war gyur-pa na-sok-dang  
Mi-lam ngen-dang tsen-ma ngen-pa-dang  
Jik-pa gye-sok nye-war tse-wa-nam  
Nyur-du shi-shing me-par dze-du-sol  
fik-den jik-den le-ni de-pa-yi  
Ta-shi de-lek pun-sum tshok-pa-nam  
Pel-shing gye-pe ton-tram ma-lu-pa  
Be-me lhun-gyi drup-par dze-du-sol  
Drup-la tson-sbing tam-cho pel-wa-tang  
Dek-du kyo-drup shal-chok tong-wa-tang  
Dong-nyi ton-dok chang-sem rin-po-cbe  
Yar-ngo da-dar pe1-shing gye-par-dzo*

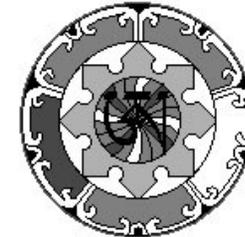
*Gyal-we kyil-kor sang-shing ga-wa-der  
Pe-mo tam-pa sbin-tu dze-le-kye  
Nang-wa ta-ye gyal we ngon-sum-du  
Lung-den pa-yang dak-gi ter-top-sho*

*Dak-gi tse-rap ngon-ne drup-pe-hla  
Tu-sum sang gye gun-gyi trin-le-ma  
Ngo-jang shal-chik cha-nyi nyur-shi-ma  
Yum-gyur ut-pal nam-pe te-sbi-sho  
(Jetsun Drakpa Gyaltzen)*

*Gyal-yum Drol-ma kye-gu chin-dra-dang  
Kor-tang gu-tse tse-dang shing kam-dang  
Kye-kyi tsen-chok sang-po chin-dra-wa  
Ten-dra kho-nar dek-sok gyur-war-sho  
(Sutra)*

*Kyo-la do-cbing sol-w« dep-pe-tu  
Dak-sok kang-na ne-pe ss-cho-su  
Ne-dtin ul-pong tap-tso shi-wa-dang  
Cho-dang ta-shi pel-war dze-du-sol  
(Dharma King Tri-song de-tsen)*

*Gu-yi kyon-pang tsen-dang pe-che-dea  
Sung-gi kyon-pang ka-la ping-ge-yang  
Tuk-kyi kyon-pang she-cha tak dak-khyen  
Ta-shi pal-bar ma-yi ta-sbi-sho*



Reverend, Blessed, Compassionate One,  
Having purged my and all the limitless beings'  
Two obstructions and quickly completed the two  
accumulations, I pray that we attain complete  
Buddhahood.

In all my lifetimes before attaining that,  
Having obtained the supreme divine and human  
bliss, May I attain omniscience and  
I pray that obstacles, evil spirits, plagues, illness  
and so forth, The various causes of untimely  
death, and Bad dreams, bad signs, and  
The eight dangers and other such threats  
Be quickly eliminated and brought to nothing.

I pray that the worldly and transcendental  
Auspicious joys of excellences  
Vastly increase and that all such objects  
Be spontaneously realized without effort.

May I be diligent in practice, increase the Holy  
Dharma, Always do your practice, behold  
your countenance, and May the precious  
enlightened mind that realized emptiness  
Vastly increase like the waxing moon.  
In the good and joyous mandala of the  
Victor, Born from the very beautiful, holy lotus,  
Actually predicted by the Victor Amitabha,  
May I attain that too.

Deity who I evoked in previous lifetimes,  
The activities of all the Buddhas of the  
three times, Dark green, one face, two  
hands, serene, Mother who holds the lotus:  
May we have the good fortunate of you.

*(by Jetsun Drakpa Gyaltzen)*

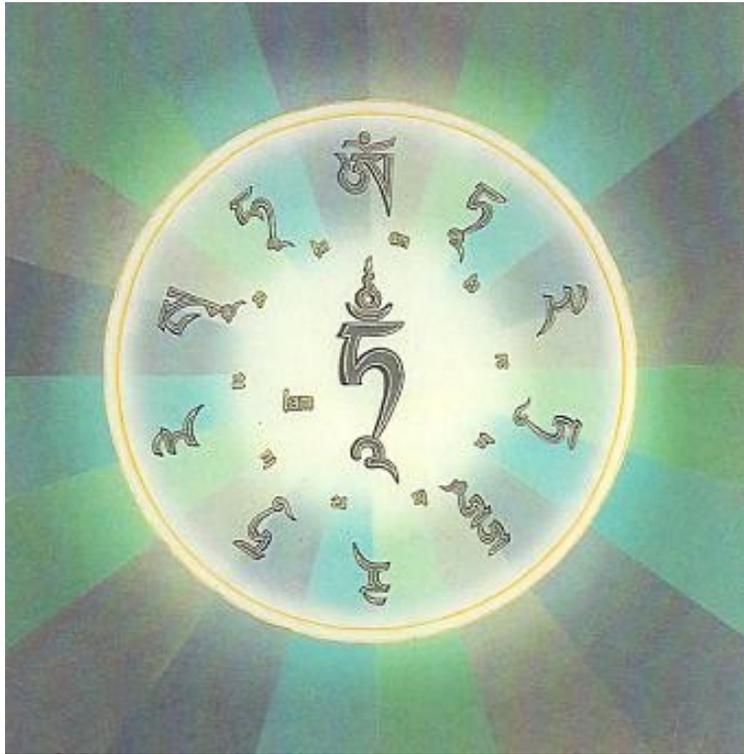
Mother of the Victors, a form such as yours,  
A retinue, life-span, and Buddha-realm,  
And excellent marks and signs like yours:  
May I and others become just like that.

