

The Abbreviated Four-Mandala Rítual to
Chittamaní Tara



by Kyabje Gaden Tríjang Rínpoche

FPMT Inc.
1632 SE 11th Avenue
Portland, OR 97214 USA
www.fpmt.org

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*From the enlightened activities of all the victorious ones the
TAM syllable melts into a turquoise flow.*

*By the swirls of a musical show appears your youthful great
body.*

*With respect, I pay homage to she who liberates from the
fears of existence and peace.*

With your compassion, please take care of me.

The Abbreviated Four-Mandala Rítual to Chíttamaní Tara

Taking Refuge

DAG DANG DRO WA NAM KHÄI THA DANG NYAM PÄI SEM CHÄN THAM
CHÄ DÜ DI NÄ ZUNG TE JI SI JANG CHHUB NYING PO LA CHHI KYI BAR DU
**I and all sentient beings as vast as space, from now until we
reach the essence of supreme enlightenment,**

PÄL DÄN LA MA DAM PA NAM LA KYAB SU CHHI WO
Go for refuge to the glorious pure lamas;

DZOG PÄI SANG GYÄ CHOM DÄN DÄ NAM LA KYAB SU CHHI WO
Go for refuge to the perfectly enlightened victorious ones;

DAM PÄI CHHÖ NAM LA KYAB SU CHHI WO
Go for refuge to the pure Dharma;

PHAG PÄI GE DÜN NAM LA KYAB SU CHHI WO (3x or 7x)
Go for refuge to the superior Sangha. (3x or 7x)

Taking Refuge and Generating Bodhichitta

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA
I go for refuge until I am enlightened.

JANG CHHUB BAR DU DAG NI KYAB SU CHHI
To the Buddha, the Dharma, and the Supreme Assembly.

DAG GI JIN SOG GYI PE DI DAG GI
By my practice of giving and other perfections,

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (3x)
May I become a buddha to benefit all sentient beings. (3x)

Special Bodhichitta

KHYÄ PAR MA SEM CHÄN THAM CHÄ KYI DÖN DU NYUR WA NYUR WAR
YANG DAG PAR DZOG PÄI SANG GYÄ KYI GO PHANG RIN PO CHHE CHI
NÄ KYANG THOB PAR JA / DEI CHHIR DU JE TSÜN MA PHAG MA DRÖL
MÄI NÄL JOR NYAM SU LANG WAR GYI WO

In particular, in order to benefit all my mother sentient beings quickly and more quickly, I must achieve the precious state of perfect and complete buddhahood; therefore, I am going to undertake the yoga of venerable Arya Tara.

The Four Immeasurables

SEM CHÄN THAM CHÄ DE WA DANG DE WÄI GYU DANG DÄN PAR GYUR
CHIG

May all sentient beings have happiness and the causes of happiness.

SEM CHÄN THAM CHÄ DUG NGÄL DANG DUG NGÄL GYI GYU DANG
DRÄL WAR GYUR CHIG

May all sentient beings be free from suffering and the causes of suffering.

SEM CHÄN THAM CHÄ DUG NGÄL ME PÄI DE WA DANG MI DRÄL WAR
GYUR CHIG

May all sentient beings be inseparable from the happiness that is free from suffering.

SEM CHÄN THAM CHÄ NYE RING CHHAG DANG NYI DANG DRÄL WÄI
TANG NYOM LA NÄ PAR GYUR CHIG

May all sentient beings abide in equanimity, free from desire for friends and hatred for enemies.

Make sure your mind is infused with the four immeasurable thoughts.

Self-Generation

RANG NYI KÄ CHIG GI JE TSÜN MA PHAG MA DRÖL MÄI KUR ZHENG
PAR GYUR

In one instant I arise as venerable Arya Tara.

Blessing the Inner Offering

Cleanse with:

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

TONG PA NYI DU GYUR

TONG PÄI NGANG LÄ YAM LÄ LUNG/ RAM LÄ ME / AH LÄ YE SHE KYI
KA PA LA YANG SHING GYA CHHE WÄI NANG DU SHA NGA DÜ TSI NGA
ZHU WA LÄ JUNG WÄI YE SHE KYI DÜ TSII GYA TSHO CHHEN POR GYUR

Everything is emptiness only. While it is empty, from YAM appears wind; from RAM, fire; from AH, a transcendental wisdom skullcup, vast and big. In it, from the melting of the five meats and five nectars, comes a huge ocean of transcendental wisdom nectar.

Consecrate the inner offering by reciting three times:

OM AH HUM (3x)

Blessing the Outer Offerings

Cleanse with: (sprinkle the offerings with inner offering using the left ring finger)

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

TONG PA NYI DU GYUR

TONG PÄI NGANG LÄ KAM LÄ THÖ PÄI NÖ NAM KYI NANG DU HUM LÄ
CHHÖ DZÄ NAM RANG ZHIN TONG NYI NAM PA CHHÖ DZÄ SO SÖI NAM
PA CHÄN JE LÄ WANG PO DRUG GI CHÖ YÜL DU ZAG PA ME PÄI DE WA
KHYÄ PAR CHÄN TER WAR GYUR

Everything is emptiness only. While it is empty, from KAM, skullcup vessels appear. Inside these, from HUM appear the offering substances, whose nature is emptiness and who appear in their individual aspects. As the objects of enjoyment of the six senses, they give rise to special uncontaminated bliss.

OM ARGHAM AH HUM (*greeting water*)

OM PADYAM AH HUM (*foot washing water*)

OM VAJRA PUSHPE AH HUM (*flowers*)

OM VAJRA DHUPE AH HUM (*incense*)

OM VAJRA ALOKE AH HUM (*light*)

OM VAJRA GANDHE AH HUM (*perfume*)

OM VAJRA NAIVIDYA AH HUM (*food offering*)



OM VAJRA SHAPTA AH HUM (*music*)

Visualization of the Field of Merit

DÜN GYI NAM KHAR SENG THRI PÄ DÄI DÄN LA TSA WÄI LA MA DANG
YER ME PÄI SENG DENG NAG DRÖL GYI TENG DU JO WO JE SOG LA MA
NAM DANG THA KOR DU DRÖL MA NYER CHIG SOG YI DAM SANG GYÄ
JANG SEM NYÄN RANG KA DÖ DANG CHÄ PA ZHUG PAR GYUR

**In the space before me, on a lion throne, lotus, and moon disk,
sits Khadiravani Tara, who is inseparable from my root lama.
Above her are Venerable (Atisha) and the other lineage lamas,
and she is surrounded by the twenty-one Taras and so forth,
the yidams, buddhas, bodhisattvas, hearers, self-realizers, and
oath-bound protectors.**

Homage

Recite each stanza three times, prostrating each time, twelve prostrations in all.



SANG GYÄ THAM CHÄ DÜ PÄI KU

Your exalted body is the embodiment of all buddhas;



DOR JE DZIN PÄI NGO WO NYI

You are in the nature of vajra holder,



KÖN CHOG SUM GYI TSA WA TE

The very root of the Three Rare and Sublime Ones:



LA MA NAM LA CHHAG TSHÄL LO (3x)

I prostrate to all gurus. (3x)



GÖN PO THUG JE CHHE DÄN PA

The savior having great compassion,



THAM CHÄ KHYEN PA TÖN PA PO

The founder having all understanding,



SÖ NAM YÖN TÄN GYA TSHÖI ZHING

The field of merit with qualities like a vast ocean –



DE ZHIN SHEG LA CHHAG TSHÄL LO (3x)

To you, the one gone to thusness, I prostrate. (3x)

 DAG PÄ DÖ CHHAG DRÄL WAR GYUR


The purity that frees one from attachment,

 GE WÄ NGÄN SONG LÄ DRÖL CHING

The virtue that frees one from the lower realms,

 CHIG TU DÖN DAM CHHOG GYUR PA

The one path, the sublime pure reality –

 ZHI GYUR CHHÖ LA CHHAG TSHÄL LO (3x)

To the Dharma that pacifies, I prostrate. (3x)

 DRÖL NÄ DRÖL WÄI LAM YANG TÖN

Those who are liberated and who also show the path to liberation,

 LAB PA DAG LA RAB TU NÄ

The holy field qualified with realizations,

 ZHING GI DAM PA YÖN TÄN DÄN

Who are devoted to the moral precepts –

 TSHOG CHOG GE DÜN LA CHHAG TSHÄL (3x)

To you, the sublime community intending virtue, I prostrate. (3x)

Offering to the Field of Merit

Offer flowers to the holy object. When you sit down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

GYÄLWA GYA TSHÖI CHHÖ DZÄ LÄ DRUB PÄI

A host of oceans of drinking water (bathing water, flowers, incense, light, perfume, food, music) from an ocean of realms

ZHING KAM GYA TSHÖI CHHÖ YÖN (ZHAB SIL, ME TOG, DUG PÖ, NANG SÄL, DRI CHAB, ZHÄL ZÄ, RÖL MO) GYA TSHÖI TSOG

Composed of an ocean of offering substances of the Conquerors

YÖN TÄN GYA TSHÖI GYÄL WA KHOR CHÄ LA

I offer with an ocean of faith to the Conquerors and their retinues

DÄ PA GYA TSHÖI BÜL LO ZHE SU SÖL¹

Who have oceans of qualities. Please accept it.¹

OM SARVA TATHAGATA SAPARIVARA ARGHAM (PADYAM,
PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA)
PRATICCHA HUM SVAHA

Present the inner offering by adding the three syllables: (offer with ring finger of left hand)

OM SARVA TATHAGATA SAPARIVARA OM AH HUM

The Seven Limbs

GYÄL WA SÄ CHÄ NAM LA CHHAG TSHÄL LO

I prostrate to all the victorious ones and their children.



NGÖ SHAM YI TRÜL CHHÖ PA MA LÜ BÜL

I present clouds of every type of offering, actual and imagined;

THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG

I declare all my negative actions accumulated since beginningless time

KYE PHAG GE WA NAM LA JE YI RANG

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

KHOR WA MA TONG BAR DU LEG ZHUG NÄ

Please, remain until the end of cyclic existence

DRO LA CHHÖ KYI KHOR LO KOR WA DANG

And turn the wheel of Dharma for living beings.

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

I dedicate my own merits and those of all others to the great enlightenment.

Long Mandala Offering in Twenty-Three Heaps

To do the mandala offering in thirty-seven heaps, see. p. 321.

ZHING KHAM ÜL WAR GYI WO / OM VAJRA BHUMI AH HUM / WANG
CHHEN SER GYI SA ZHI

Let us offer a buddha-field OM vajra ground AH HUM, mighty golden ground. OM vajra fence AH HUM.

OM VAJRA REKHE AH HUM / CHHI CHAG RI KHOR YUG GI KOR WÄI Ü
SU / RII GYÄL PO RI RAB / SHAR LÜ PHAG PO / LHO DZAM BU LING /
NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG / NGA
YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA MI
NYÄN DANG DRA MI NYÄN GYI DA

Outside it is encircled by a wall of iron mountains. At the center is Meru, king of mountains; the eastern continent, Videha (Tall-body Land), the southern, Jambudvipa (Rose-apple Land), the western, Godaniya (Cattle-gift Land), the northern, Kuru; [the eastern minor continents] Deha and Videha, [the southern], Chamara and Aparachamara (Chowrie-land and western Chowrie-land), [the western], Satha and Uttaramantrin (Lands of the Deceitful and the Skilled in Mantra), [and the northern], Kuru and Kaurava.

SHAR DU LANG PO RIN PO CHHE / LHOR KYIN DAG RIN PO CHHE / NUB
TU TA RIN PO CHHE / JANG DU TSÜN MO RIN PO CHHE / SHAR LHOR MAG
PÖN RIN PO CHHE / LHO NUB TU KHOR LO RIN PO CHHE / NUB JANG DU
NOR BU RIN PO CHHE / JANG SHAR DU TER CHEN PÖI BUM PA / NANG
GI SHAR DU NYI MA / NUB TU DA WA

In the east, the precious elephant; in the south, the precious housekeeper, in the west, the precious horse; in the north, the precious queen. In the southeast, the precious general; in the southwest, the precious wheel; in the northwest, the precious jewel; in the northeast, the great treasure vase. In the east, the sun; in the west, the moon.

DAG ZHÄN LÜ NGAG YI SUM LONG CHÖ DU SUM GE TSHOG CHÄ
**My own and others' body, speech, and mind, wealth and
 virtues, of the three times,**

RIN CHHEN MANDALA ZANG PO KÜN ZANG CHHÖ PÄI TSHOG CHÄ PA
**This pure, precious mandala and a mass of Samantabhadra
 offerings,**

LO YI LANG NÄ LA MA YI DAM KÖN CHHOG SUM LA BÜL
**I mentally take and offer to my Guru-Yidam and the Three
 Precious Ones,**

THUG JEI WANG GI ZHE NÄ DAG LA JIN GYI LAB TU SÖL
**Please accept them through compassion and bestow your
 inspiration**

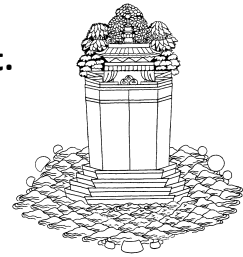
Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM
This ground, anointed with perfume, strewn with flowers,

RI RAB LING ZHI NYI DÄ GYÄN PA DI
**Adorned with Mount Meru, four continents, the sun and
 the moon:**

SANG GYÄ ZHING DU MIG TE ÜL WA YI
I imagine this as a buddha-field and offer it.

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG
May all living beings enjoy this pure land!



Heartfelt Request (Optional)²

Lama Zopa Rinpoche has indicated that the Heartfelt Request should be done according to the purpose of the puja, and that the chant leader may decide which prayers to do. Rinpoche has also suggested the order of the requests included in this version of the puja.

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes.

GANG RI RA WÄ KOR WÄI ZHING KHAM DIR

In the land encircled by snow mountains

PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ

You are the source of all happiness and good;

CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI

All-powerful Chenrezig, Tenzin Gyatso,

ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

Please remain until samsara ends.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Taking Refuge and Generating Bodhichitta

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

I go for refuge until I am enlightened.

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

To the Buddha, the Dharma, and the Supreme Assembly.

DAG GI JIN SOG GYI PA DI DAG GI

By my practice of giving and other perfections,

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (3x)

I become a buddha to benefit all sentient beings. (3x)

Prayer for the Donor (Optional)

If you wish to request on behalf of someone who is sick or in need,
at the moment of requesting, recite:

KYAB SUM THAM CHÄ DÜ PÄI DAG NYI JE TSÜN PHAG MA DRÖL MÄI
LHA TSHOG KHOR DANG CHÄ PÄ JIN DAG [INSERT THE NAME HERE] DI
DÜ MA YIN PAR CHHI PÄI JIG PA LÄ DRÖL / CHHI ME PA TSHEI RIG DZIN
THOB PAR JIN GYI LAB TU SÖL

**Perfect exalted Mother Liberator, assemblies of deities with
the entourage of the perfect exalted Mother Liberator, whose
essence encompasses all three objects of refuge, please grant
blessings for this benefactor (*insert the name*) to immediately**

be liberated from spirit harm, obstacles and the danger of untimely death and to generate instantly the unification of emptiness and compassion and achieve the immortal life realization.

Think that Tara happily accepts.

Prayer for the Desired Goal

LEG TSHOG KÜN GYI JUNG NÄ GE WÄI SHE

Please bless me to devote myself in thought and action

SAM DANG JOR WÄ TSHÜL ZHIN GÜ TEN ZHING

To the virtuous teacher, the very source of all goodness.

GYÄL WA GYE PÄI LAM GYI GYÜ JANG NÄ





By training in the path that pleases all the conquerors

LA ME JANG CHHUB THOB PAR DZÄ DU SÖL (3x)

May I reach unsurpassed enlightenment. (3x)

First Round

Homage

-  LHA DANG LHA MIN CHÖ PÄN GYI
Devas and titans bow down
-  ZHAB NYI PÄ MO LA TÛ DE
With their crowns at your lotus feet.
-  PHONG PA KÜN LÄ DRÖL DZÄ PÄI
I prostrate to the liberating mother,
-  DRÖL MA YUM LA CHHAG TSHÄL LO (7x with prostrations)
Who liberates from all misfortunes. (7x with prostrations)

Offering to Tara

Offer flowers to the holy object. When you sit down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

- PAG ME SÖ NAM THOB LÄ JUNG WA YI
Arising from the power of unfathomable merit
- PAG ME YON TÄN CHÖ YÖN (ZHAB SIL, ME TOG, DUG PÖ, NANG SÄL, DRI CHAB, ZHÄL ZÄ, RÖL MO) GYA TSHO DI
Oceans of drinking water (bathing water, flowers, incense, light, perfume, food, music) which have unfathomable qualities
- PAG ME GYÄL YUM DRÖL MÄI TSOG LA BUL
I offer to the unfathomable multitude of Victorious Mother Liberators

PAG ME TSÄ TÄN YESHE NGÖ DRUB TSÖL³

**Please grant the attainment of unfathomable life and
transcendental wisdom.³**

OM ARYA TARE SAPARIVARA ARGHAM (*PADYAM, PUSHPE,
DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA*) PRATICCHA
HUM SVAHA

And, adding the three syllables, the inner offering (offer with ring
finger of left hand):

OM ARYA TARE SAPARIVARA OM AH HUM

The Seven Limbs

JE TSÜN DRÖL MÄI ZHAB LA GÜ CHHAG TSHÄL

To Arya Tara's holy feet I prostrate.



NGÖ SHAM YI TRÜL CHHÖ PA MA LÜ BÜL

I present clouds of every type of offering, actual and imagined;

THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG

**I declare all my negative actions accumulated since beginning-
less time**

KYE PHAG GE WA NAM LA JE YI RANG

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

KHOR WA MA TONG BAR DU LEG ZHUG NÄ

Please, remain until the end of cyclic existence

DRO LA CHHÖ KYI KHOR LO KOR WA DANG

And turn the wheel of Dharma for living beings.

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

**I dedicate my own merits and those of all others to the great
enlightenment.**

Long Mandala Offering in Twenty-Three Heaps

To do the mandala offering in thirty-seven heaps, see. p. 321.

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NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG / NGA
YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA
MI NYÄN DANG DRA MI NYÄN GYI DA

Outside it is encircled by a wall of iron mountains. At the center is Meru, king of mountains; the eastern continent, Videha (Tall-body Land), the southern, Jambudvipa (Rose-apple Land), the western, Godaniya (Cattle-gift Land), the northern, Kuru; [the eastern minor continents] Deha and Videha, [the southern], Chamara and Aparachamara (Chowrie-land and western Chowrie-land), [the western], Satha and Uttaramantrin (Lands of the Deceitful and the Skilled in Mantra), [and the northern], Kuru and Kaurava.

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GI SHAR DU NYI MA / NUB TU DA WA

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DAG ZHÄN LÜ NGAG YI SUM LONG CHÖ DU SUM GE TSHOG CHÄ
My own and others' body, speech, and mind, wealth and virtues, of the three times,

RIN CHHEN MANDALA ZANG PO KÜN ZANG CHHÖ PÄI TSHOG CHÄ PA
This pure, precious mandala and a mass of Samantabhadra offerings,

LO YI LANG NÄ LA MA YI DAM KÖN CHHOG SUM LA BÜL
I mentally take and offer to my Guru-Yidam and the Three Precious Ones,

THUG JEI WANG GI ZHE NÄ DAG LA JIN GYI LAB TU SÖL
Please accept them through compassion and bestow your inspiration

Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM
This ground, anointed with perfume, strewn with flowers,

RI RAB LING ZHI NYI DÄ GYÄN PA DI
Adorned with Mount Meru, four continents, the sun and the moon:

SANG GYÄ ZHING DU MIG TE ÜL WA YI
I imagine this as a buddha-field and offer it.

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG
May all living beings enjoy this pure land!



Heartfelt Request (Optional)²

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Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes.

TONG NYI NYING JE ZUNG DU JUG PAI LAM

Savior of the Snow Land Teachings and transmigratory beings,

CHE CHER SÄL DZÄ GANG CHÄN TÄN DRÖI GÖN

Who extensively clarifies the path that unifies emptiness and compassion,

CHAG NA PÄ MO TÄN DZIN GYA TSO LA

To the Lotus in the Hand, Lord Tenzin Gyatso, I beseech—

SOL WA DEB SO ZHE DÖN LHÜN DRUB SHOG

May all your holy wishes be fulfilled!