*(Sutras)*

By the force of praising and supplicating you,  
May I and others who dwell in the ten  
Directions, Be freed from sickness, evil  
spirits, poverty and fighting and May the  
Dharma and good fortune increase.

*(Dharma King Tri-song de-tsen)*

Eliminating the faults of body, you possess  
the signs and marks of enlightenment,  
Eliminating the faults of speech, the melody  
of the kalinga bird, Eliminating the faults of  
the mind, you know all that is to be known:  
May we have the good fortune of she  
who is radiant with the glory of good  
auspices.



OM TARE TUTTARE TURE SOHA

ཨོཾ་ཏཱ་རེ་ཏུ་རེ་ཏུ་རེ་ཏུ་སྐྱེ་བཤེན།

10 SYLLABLE MANTRA OF NOBLE TARA

( RECITE MANTRA at least 21 Times)

## DEDICATION

*Ge-wa di-yi nyur-du-dak  
Je-tsum Drol-ma drup-gyur-ne  
Dro-wa chik-kyang ma-lu-pa  
Te-yi sa-ae go-par-sho*

By this virtue may I swiftly  
accomplish Noble Tara,  
And may all beings, without exception,  
be established in that state

## Dedication Prayers

Jang chub sem chog rin po che  
May kye pa nam kye gyur chig  
Kye pa nyam pa may pa yang  
Gong nay gong du pel war shog

Töng nyi ta wa rinpoche  
May kye pa nam kye gyur chig  
Kye pa nyam pa may pa yang  
Gong nay gong du pel war shog

Gang ri ra way kor way shing kam dir  
Pän dang de wa ma lun jung way nay  
Chen re zig wang ten zin gya tso yi  
Shap pay si te bar du ten gyur chig

Pan dei jung nä tan pa dar zhing gyä  
tan dzin kye bu tam chä ku kam zang  
lu chan kun la de kyi jung wä nä  
sang gye tan pa tag tu gyä gyur chig

Gay wa di yi nyur du dag  
La ma sang gye drub gyur nay  
Dro wa chig kyang ma lu pa  
Kye kyi sa la go par shog

## Dedication Prayers

May the precious Bodhi mind  
Not yet born, arise and grow.  
May that born have no decline  
But increase forever more.

May the precious mind realizing empti-  
ness Not yet born, arise and grow.  
May that born have no decline  
But increase forever more.

In the sacred land surrounded by snow  
mountains You are the source of all  
benefit and happiness, Oh, Powerful  
Chenrezig, Tenzin Gyatso, Remain in  
this world until samsara ends.

May the source of benefit and goodness,  
The Dharma, spread and expand. May  
the beings upholding the Dharma have  
excellent health. May the source of  
happiness and well-being for all embod-  
ied beings, The Dharma taught by the  
Buddha, Always increase.

Due to this merit may I soon attain  
The Enlightened state of Guru Buddha  
So that I may be able to liberate  
All sentient beings from their suffering.

## Aspiration Prayer

May we, the sentient beings, never be separated from listening to Dharma Teaching in all of our lives.

May we be able to uphold Dharma by way of reading, writing, internalizing and unmistakably explaining it to others.

May we be able to single mindedly practice correct understanding of meaning in order to further the lineage of the Three Jewels.

May we all, while remembering our rebirths, abandon negativities and cultivate positive actions in all of our lives.

May we liberate those, who are not yet free, from the river of delusion of their lives.

May we liberate those, who are not yet free, from the three realms of cyclic existence.

May we provide relief to those who are tormented by suffering.

## In Praise of Dependent Origination

Homage to my guru, Manjughosha,

Since it is due to my teacher's kindness I have met with the teaching of the unexcelled teacher, I dedicate this virtue too toward the cause, For all beings to be sustained by sublime spiritual mentors.

May the teaching of this Beneficent One till worlds end Be unshaken by the winds of evil thoughts; May it always be filled with those who find conviction In the teacher by understanding the teachings true nature.

May I never falter even for an instant, To uphold the excellent way of the Sage, Which illuminates the principle of dependent origination, Through all my births even giving away my body and life.

May I spend day and night carefully reflecting, By what means can I enhance, This teaching achieved by the supreme savior, Through strenuous efforts over countless eons.

May we console those who are distressed by delusion. May those who have not yet realized the unobstructive wisdom, that does not grasp at phenomena, actualize the omniscient wisdom.

May we never be separated from the sublime Bodhicitta – Enlightened Attitude.

(An excerpt from Great Atisha's Profound Prayer titled Tsan-Bum or 100,000 Names of Tathagatas).