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Taking Refuge and Generating Bodhichitta

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

I go for refuge until I am enlightened.

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

To the Buddha, the Dharma, and the Supreme Assembly.

DAG GI JIN SOG GYI PA DI DAG GI

By my practice of giving and other perfections,

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (3x)

May I become a buddha to benefit all sentient beings. (3x)

Prayer

CHHAG YÄ CHHOG JIN CHHAG GYA NYI

Let me and all those who need protection

KYAB JIN CHHAG GYAR GYUR WÄI OG

Come under the supreme giving gesture of your right hand,

DAG DANG SUNG JA KÜN TSÜ NÄ

As well as the refuge-granting gesture

JIG PA KÜN LÄ UG YUNG GYUR

That liberates from all fears.

The Praises

Then recite two times the Praises to Twenty-One Taras. For a literal English translation of the praises, see p. 193.

OM JE TSÜN MA PHAG MA DRÖL MA LA CHHAG TSHÄL LO
OM I prostrate to the noble transcendent liberator.

CHHAG TSHÄL DRÖL MA NYUR MA PA MO
Homage! Tara, swift, heroic!

CHÄN NI KÄ CHIG LOG DANG DRA MA
Eyes like lightning instantaneous!

JIG TEN SUM GÖN CHHU KYE ZHÄL GYI
Sprung from op'ning stamens of the

GE SAR JE WA LÄ NI JUNG MA
Lord of three world's tear-born lotus!

CHHAG TSHÄL TÖN KÄI DA WA KÜN TU
Homage! She whose face combines a

GANG WA GYA NI TSEG PÄI ZHÄL MA
Hundred autumn moons at fullest!

KAR MA TONG THRAG TSHOG PA NAM KYI
Blazing with light rays resplendent

RAB TU CHHE WÄI Ö RAB BAR MA
As a thousand star collection!

CHHAG TSHÄL SER NGO CHHU NÄ KYE KYI
Homage! Golden-blue one, lotus

PÄ MÄ CHHAG NI NAM PAR GYÄN MA
Water born, in hand adorned!

JIN PA TSÖN DRÜ KA THUB ZHI WA
Giving, effort, calm, austerities,

ZÖ PA SAM TÄN CHÖ YÜL NYI MA
Patience, meditation her sphere!

CHHAG TSHÄL DE ZHIN SHEG PÄI TSUG TOR

Homage! Crown of tathagatas,

THA YÄ NAM PAR GYÄL WAR CHÖ MA

Actions triumph without limit

MA LÜ PHA RÖL CHHIN PA THOB PÄI

Relied on by conquerors' children,

GYÄL WÄI SÄ KYI SHIN TU TEN MA

Having reached ev'ry perfection!

CHHAG TSHÄL TUTTARA HUM YI GE

Homage! Filling with TUTTARE,

DÖ DANG CHHOG DANG NAM KHA GANG MA

HUM, desire, direction, and space!

JIG TEN DÜN PO ZHAB KYI NÄN TE

Trampling with her feet the seven worlds,

LÜ PA ME PAR GUG PAR NÜ MA

Able to draw forth all beings!

CHHAG TSHÄL GYA JIN ME LHA TSHANG PA

Homage! Worshipped by the all-lords,

LUNG LHA NA TSHOG WANG CHHUG CHHÖ MA

Shakra, Agni, Brahma, Marut!

JUNG PO RO LANG DRI ZA NAM DANG

Honored by the hosts of spirits,

NÖ JIN TSHOG KYI DÜN NÄ TÖ MA

Corpse-raisers, gandharvas, yakshas!

CHHAG TSHÄL TRAD CHE JA DANG PHAT KYI

Homage! With her TRAD and PHAT sounds

PHA RÖL THRÜL KHOR RAB TU JOM MA

Destroying foes' magic diagrams!

YÄ KUM YÖN KYANG ZHAB KYI NÄN TE

Her feet pressing, left out, right in,

ME BAR THRUG PA SHIN TU BAR MA

Blazing in a raging fire-blaze!

CHHAG TSHÄL TURE JIG PA CHHEN PO

Homage! TURE, very dreadful!

DÜ KYI PA WO NAM PAR JOM MA

Destroyer of Mara's champion(s)!

CHHU KYE ZHÄL NI THRO NYER DÄN DZÄ

She with frowning lotus visage

DRA WO THAM CHÄ MA LÜ SÖ MA

Who is slayer of all enemies!

CHHAG TSHÄL KÖN CHHOG SUM TSHÖN CHHAG GYÄI

Homage! At the heart her fingers,

SOR MÖ THUG KAR NAM PAR GYÄN MA

Adorn her with Three Jewel mudra!

MA LÜ CHHOG KYI KHOR LÖ GYÄN PÄI

Light-ray masses all excited!

RANG GI Ö KYI TSHOG NAM THRUG MA

All directions' wheels adorn her!

CHHAG TSHÄL RAB TU GA WA JI PÄI

Homage! She so joyous, radiant,

U GYÄN Ö KYI THRENG WA PEL MA

Crown emitting garlands of light!

ZHE PA RAB ZHÄ TUTTARA YI

Mirthful, laughing with TUTTARE,

DÜ DANG JIG TEN WANG DU DZÄ MA

Subjugating maras, devas!

CHHAG TSHÄL SA ZHI KYONG WÄI TSHOG NAM

Homage! She able to summon

THAM CHÄ GUG PAR NÜ MA NYI MA

All earth-guardians' assembly!

THRO NYER YO WÄI YI GE HUM GI

Shaking, frowning, with her HUM sign

PHONG PA THAM CHÄ NAM PAR DRÖL MA

Saving from every misfortune!

CHHAG TSHÄL DA WÄI DUM BÜ U GYÄN
Homage! Crown adorned with crescent

GYÄN PA THAM CHÄ SHIN TU BAR MA
Moon, all ornaments most shining!

RÄL PÄI KHUR NA Ö PAG ME LÄ
Amitabha in her hair-knot

TAG PAR SHIN TU Ö RAB DZÄ MA
Sending out much light eternal!

CHHAG TSHÄL KÄL PÄI THA MÄI ME TAR
Homage! She 'mid wreath ablaze like

BAR WÄI THRENG WÄI Ü NA NÄ MA
Eon-ending fire abiding!

YÄ KYANG YÖN KUM KÜN NÄ KOR GÄI
Right stretched, left bent, joy surrounds you

DRA YI PUNG NI NAM PAR JOM MA
Troops of enemies destroying!

CHHAG TSHÄL SA ZHII NGÖ LA CHHAG GI
Homage! She who strikes the ground with

THIL GYI NÜN CHING ZHAB KYI DUNG MA
Her palm, and with her foot beats it!

THRO NYER CHÄN DZÄ YI GE HUM GI
Scowling, with the letter HUM the

RIM PA DÜN PO NAM NI GEM MA
Seven levels she does conquer!

CHHAG TSHÄL DE MA GE MA ZHI MA
Homage! Happy, virtuous, peaceful!

NYA NGÄN DÄ ZHI CHÖ YÜL NYI MA
She whose field is peace, nirvana!

SVAHA OM DANG YANG DAG DÄN PÄ
She endowed with OM and SVAHA,

DIG PA CHHEN PO JOM PA NYI MA
Destroyer of the great evil!

CHHAG TSHÄL KÜN NÄ KOR RAB GA WÄI
Homage! She with joy surrounded
 DRA YI LÜ NI NAM PAR GEM MA
Tearing foes' bodies asunder,
 YI GE CHU PÄI NGAG NI KÖ PÄI
Frees with HUM and knowledge mantra,
 RIG PA HUM LÄ DRÖL MA NYI MA
Arrangement of the ten letters!

CHHAG TSHÄL TURE ZHAB NI DEB PÄ
Homage! TURE! With seed letter
 HUM GI NAM PÄI SA BÖN NYI MA
Of the shape of syllable HUM!
 RI RAB MANDHARA DANG BIG JE
By foot stamping shakes the three worlds,
 JIG TEN SUM NAM YO WA NYI MA
Meru, Mandara, and Vindhya!

CHHAG TSHÄL LHA YI TSHO YI NAM PÄI
Homage! Holding in her hand the
 RI DAG TAG CHÄN CHHAG NA NAM MA
Hare-marked moon of deva-lake form!
 TARA NYI JÖ PHAT KYI YI GE
With twice spoken TARA and PHAT,
 DUG NAM MA LÜ PA NI SEL MA
Totally dispelling poison!

CHHAG TSHÄL LHA YI TSHOG NAM GYÄL PO
Homage! She whom gods and their kings,
 LHA DANG MI AM CHI YI TEN MA
And the kinnaras do honor!
 KÜN NÄ GO CHHA GA WÄI JI GYI
Armored in all joyful splendor,
 TSÖ DANG MI LAM NGÄN PA SEL MA
She dispels bad dreams and conflicts!

CHHAG TSHÄL NYI MA DA WA GYÄ PÄI
Homage! She whose two eyes bright with

CHÄN NYI PO LA Ö RAB SÄL MA
Radiance of sun and full moon!

HARA NYI JÖ TUTTARA YI
With twice HARA and TUTTARE

SHIN TU DRAG PÖI RIM NÄ SEL MA
She dispels severe contagion!

CHHAG TSHÄL DE NYI SUM NAM KÖ PÄ
Homage! Full of liberating

ZHI WÄI THÜ DANG YANG DAG DÄN MA
Pow'r by the set of three natures!

DÖN DANG RO LANG NÖ JIN TSHOG NAM
Destroys hosts of spirits, yakshas,

JOM PA TURE RAB CHHOG NYI MA
And raised corpses! Supreme! TURE!

TSA WÄI NGAG KYI TÖ PA DI DANG
These praises with the root mantras

CHHAG TSHÄL WA NI NYI SHU TSA CHIG
And prostrations thus are twenty-one!

Then return to p. 157 and recite the praise a second time.

With your head at Tara's feet, make the following request:

Request

THUG JEI TER CHHEN PHAG MA JE TSÜN MÄ
Venerable Arya, great treasure of compassion,

KHA NYAM DRO NAM TÄN DEI DRONG KHYER DU
Grant your blessings to increase all favorable conditions

DE LAG DRÖ PÄI BAR CHHA KÜN ZHI ZHING

And to clear away every obstacle

T'HÜN KYEN MA LÜ PHEL WAR JIN GYI LOB (3x)

That all migratory beings may swiftly enter the city of eternal joy. (3x)

Prayer for the Donor (Optional)

If you wish to request on behalf of someone who is sick or in need, at the moment of requesting, recite:

KYAB SUM THAM CHÄ DÜ PÄI DAG NYI JE TSÜN PHAG MA DRÖL MÄI
LHA TSHOG KHOR DANG CHÄ PÄ JIN DAG [INSERT THE NAME HERE] DI
DÜ MA YIN PAR CHHI PÄI JIG PA LÄ DRÖL / CHHI ME PA TSHEI RIG DZIN
THOB PAR JIN GYI LAB TU SÖL

Perfect exalted Mother Liberator, assemblies of deities with the entourage of the perfect exalted Mother Liberator, whose essence encompasses all three objects of refuge, please grant blessings for this benefactor (*insert the name*) to immediately be liberated from spirit harm, obstacles and the danger of untimely death and to generate instantly the unification of emptiness and compassion and achieve the immortal life realization.

Think that Tara happily accepts.

Second Round

Homage



LHA DANG LHA MIN CHÖ PÄN GYI

Devas and titans bow down



ZHAB NYI PÄ MO LA TÛ DE

With their crowns at your lotus feet.



PHONG PA KÜN LÄ DRÖL DZÄ PÄI

I prostrate to the liberating mother,



DRÖL MA YUM LA CHHAG TSHÄL LO (7x with prostrations)

Who liberates from all misfortunes. (7x with prostrations)

Offering to Tara

Offer flowers to the holy object. When you sit down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

SÖ NAM ZHING DU SHUB BI SANG GYE LA

To the Buddhas abiding in the field of merit

NANG LA RANG ZHIN ME PÄI CHÖ YÖN (ZHAB SIL, ME TOG, DUG PÖ,
NANG SÄL, DRI CHAB, ZHÄL ZÄ, RÖL MO) DI

This offering of drinking water (bathing water, flowers, incense, light, perfume, food, music), which appears but doesn't have nature,

NANG TONG YER ME SEM KYI BÜL LAG NA

Is offered with a mind understanding the offering to be the inseparability of appearance and emptiness

NANG TONG DE CHHEN TUG KYI ZHE SU SÖL⁴

Please accept it with the holy mind that experiences the offering as appearance and emptiness in the nature of great bliss.⁴

OM ARYA TARE SAPARIVARA ARGHAM (PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

And, adding the three syllables, the inner offering (offer with ring finger of left hand):

OM ARYA TARE SAPARIVARA OM AH HUM

The Seven Limbs

JE TSÜN DRÖL MÄI ZHAB LA GÜ CHHAG TSHÄL

To Arya Tara's holy feet I prostrate.



NGÖ SHAM YI TRÜL CHHÖ PA MA LÜ BÜL

I present clouds of every type of offering, actual and imagined;

THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG

I declare all my negative actions accumulated since beginningless time

KYE PHAG GE WA NAM LA JE YI RANG

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

KHOR WA MA TONG BAR DU LEG ZHUG NÄ

Please, remain until the end of cyclic existence

DRO LA CHHÖ KYI KHOR LO KOR WA DANG

And turn the wheel of Dharma for living beings.

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

I dedicate my own merits and those of all others to the great enlightenment.

Long Mandala Offering in Twenty-Three Heaps

To do the mandala offering in thirty-seven heaps, see. p. 321.

ZHING KHAM ÜL WAR GYI WO / OM VAJRA BHUMI AH HUM / WANG
CHHEN SER GYI SA ZHI

**Let us offer a buddha-field OM vajra ground AH HUM, mighty
golden ground. OM vajra fence AH HUM.**

OM VAJRA REKHE AH HUM / CHHI CHAG RI KHOR YUG GI KOR WÄI Ü
SU / RII GYÄL PO RI RAB / SHAR LÜ PHAG PO / LHO DZAM BU LING /
NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG / NGA
YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA
MI NYÄN DANG DRA MI NYÄN GYI DA

Outside it is encircled by a wall of iron mountains. At the center is Meru, king of mountains; the eastern continent, Videha (Tall-body Land), the southern, Jambudvipa (Rose-apple Land), the western, Godaniya (Cattle-gift Land), the northern, Kuru; [the eastern minor continents] Deha and Videha, [the southern], Chamara and Aparachamara (Chowrie-land and western Chowrie-land), [the western], Satha and Uttaramantrin (Lands of the Deceitful and the Skilled in Mantra), [and the northern], Kuru and Kaurava.

SHAR DU LANG PO RIN PO CHHE / LHOR KYIN DAG RIN PO CHHE / NUB
TU TA RIN PO CHHE / JANG DU TSÜN MO RIN PO CHHE / SHAR LHOR
MAG PÖN RIN PO CHHE / LHO NUB TU KHOR LO RIN PO CHHE / NUB
JANG DU NOR BU RIN PO CHHE / JANG SHAR DU TER CHEN PÖI BUM PA
NANG GI SHAR DU NYI MA / NUB TU DA WA

In the east, the precious elephant; in the south, the precious housekeeper, in the west, the precious horse; in the north, the precious queen. In the southeast, the precious general; in the southwest, the precious wheel; in the northwest, the precious jewel; in the northeast, the great treasure vase. In the east, the sun; in the west, the moon.

DAG ZHÄN LÜ NGAG YI SUM LONG CHÖ DU SUM GE TSHOG CHÄ
My own and others' body, speech, and mind, wealth and virtues, of the three times,

RIN CHHEN MANDALA ZANG PO KÜN ZANG CHHÖ PÄI TSHOG CHÄ PA
This pure, precious mandala and a mass of Samantabhadra offerings,

LO YI LANG NÄ LA MA YI DAM KÖN CHHOG SUM LA BÜL
I mentally take and offer to my Guru-Yidam and the Three Precious Ones,

THUG JEI WANG GI ZHE NÄ DAG LA JIN GYI LAB TU SÖL
Please accept them through compassion and bestow your inspiration

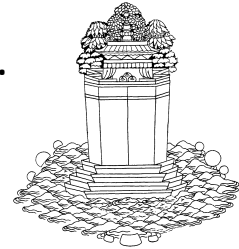
Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM
This ground, anointed with perfume, strewn with flowers,

RI RAB LING ZHI NYI DÄ GYÄN PA DI
Adorned with Mount Meru, four continents, the sun and the moon:

SANG GYÄ ZHING DU MIG TE ÜL WA YI
I imagine this as a buddha-field and offer it.

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG
May all living beings enjoy this pure land!



Heartfelt Request (Optional)²

Lama Zopa Rinpoche has indicated that the Heartfelt Request should be done according to the purpose of the puja, and that the chant leader may decide which prayers to do. Rinpoche has also suggested the order of the requests included in this version of the puja.

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes.

JE TSÜN LA MA DAM PA KHYE NAM KYI

O holy and perfect, pure lama, from the clouds of compassion

CHHÖ KÜI KHA LA KHYEN TSEI CHHU DZIN THRIG

That form in the skies of your dharmakaya wisdom,

JI TAR TSHAM PÄI DÜL JÄI DZIN MA LA

Please release a rain of vast and profound Dharma,

ZAB GYÄ CHHÖ KYI CHHAR PA WAB TU SÖL

Precisely in accordance with the needs of those to be trained.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Taking Refuge and Generating Bodhichitta

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

I go for refuge until I am enlightened.

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

To the Buddha, the Dharma, and the Supreme Assembly.

DAG GI JIN SOG GYI PA DI DAG GI

By my practice of giving and other perfections,

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (3x)

May I become a buddha to benefit all sentient beings. (3x)

Prayer

CHHAG YÄ CHHOG JIN CHHAG GYA NYI

Let me and all those who need protection

KYAB JIN CHHAG GYAR GYUR WÄI OG

Come under the supreme giving gesture of your right hand,

DAG DANG SUNG JA KÜN TSÜ NÄ

As well as the refuge-granting gesture

JIG PA KÜN LÄ UG YUNG GYUR

That liberates from all fears.

The Praises

Then recite three times the Praises to Twenty-One Taras. For a literal English translation of the praises, see p. 193.

OM JE TSÜN MA PHAG MA DRÖL MA LA CHHAG TSHÄL LO
OM I prostrate to the noble transcendent liberator.

CHHAG TSHÄL DRÖL MA NYUR MA PA MO
Homage! Tara, swift, heroic!

CHÄN NI KÄ CHIG LOG DANG DRA MA
Eyes like lightning instantaneous!

JIG TEN SUM GÖN CHHU KYE ZHÄL GYI
Sprung from op'ning stamens of the

GE SAR JE WA LÄ NI JUNG MA
Lord of three world's tear-born lotus!

CHHAG TSHÄL TÖN KÄI DA WA KÜN TU
Homage! She whose face combines a

GANG WA GYA NI TSEG PÄI ZHÄL MA
Hundred autumn moons at fullest!

KAR MA TONG THRAG TSHOG PA NAM KYI
Blazing with light rays resplendent

RAB TU CHHE WÄI Ö RAB BAR MA
As a thousand star collection!

CHHAG TSHÄL SER NGO CHHU NÄ KYE KYI
Homage! Golden-blue one, lotus

PÄ MÄ CHHAG NI NAM PAR GYÄN MA
Water born, in hand adorned!

JIN PA TSÖN DRÜ KA THUB ZHI WA
Giving, effort, calm, austerities,

ZÖ PA SAM TÄN CHÖ YÜL NYI MA
Patience, meditation her sphere!

CHHAG TSHÄL DE ZHIN SHEG PÄI TSUG TOR

Homage! Crown of tathagatas,

THA YÄ NAM PAR GYÄL WAR CHÖ MA

Actions triumph without limit

MA LÜ PHA RÖL CHHIN PA THOB PÄI

Relied on by conquerors' children,

GYÄL WÄI SÄ KYI SHIN TU TEN MA

Having reached ev'ry perfection!

CHHAG TSHÄL TUTTARA HUM YI GE

Homage! Filling with TUTTARE,

DÖ DANG CHHOG DANG NAM KHA GANG MA

HUM, desire, direction, and space!

JIG TEN DÜN PO ZHAB KYI NÄN TE

Trampling with her feet the seven worlds,

LÜ PA ME PAR GUG PAR NÜ MA

Able to draw forth all beings!

CHHAG TSHÄL GYA JIN ME LHA TSHANG PA

Homage! Worshipped by the all-lords,

LUNG LHA NA TSHOG WANG CHHUG CHHÖ MA

Shakra, Agni, Brahma, Marut!

JUNG PO RO LANG DRI ZA NAM DANG

Honored by the hosts of spirits,

NÖ JIN TSHOG KYI DÜN NÄ TÖ MA

Corpse-raisers, gandharvas, yakshas!

CHHAG TSHÄL TRAD CHE JA DANG PHAT KYI

Homage! With her TRAD and PHAT sounds

PHA RÖL THRÜL KHOR RAB TU JOM MA

Destroying foes' magic diagrams!

YÄ KUM YÖN KYANG ZHAB KYI NÄN TE

Her feet pressing, left out, right in,

ME BAR THRUG PA SHIN TU BAR MA

Blazing in a raging fire-blaze!

CHHAG TSHÄL TURE JIG PA CHHEN PO
Homage! TURE, very dreadful!

DÜ KYI PA WO NAM PAR JOM MA
Destroyer of Mara's champion(s)!

CHHU KYE ZHÄL NI THRO NYER DÄN DZÄ
She with frowning lotus visage

DRA WO THAM CHÄ MA LÜ SÖ MA
Who is slayer of all enemies!

CHHAG TSHÄL KÖN CHHOG SUM TSHÖN CHHAG GYÄI
Homage! At the heart her fingers,

SOR MÖ THUG KAR NAM PAR GYÄN MA
Adorn her with Three Jewel mudra!

MA LÜ CHHOG KYI KHOR LÖ GYÄN PÄI
Light-ray masses all excited!

RANG GI Ö KYI TSHOG NAM THRUG MA
All directions' wheels adorn her!

CHHAG TSHÄL RAB TU GA WA JI PÄI
Homage! She so joyous, radiant,

U GYÄN Ö KYI THRENG WA PEL MA
Crown emitting garlands of light!

ZHE PA RAB ZHÄ TUTTARA YI
Mirthful, laughing with TUTTARE,

DÜ DANG JIG TEN WANG DU DZÄ MA
Subjugating maras, devas!

CHHAG TSHÄL SA ZHI KYONG WÄI TSHOG NAM
Homage! She able to summon

THAM CHÄ GUG PAR NÜ MA NYI MA
All earth-guardians' assembly!

THRO NYER YO WÄI YI GE HUM GI
Shaking, frowning, with her HUM sign

PHONG PA THAM CHÄ NAM PAR DRÖL MA
Saving from every misfortune!

CHHAG TSHÄL DA WÄI DUM BÜ U GYÄN
Homage! Crown adorned with crescent

GYÄN PA THAM CHÄ SHIN TU BAR MA
Moon, all ornaments most shining!

RÄL PÄI KHUR NA Ö PAG ME LÄ
Amitabha in her hair-knot

TAG PAR SHIN TU Ö RAB DZÄ MA
Sending out much light eternal!

CHHAG TSHÄL KÄL PÄI THA MÄI ME TAR
Homage! She 'mid wreath ablaze like

BAR WÄI THRENG WÄI Ü NA NÄ MA
Eon-ending fire abiding!

YÄ KYANG YÖN KUM KÜN NÄ KOR GÄI
Right stretched, left bent, joy surrounds you

DRA YI PUNG NI NAM PAR JOM MA
Troops of enemies destroying!

CHHAG TSHÄL SA ZHII NGÖ LA CHHAG GI
Homage! She who strikes the ground with

THIL GYI NÜN CHING ZHAB KYI DUNG MA
Her palm, and with her foot beats it!

THRO NYER CHÄN DZÄ YI GE HUM GI
Scowling, with the letter HUM the

RIM PA DÜN PO NAM NI GEM MA
Seven levels she does conquer!

CHHAG TSHÄL DE MA GE MA ZHI MA
Homage! Happy, virtuous, peaceful!

NYA NGÄN DÄ ZHI CHÖ YÜL NYI MA
She whose field is peace, nirvana!

SVAHA OM DANG YANG DAG DÄN PÄ
She endowed with OM and SVAHA,

DIG PA CHHEN PO JOM PA NYI MA
Destroyer of the great evil!

CHHAG TSHÄL KÜN NÄ KOR RAB GA WÄI
Homage! She with joy surrounded
 DRA YI LÜ NI NAM PAR GEM MA
Tearing foes' bodies asunder,
 YI GE CHU PÄI NGAG NI KÖ PÄI
Frees with HUM and knowledge mantra,
 RIG PA HUM LÄ DRÖL MA NYI MA
Arrangement of the ten letters!

CHHAG TSHÄL TURE ZHAB NI DEB PÄ
Homage! TURE! With seed letter
 HUM GI NAM PÄI SA BÖN NYI MA
Of the shape of syllable HUM!
 RI RAB MANDHARA DANG BIG JE
By foot stamping shakes the three worlds,
 JIG TEN SUM NAM YO WA NYI MA
Meru, Mandara, and Vindhya!

CHHAG TSHÄL LHA YI TSHO YI NAM PÄI
Homage! Holding in her hand the
 RI DAG TAG CHÄN CHHAG NA NAM MA
Hare-marked moon of deva-lake form!
 TARA NYI JÖ PHAT KYI YI GE
With twice spoken TARA and PHAT,
 DUG NAM MA LÜ PA NI SEL MA
Totally dispelling poison!

CHHAG TSHÄL LHA YI TSHOG NAM GYÄL PO
Homage! She whom gods and their kings,
 LHA DANG MI AM CHI YI TEN MA
And the kinnaras do honor!
 KÜN NÄ GO CHHA GA WÄI JI GYI
Armored in all joyful splendor,
 TSÖ DANG MI LAM NGÄN PA SEL MA
She dispels bad dreams and conflicts!

CHHAG TSHÄL NYI MA DA WA GYÄ PÄI
Homage! She whose two eyes bright with

CHÄN NYI PO LA Ö RAB SÄL MA
Radiance of sun and full moon!

HARA NYI JÖ TUTTARA YI
With twice HARA and TUTTARE

SHIN TU DRAG PÖI RIM NÄ SEL MA
She dispels severe contagion!

CHHAG TSHÄL DE NYI SUM NAM KÖ PÄ
Homage! Full of liberating

ZHI WÄI THÜ DANG YANG DAG DÄN MA
Pow'r by the set of three natures!

DÖN DANG RO LANG NÖ JIN TSHOG NAM
Destroys hosts of spirits, yakshas,

JOM PA TURE RAB CHHOG NYI MA
And raised corpses! Supreme! TURE!

TSA WÄI NGAG KYI TÖ PA DI DANG
These praises with the root mantras

CHHAG TSHÄL WA NI NYI SHU TSA CHIG
And prostrations thus are twenty-one!

Then return to p. 169 and recite the praise a second or third time.

Request

THUG JEI TER CHHEN PHAG MA JE TSÜN MÄ
Venerable Arya, great treasure of compassion,

KHA NYAM DRO NAM TÄN DEI DRONG KHYER DU
Grant your blessings to increase all favorable conditions

DE LAG DRÖ PÄI BAR CHHA KÜN ZHI ZHING
And to clear away every obstacle

THÜN KYEN MA LÜ PHEL WAR JIN GYI LOB (3x)
**That all migratory beings may swiftly enter the city of eternal
joy. (3x)**

Third Round

Homage



LHA DANG LHA MIN CHÖ PÄN GYI

Devas and titans bow down



ZHAB NYI PÄ MO LA TÛ DE

With their crowns at your lotus feet.



PHONG PA KÜN LÄ DRÖL DZÄ PÄI

I prostrate to the liberating mother,



DRÖL MA YUM LA CHHAG TSHÄL LO *(7x with prostrations)*

Who liberates from all misfortunes. *(7x with prostrations)*

Offering to Tara

Offer flowers to the holy object. When you sit down, present the following offerings in an extensive way using the verse on the next page, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.



CHÖ YING NAM DAG YE SHE RANG ZHIN LÄ

From the nature, the existence-sphere pure transcendental wisdom (dharmakaya),

GYÜ LU NANG TÖL PAG MO CHÖ YÖN (ZHAB SIL, ME TOG, DUG PÖ, NANG SÄL, DRI CHAB, ZHÄL ZÄ, RÖL MO) ME

The illusory transformed goddess, the female offering drinking water (bathing water, flowers, incense, light, perfume, food, music),

CHOM DEN DROL MÄ LHA SOG NYE CHIR BÜL⁵

I offer in order to please the Destroyer Qualified Tara's multitude of deities;⁵

SHE NÄI CHHOG THÜN NGO DRUB TSÄL DU SOL

Please accept this and bestow upon me the common and uncommon attainments.

OM ARYA TARE SAPARIVARA ARGHAM (PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

And, adding the three syllables, the inner offering (offer with ring finger of left hand):

OM ARYA TARE SAPARIVARA OM AH HUM

The Seven Limbs

JE TSÜN DRÖL MÄI ZHAB LA GÜ CHHAG TSHÄL

To Arya Tara's holy feet I prostrate.



NGÖ SHAM YI TRÜL CHHÖ PA MA LÜ BÜL

I present clouds of every type of offering, actual and imagined;

THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG

I declare all my negative actions accumulated since beginningless time

KYE PHAG GE WA NAM LA JE YI RANG

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

KHOR WA MA TONG BAR DU LEG ZHUG NÄ

Please, remain until the end of cyclic existence

DRO LA CHHÖ KYI KHOR LO KOR WA DANG

And turn the wheel of Dharma for living beings.

DAG ZHÄN GE NAM JANG CHHUB CHHEN POR NGO

I dedicate my own merits and those of all others to the great enlightenment.

Long Mandala Offering in Twenty-Three Heaps

To do the mandala offering in thirty-seven heaps, see. p. 321.

ZHING KHAM ÜL WAR GYI WO / OM VAJRA BHUMI AH HUM / WANG
CHHEN SER GYI SA ZHI

OM VAJRA REKHE AH HUM / CHHI CHAG RI KHOR YUG GI KOR WÄI Ü
SU / RII GYÄL PO RI RAB / SHAR LÜ PHAG PO / LHO DZAM BU LING /
NUB BA LANG CHÖ / JANG DRA MI NYÄN / LÜ DANG LÜ PHAG / NGA
YAB DANG NGA YAB ZHÄN / YO DÄN DANG LAM CHHOG DRO / DRA
MI NYÄN DANG DRA MI NYÄN GYI DA

SHAR DU LANG PO RIN PO CHHE / LHOR KYIN DAG RIN PO CHHE / NUB
TU TA RIN PO CHHE / JANG DU TSÜN MO RIN PO CHHE / SHAR LHOR MAG
PÖN RIN PO CHHE / LHO NUB TU KHOR LO RIN PO CHHE / NUB JANG DU
NOR BU RIN PO CHHE / JANG SHAR DU TER CHEN PÖI BUM PA / NANG
GI SHAR DU NYI MA / NUB TU DA WA

DAG ZHÄN LÜ NGAG YI SUM LONG CHÖ DU SUM GE TSHOG CHÄ

**My own and others' body, speech, and mind, wealth and
virtues, of the three times,**

RIN CHHEN MANDALA ZANG PO KÜN ZANG CHHÖ PÄI TSHOG CHÄ PA

**This pure, precious mandala and a mass of Samantabhadra
offerings,**

LO YI LANG NÄ LA MA YI DAM KÖN CHHOG SUM LA BÜL

**I mentally take and offer to my Guru-Yidam and the Three
Precious Ones,**

THUG JEI WANG GI ZHE NÄ DAG LA JIN GYI LAB TU SÖL

Please accept them through compassion and bestow your inspiration

Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM

This ground, anointed with perfume, strewn with flowers,

RI RAB LING ZHI NYI DÄ GYÄN PA DI

Adorned with Mount Meru, four continents, the sun and the moon:

SANG GYÄ ZHING DU MIG TE ÜL WA YI

I imagine this as a buddha-field and offer it.

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

May all living beings enjoy this pure land!



Heartfelt Request (Optional)²

Lama Zopa Rinpoche has indicated that the Heartfelt Request should be done according to the purpose of the puja, and that the chant leader may decide which prayers to do. Rinpoche has also suggested the order of the requests included in this version of the puja.

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes.

DAG SOG NAM KYI CHHÖ DANG THÜN PE DÖN

Please bless myself and others to accomplish all our purposes

JI TAR SAM PA YI ZHING DRUB PA DANG

In accordance with the Dharma just as we wish.

NE DÖN GEG SOG BAR DÜ CHHÖ PÄI TSOG

And to pacify immediately the group of hindrances

NYE WAR ZHI WA JIN GYI LAB TU SÖL

Such as sicknesses, harm by spirits and other obstacles.

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Taking Refuge and Generating Bodhichitta

SANG GYÄ CHHÖ DANG TSHOG KYI CHHOG NAM LA

I go for refuge until I am enlightened.

JANG CHHUB BAR DU DAG NI KYAB SU CHHI

To the Buddha, the Dharma, and the Supreme Assembly.

DAG GI JIN SOG GYI PA DI DAG GI

By my practice of giving and other perfections,

DRO LA PHÄN CHHIR SANG GYÄ DRUB PAR SHOG (3x)

May I become a buddha to benefit all sentient beings. (3x)

Visualization

KU LÄ DÜ TSII CHHU GYÜN BAB

From her exalted body, a stream of nectar flows

RANG DANG SUNG JÄI CHI WO NÄ

And enters the crown of the beneficiary and myself,

ZHUG TE LÜ KÜN GANG WA YI

Completely filling our bodies

JIN LAB MA LÜ ZHUG PAR GYUR

And granting all blessings.

Then recite the *Praise to the Twenty-One Taras* seven times. If time is short, the following verse can be recited in place of some of the petitions. The full praises start on the next page.

OM CHOM DÄN DÄ MA LHA MO DRÖL MA LA CHHAG TSHÄL LO

OM I prostrate to the goddess foe destroyer, liberating lady Tara,

CHHAG TSHÄL DRÖL MA TARE PÄL MO

Homage to TARE, savior, heroine,

TUTTARA YI JIG KÜN SEL MA

With TUTTARE dispelling all fears,

TURE DÖN NAM THAM CHÄ TER MA

Granting all benefits with TURE,

SVAHA YI GER CHÄ LA RAB DÜ

To her with sound SVAHA, I bow.

The Praises

For a literal English translation of the praises, see p. 193.

OM JE TSÜN MA PHAG MA DRÖL MA LA CHHAG TSHÄL LO
OM I prostrate to the noble transcendent liberator.

CHHAG TSHÄL DRÖL MA NYUR MA PA MO
Homage! Tara, swift, heroic!

CHÄN NI KÄ CHIG LOG DANG DRA MA
Eyes like lightning instantaneous!

JIG TEN SUM GÖN CHHU KYE ZHÄL GYI
Sprung from op'ning stamens of the

GE SAR JE WA LÄ NI JUNG MA
Lord of three world's tear-born lotus!

CHHAG TSHÄL TÖN KÄI DA WA KÜN TU
Homage! She whose face combines a

GANG WA GYA NI TSEG PÄI ZHÄL MA
Hundred autumn moons at fullest!

KAR MA TONG THRAG TSHOG PA NAM KYI
Blazing with light rays resplendent

RAB TU CHHE WÄI Ö RAB BAR MA
As a thousand star collection!

CHHAG TSHÄL SER NGO CHHU NÄ KYE KYI
Homage! Golden-blue one, lotus

PÄ MÄ CHHAG NI NAM PAR GYÄN MA
Water born, in hand adorned!

JIN PA TSÖN DRÜ KA THUB ZHI WA
Giving, effort, calm, austerities,

ZÖ PA SAM TÄN CHÖ YÜL NYI MA
Patience, meditation her sphere!

CHHAG TSHÄL DE ZHIN SHEG PÄI TSUG TOR
Homage! Crown of tathagatas,
 THA YÄ NAM PAR GYÄL WAR CHÖ MA
Actions triumph without limit
 MA LÜ PHA RÖL CHHIN PA THOB PÄI
Relied on by conquerors' children,
 GYÄL WÄI SÄ KYI SHIN TU TEN MA
Having reached ev'ry perfection!

CHHAG TSHÄL TUTTARA HUM YI GE
Homage! Filling with TUTTARE,
 DÖ DANG CHHOG DANG NAM KHA GANG MA
HUM, desire, direction, and space!
 JIG TEN DÜN PO ZHAB KYI NÄN TE
Trampling with her feet the seven worlds,
 LÜ PA ME PAR GUG PAR NÜ MA
Able to draw forth all beings!

CHHAG TSHÄL GYA JIN ME LHA TSHANG PA
Homage! Worshipped by the all-lords,
 LUNG LHA NA TSHOG WANG CHHUG CHHÖ MA
Shakra, Agni, Brahma, Marut!
 JUNG PO RO LANG DRI ZA NAM DANG
Honored by the hosts of spirits,
 NÖ JIN TSHOG KYI DÜN NÄ TÖ MA
Corpse-raisers, gandharvas, yakshas!

CHHAG TSHÄL TRAD CHE JA DANG PHAT KYI
Homage! With her TRAD and PHAT sounds
 PHA RÖL THRÜL KHOR RAB TU JOM MA
Destroying foes' magic diagrams!
 YÄ KUM YÖN KYANG ZHAB KYI NÄN TE
Her feet pressing, left out, right in,
 ME BAR THRUG PA SHIN TU BAR MA
Blazing in a raging fire-blaze!

CHHAG TSHÄL TURE JIG PA CHHEN PO

Homage! TURE, very dreadful!

DÜ KYI PA WO NAM PAR JOM MA

Destroyer of Mara's champion(s)!

CHHU KYE ZHÄL NI THRO NYER DÄN DZÄ

She with frowning lotus visage

DRA WO THAM CHÄ MA LÜ SÖ MA

Who is slayer of all enemies!

CHHAG TSHÄL KÖN CHHOG SUM TSHÖN CHHAG GYÄI

Homage! At the heart her fingers,

SOR MÖ THUG KAR NAM PAR GYÄN MA

Adorn her with Three Jewel mudra!

MA LÜ CHHOG KYI KHOR LÖ GYÄN PÄI

Light-ray masses all excited!

RANG GI Ö KYI TSHOG NAM THRUG MA

All directions' wheels adorn her!

CHHAG TSHÄL RAB TU GA WA JI PÄI

Homage! She so joyous, radiant,

U GYÄN Ö KYI THRENG WA PEL MA

Crown emitting garlands of light!

ZHE PA RAB ZHÄ TUTTARA YI

Mirthful, laughing with TUTTARE,

DÜ DANG JIG TEN WANG DU DZÄ MA

Subjugating maras, devas!

CHHAG TSHÄL SA ZHI KYONG WÄI TSHOG NAM

Homage! She able to summon

THAM CHÄ GUG PAR NÜ MA NYI MA

All earth-guardians' assembly!

THRO NYER YO WÄI YI GE HUM GI

Shaking, frowning, with her HUM sign

PHONG PA THAM CHÄ NAM PAR DRÖL MA

Saving from every misfortune!

CHHAG TSHÄL DA WÄI DUM BÜ U GYÄN
Homage! Crown adorned with crescent

GYÄN PA THAM CHÄ SHIN TU BAR MA
Moon, all ornaments most shining!

RÄL PÄI KHUR NA Ö PAG ME LÄ
Amitabha in her hair-knot

TAG PAR SHIN TU Ö RAB DZÄ MA
Sending out much light eternal!

CHHAG TSHÄL KÄL PÄI THA MÄI ME TAR
Homage! She 'mid wreath ablaze like

BAR WÄI THRENG WÄI Ü NA NÄ MA
Eon-ending fire abiding!

YÄ KYANG YÖN KUM KÜN NÄ KOR GÄI
Right stretched, left bent, joy surrounds you

DRA YI PUNG NI NAM PAR JOM MA
Troops of enemies destroying!

CHHAG TSHÄL SA ZHII NGÖ LA CHHAG GI
Homage! She who strikes the ground with

THIL GYI NÜN CHING ZHAB KYI DUNG MA
Her palm, and with her foot beats it!

THRO NYER CHÄN DZÄ YI GE HUM GI
Scowling, with the letter HUM the

RIM PA DÜN PO NAM NI GEM MA
Seven levels she does conquer!

CHHAG TSHÄL DE MA GE MA ZHI MA
Homage! Happy, virtuous, peaceful!

NYA NGÄN DÄ ZHI CHÖ YÜL NYI MA
She whose field is peace, nirvana!

SVAHA OM DANG YANG DAG DÄN PÄ
She endowed with OM and SVAHA,

DIG PA CHHEN PO JOM PA NYI MA
Destroyer of the great evil!

CHHAG TSHÄL KÜN NÄ KOR RAB GA WÄI
Homage! She with joy surrounded

DRA YI LÜ NI NAM PAR GEM MA
Tearing foes' bodies asunder,

YI GE CHU PÄI NGAG NI KÖ PÄI
Frees with HUM and knowledge mantra,

RIG PA HUM LÄ DRÖL MA NYI MA
Arrangement of the ten letters!

CHHAG TSHÄL TURE ZHAB NI DEB PÄ
Homage! TURE! With seed letter

HUM GI NAM PÄI SA BÖN NYI MA
Of the shape of syllable HUM!

RI RAB MANDHARA DANG BIG JE
By foot stamping shakes the three worlds,

JIG TEN SUM NAM YO WA NYI MA
Meru, Mandara, and Vindhya!

CHHAG TSHÄL LHA YI TSHO YI NAM PÄI
Homage! Holding in her hand the

RI DAG TAG CHÄN CHHAG NA NAM MA
Hare-marked moon of deva-lake form!

TARA NYI JÖ PHAT KYI YI GE
With twice spoken TARA and PHAT,

DUG NAM MA LÜ PA NI SEL MA
Totally dispelling poison!

CHHAG TSHÄL LHA YI TSHOG NAM GYÄL PO
Homage! She whom gods and their kings,

LHA DANG MI AM CHI YI TEN MA
And the kinnaras do honor!

KÜN NÄ GO CHHA GA WÄI JI GYI
Armored in all joyful splendor,

TSÖ DANG MI LAM NGÄN PA SEL MA
She dispels bad dreams and conflicts!

CHHAG TSHÄL NYI MA DA WA GYÄ PÄI
Homage! She whose two eyes bright with

CHÄN NYI PO LA Ö RAB SÄL MA
Radiance of sun and full moon!

HARA NYI JÖ TUTTARA YI
With twice HARA and TUTTARE

SHIN TU DRAG PÖI RIM NÄ SEL MA
She dispels severe contagion!

CHHAG TSHÄL DE NYI SUM NAM KÖ PÄ
Homage! Full of liberating

ZHI WÄI THÜ DANG YANG DAG DÄN MA
Pow'r by the set of three natures!

DÖN DANG RO LANG NÖ JIN TSHOG NAM
Destroys hosts of spirits, yakshas,

JOM PA TURE RAB CHHOG NYI MA
And raised corpses! Supreme! TURE!

TSA WÄI NGAG KYI TÖ PA DI DANG
These praises with the root mantras

CHHAG TSHÄL WA NI NYI SHU TSA CHIG
And prostrations thus are twenty-one!

Then return to p. 180 and recite the praise again.

Prayer of the Benefits

LHA MO LA GÜ YANG DAG DÄN PÄI
Whoever is endowed with devotion for the goddess

LO DÄN GANG GI RAB DÄ JÖ DE
And recites this with supreme faith,

SÖ DANG THO RANG LANG PAR JÄ NÄ
Remembering it at dawn upon waking and in the evenings,

DRÄN PÄ MI JIG THAM CHÄ RAB TER
Will be granted all fearlessness,

DIG PA THAM CHÄ RAB TU ZHI WA
Will perfectly pacify all negativities,
NGÄN DRO THAM CHÄ JOM PA NYI THOB
And will eliminate all unfortunate migrations.

GYÄL WA JE WA THRAG DÜN NAM KYI
The multitudes of conquerors
NYUR DU WANG NI KUR WAR GYUR LA
Will quickly grant initiation:
DI LÄ CHHE WA NYI NI THOB CHING
Thus, endowed with this greatness,
SANG GYÄ GO PHANG THAR THUG DER DRO
One will eventually reach the state of a buddha.

DE YI DUG NI DRAG PO CHHEN 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 DANG NI THUNG PA NYI KYANG
Just by remembering
DRÄN PÄ RAB TU SEL WA NYI THOB
Will one be thoroughly cleansed.

DÖN DANG RIM DANG DUG GI ZIR WÄI
If this prayer is recited two, three, or seven times,
DÜL NGÄL TSHOG 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 DU NGÖN PAR JÖ NA
And by other beings as well.

BU DÖ PÄ NI BU THOB GYUR ZHING
If you wish for a child, you will get a child;
NOR DÖ PÄ NI NOR NAM NYI THOB
If you wish for wealth, you will receive wealth.

DÖ PA THAM CHÄ THOB PAR GYUR LA

All your wishes will be fulfilled

GEG NAM ME CHING SO SOR JOM GYUR CHIG

And all obstacles pacified.

Offering the Torma

Then transform the torma as the inner offering. Cleanse with (sprinkle the torma with inner offering using the left ring finger):

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

TONG PA NYI DU GYUR

TONG PÄI NGANG LÄ YAM LÄ LUNG/ RAM LÄ ME / AH LÄ YE SHE KYI
KA PA LA YANG SHING GYA CHHE WÄI NANG DU SHA NGA DÜ TSI NGA
ZHU WA LÄ JUNG WÄI YE SHE KYI DÜ TSII GYA TSHO CHHEN POR GYUR

Everything becomes emptiness only. While it is empty, from YAM appears wind; from RAM, fire; from AH, a transcendental wisdom skullcup, vast and big. In it, from the melting of the five meats and five nectars comes a huge ocean of transcendental wisdom nectar.

Consecrate with:

OM AH HUM (3x)

Visualizing:

LA MA JE TSÜN MÄI LHA TSHOG NAM KYI JAG DOR JEI Ö ZER GYI BU GÜ
DRANG TE SÖL WAR GYUR

The gurus and hosts of deities [of the venerable Arya Tara] partake (of the tormas) by drawing it up through the light straw of their vajra tongues:

Offer it by saying three times:

OM ARYA TARE SAPARIVARA IDAM BALIM TA KHA KHA KHAHI
KHAHI (3x)

Offerings

Make offerings with:

OM ARYA TARE SAPARIVARA ARGHAM (*PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA*) PRATICCHA
HUM SVAHA

Present inner offerings by adding the three syllables (offer with ring finger of left hand):

OM ARYA TARE SAPARIVARA OM AH HUM

Praise



LHA DANG LHA MIN CHÖ PÄN GYI

Devas and titans bow down



ZHAB KYI PÄ MA LA TÜ DE

With their crowns at your lotus feet.



PHONG PA KÜN LÄ DRÖL DZÄ MA

I prostrate to the liberating mother,



DRÖL MA YUM LA CHHAG TSHÄL TÖ

Who liberates from all misfortunes.

Prayers

Then, joining the palms of the hands:

JE TSÜN PHAG MA KHOR DANG CHÄ

Venerable Arya and your retinue,

MIG ME THUG JE TSER GONG LA

Please bless me with the affection

DAG GI JI TAR SÖL WÄI DÖN

Of your non-referential compassion,

GEG ME DRUB PAR JIN GYI LOB

So I may be able to fulfill all my wishes without obstacles.

GYÄL TÄN CHI DANG LO ZANG TÄN

Let the teachings and practice of the victorious ones in general

SHÄ DANG DRUB PÄ CHHOG CHUR GYÄ

And the doctrine of Losang in particular spread to the ten directions.

TÄN DZIN GE DÜN DE DANG CHÄ

Let the Sangha who uphold the doctrine be harmonious

THUG THÜN THRIN LÄ PHEL WAR DZÖ

And may their enlightened activities increase.

JONG DIR NÄ MUG THRUG TSÖ ZHI

Please pacify conflicts, famine, and sickness in this country;

CHHÖ DANG TRA SHI GONG DU PHEL

Increase the Dharma and good fortune;

CHHÖ DÄN GYÄL PÖI NGA THANG GYÄ

Expand the power of Dharma rulers;

GYÄL KHAM THA WÜ DE WAR DZÖ

And grant happiness to the central and border areas.

GYÄ DANG CHU DRUG JIG CHHEN DANG

Please protect us from temporary and ultimate fears,

DÖN RIM MI LAM TSHÄN TÄ NGÄN

Such as the eight and sixteen great fears,

KHOR WA NGÄN SONG DUG NGÄL SOG

Spirits, plagues, nightmares, and bad omens,

NÄ KAB THAR THUG JIG LÄ KYOB

**As well as the sufferings of samsara, the unfortunate states,
and so forth.**

TSHE PÄL LONG CHÖ SÖ NAM PHEL

May life, prosperity, and merits increase;

MI GEI TOG PA KÜN ZHI ZHING

May all negative thoughts be pacified.

LAM TSO SUM DANG RIM NYI KYI

**Please grant your blessings that realizations of the three
principles of the path**

NYAM TOG NYUR DU THAR CHHIN DZÖ

And two stages may quickly be completed.

DI NÄ JANG CHHUB NYING PÖI BAR

From now until the essence of enlightenment

KHYÖ MIN KYAB NÄ ZHÄN ME PÄ

I have no other refuge than you.

BU CHIG PO LA MA YI ZHIN

Bless me and care for me

JE ZUNG JIN GYI LAB TU SÖL

As a mother does for her only child.

Confession of Faults in the Recitation

Recite the hundred-syllable mantra:



OM PADMASATTVA SAMAYA MANUPALAYA / PADMASATTVA
TVENOPATISHTHA / DRIDHO ME BHAVA / SUTOSHYO ME
BHAVA / SUPOSHYO ME BHAVA / ANURAKTO ME BHAVA /
SARVA SIDDHIM ME PRAYACCHA / SARVA KARMA SUCHA
ME / CHITTAM SHRIYAM KURU HUM / HA HA HA HA HOH /
BHAGAVAN / SARVA TATHAGATA / PADMA MA ME MUNCHA /
PADMA BHAVA MAHA SAMAYA SATTVA AH HUM PHAT (1x)

And the prayers:

MA NYE YONG SU MA SHE DANG
With all my actions performed here,
 GANG YANG NŪ PA MA CHHI PA
With whatever I could not find
 DIR NI JA WA GANG GYI PA
Or was not able to do,
 DE KÜN KHYE KYI ZÖ DZÄ RIG
Please be patient.

LHAG PA DANG NI CHHÄ PA DANG
Please also be patient
 CHHO GÄI YÄN LAG NYAM PA DANG
With the rituals
 DAG GI JE NGÄ CHI CHHI PA
I have performed incorrectly
 DE YANG ZÖ PAR DZÄ DU SÖL
Or with omissions.

Requesting the Deity to Remain or Depart

If you have an image of the deity, request the deity to abide in it:

DIR NI TEN DANG LHÄN CHIG TU
For the benefit of migratory beings
 DRO WÄI DÖN DU ZHUG NÄ KYANG
Please abide in this image,
 NÄ ME TSHE DANG WANG CHHUG DANG
Granting wealth, highest goodness,
 CHHOG NAM LEG PAR TSÄL DU SÖL
And long life free from sickness.

OM SUPRATISHTHA VAJRAYE SVAHA

Toss flower petals or rice to the merit field.

If you don't have an image, request the deity to depart:

YE SHE PA RANG ZHIN GYI NÄ SU SHEG

The wisdom beings return to their natural abodes.

DAM TSHIG PA RANG NYI LA THIM PAR GYUR

The commitment beings absorb into me.

Dedicate the virtues and sing the auspicious verses:

Dedication Prayer

GE WA DI YI NYUR DU DAG

Through the merits of these virtuous actions

PHAG MA DRÖL MA DRUB GYUR NÄ

May I quickly attain the state of Arya Tara

DRO WA CHIG KYANG MA LÜ PA

And lead all living beings, without exception,

DE YI SA LA GÖ PAR SHOG

Into that enlightened state.

Verse of Auspiciousness

PAG SAM SHING DANG NOR BU BUM ZANG ZHIN

Like a wish-fulfilling tree and a fortune-jeweled vase,

RE KONG DÖ GU JO WAI YI ZHIN TER

You are the wish-fulfilling treasure granting all desires and fulfilling all hopes.

GYÄL YUM DRÖL MA GYÄL WA SÄ CHÄ KYI

O conquerors' Mother Tara and all conquerors with your children,



JE ZUNG GE TSÄN PHÄL WÄI TRA SHI SHOG

Take care of me and grant the auspicious signs of increasing virtue.

Praises to the Twenty-One Taras

(Literal English Translation)

OM Homage to the Venerable Arya Tara.

Homage to you, Tara, the swift heroine,
Whose eyes are like an instant flash of lightning,
Whose water-born face arises from the blooming lotus
Of Avalokiteshvara, protector of the three worlds.

Homage to you, Tara, whose face is like
One hundred full autumn moons gathered together,
Blazing with the expanding light
Of a thousand stars assembled.

Homage to you, Tara, born from a golden-blue lotus,
Whose hands are beautifully adorned with lotus flowers,
You who are the embodiment of giving, joyous effort, asceticism,
Pacification, patience, concentration, and all objects of practice.

Homage to you, Tara, the crown pinnacle of those thus gone,
Whose deeds overcome infinite evils,
Who have attained transcendent perfections without exception,
And upon whom the sons of the Victorious Ones rely.

Homage to you, Tara, who with the letters TUTTARA and HUM
Fill the (realms of) desire, direction, and space,
Whose feet trample on the seven worlds,
And who are able to draw all beings to you.

Homage to you, Tara, venerated by Indra,
Agni, Brahma, Vayu, and Ishvara,
And praised by the assembly of spirits, raised corpses,
Gandharvas, and all yakshas.

Homage to you, Tara, whose TRAT and PHAT
Destroy entirely the magical wheels of others.
With your right leg bent and left outstretched and pressing,
You burn intensely within a whirl of fire.

Homage to you, Tara, the great fearful one,
Whose letter TURE destroys the mighty demons completely,
Who with a wrathful expression on your water-born face
Slay all enemies without an exception.

Homage to you, Tara, whose fingers adorn your heart
With the gesture of the sublime precious three;
Adorned with a wheel striking all directions without exception
With the totality of your own rays of light.

Homage to you, Tara, whose radiant crown ornament,
Joyful and magnificent, extends a garland of light,
And who, by your laughter of TUTTARA,
Conquer the demons and all of the worlds.

Homage to you, Tara, who are able to invoke
The entire assembly of local protectors,
Whose wrathful expression fiercely shakes,
Rescuing the impoverished through the letter HUM.

Homage to you, Tara, whose crown is adorned
With the crescent moon, wearing ornaments exceedingly bright
From your hair knot the buddha Amitabha
Radiates eternally with great beams of light.

Homage to you, Tara, who dwell within a blazing garland
 That resembles the fire at the end of this world age;
 Surrounded by joy, you sit with your right leg extended
 And left withdrawn, completely destroying all the masses of
 enemies.

Homage to you, Tara, with hand on the ground by your side,
 Pressing your heel and stamping your foot on the earth;
 With a wrathful glance from your eyes you subdue
 All seven levels through the syllable HUM.

Homage to you, Tara, O happy, virtuous, and peaceful one,
 The very object of practice, passed beyond sorrow.
 You are perfectly endowed with SOHA and OM,
 Overcoming completely all the great evils.

Homage to you, Tara, surrounded by the joyous ones,
 You completely subdue the bodies of all enemies;
 Your speech is adorned with the ten syllables,
 And you rescue all through the knowledge-letter HUM.

Homage to you, Tara, stamping your feet and proclaiming TURE.
 Your seed-syllable itself in the aspect of HUM
 Causes Meru, Mandhara, and the Vindhya mountains
 And all the three worlds to tremble and shake.

Homage to you, Tara, who hold in your hand
 The hare-marked moon like the celestial ocean.
 By uttering TARA twice and the letter PHAT
 You dispel all poisons without an exception.

Homage to you, Tara, upon whom the kings of the assembled
 gods
 The gods themselves, and all kinnaras rely;
 Whose magnificent armor gives joy to all,
 You who dispel all disputes and bad dreams.

Homage to you, Tara, whose two eyes – the sun and the moon –
Radiate an excellent, illuminating light;
By uttering HARA twice and TUTTARA,
You dispel all violent epidemic disease.

Homage to you, Tara, adorned by the three suchnesses,
Perfectly endowed with the power of serenity,
You who destroy the host of evil spirits, raised corpses,
and yakshas,
O TURE, most excellent and sublime!

Thus concludes this praise of the root mantra and the offering of
the twenty-one homages.

Endnotes:

1. Additional offering verse extracted from a more extensive version of this practice, according to the instructions of Lama Zopa Rinpoche.
2. Each of the respective heartfelt requests to Tara after each of the four mandala offerings has been added according to instructions from Lama Zopa Rinpoche. Which requesting verses are added depends on the chant master or monastery, and may also be adjusted according to the occasion or special purposes for which the puja is being performed. The practice of adding a heartfelt request is an oral instruction and is not in the actual text.
3. Additional offering verse extracted from a more extensive version of this practice, according to the instructions of Lama Zopa Rinpoche.
4. “ “ “ “ “
5. “ “ “ “ “

Colophon:

Composed by Kyabje Trijang Rinpoche of Gaden, at the request of Tsering, the son of officer Nyemo (a district of central Tibet), who is endowed with faith and a superior virtuous attitude.

Author's Dedication

Due to the virtue of these efforts, may I and all migratory beings
 Be cared for by the supreme goddess, the mother of all conquerors.
 Without being discouraged, may I free migratory beings as far as the limits
 of space
 And realize the sphere of the glorious goddess.

Translated from the Tibetan by Fabrizio Champa Pelgye at the request of the Education Department of the Foundation for the Preservation of the Mahayana Tradition. Edited with standard prayers added by Venerable Constance Miller, Education Department, September 2001. Lightly edited for consistency with Lama Zopa Rinpoche's instructions and reformatted by Venerable Gyalten Mindrol, FPMT Education Department, 2006.

Literal English Translation of the *Praises to the Twenty-One Taras* by Lama Thubten Yeshe and originally edited by Sylvia Wetzel, January 1979. Extracted from the Chittamani Tara sadhana published for retreat in August 1979 by Publications for Wisdom Culture at Conishead Priory, Ulverston, Cumbria, England.

Notes Regarding This Practice

Altar and Gompa Set-up

When performing this puja, one should set up the altar with the following items:




- a picture of Chittamani Tara
- 3 red-colored, tear drop-shaped tormas made with the 3 white and 3 sweet substances
- 4 mandalas, or 4 bowls of rice representing the 4 mandalas
- 4 sets of 7 offering bowls, placed from right to left as one faces the altar. In the food offering bowls of these sets one should place small red tormas (cookies, biscuits, etc. are also acceptable).

NOTE: When seating monks and nuns in the front, it is customary to seat monks on the left side of the throne (when facing the throne) and nuns on the right.

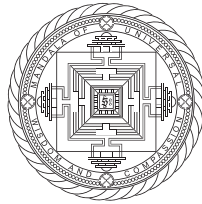
During “big pujas” (these are defined as self-initiations or long pujas and pujas with extensive offerings, etc.) one can offer a stick of incense for the lama or geshe to hold during the verses of invocation.

Ritual Implements

One should have both dorje and bell and an inner offering, but no damaru.

NOTE: Throughout the preceding text, small symbols such as bells  or hands in various mudras, such as prostration mudra  or showing the dorje  appear in the margins to help the practitioner know when to play ritual instruments, for example, or when to do certain mudras. It is hoped that these small indications will be helpful to those not yet familiar with these aspects of tantric practice.

Foundation for the Preservation of the Mahayana Tradition



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Foundation for the Preservation of the Mahayana Tradition
1632 SE 11th Avenue
Portland, OR 97214 USA
(503) 808-1588

www.fpmt.org



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