

THE PRACTICE OF TARA THAT FULFILLS ALL WISHES

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NAMO ARYA TARAYA!

I prostrate to Tara!

Anyone who wants to meditate on Tara needs to do the refuge and bodhichitta prayer first.

Take Refuge And Generate Bodhichitta

I go for refuge until I am enlightened

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

By this practice of giving and the other perfections,

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

Observing Emptiness

OM SVABAHAVA SHUDDA SARVA DHARMA SVABHAVA SHUDDO HAM

All dissolves into emptiness.

TONG PA NYI DU GYUR

Visualize Tara

From within that understanding of emptiness, visualize a lotus. On top of that, visualize a moon disk. On top of the lotus and moon disk, your mind becomes [green] TAM. [If you don't have initiation, visualize TAM in the space before you.]

Because your mind becomes TAM, and that TAM becomes Tara, Tara is the same as you.

Tara, who is me [or in front of you], is green color, and has one face and two arms. Her right hand is in the supreme giving hand gesture; her left hand is in the hand *mudra* symbolizing the three jewels and holding an *utpala* flower.

Adorned with all the precious ornaments and clothes, her legs are in half-vajra crossed – right leg extended, left leg bent.

On her crown is the letter OM, at her throat an AH, and at her heart is HUM.

Invite the Wisdom Beings

Light emits from the three syllables and invites the wisdom beings and initiatory deities.

DZA HUM BAM HOH

The wisdom beings become one with the *samaya* beings.

The initiatory deities give the initiation. Amitabha Buddha appears on Tara's crown.

Make Offerings

OM ARYA TARE SAPARIVARA ARGHAM PRATICCHA HUM SVAHA (*washing water*)

OM ARYA TARE SAPARIVARA PADYAM PRATICCHA HUM SVAHA (*drinking water*)

OM ARYA TARE SAPARIVARA PUSHPE PRATICCHA HUM SVAHA (*flowers*)

OM ARYA TARE SAPARIVARA DHUPE PRATICCHA HUM SVAHA (*incense*)

OM ARYA TARE SAPARIVARA ALOKE PRATICCHA HUM SVAHA (*light*)

OM ARYA TARE SAPARIVARA GANDHE PRATICCHA HUM SVAHA (*perfume*)

OM ARYA TARE SAPARIVARA NAIVIDYA PRATICCHA HUM SVAHA (*food*)

OM ARYA TARE SAPARIVARA SHAPTA PRATICCHA HUM SVAHA (*music*)

OM ARYA TARE SAPARIVARA OM AH HUM

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

Who liberates from all misfortunes.

Mantra Recitation

At the center of my [or Tara's] heart, at the center of the moon disk, there's a [green] letter TAM surrounded by the 10-syllable mantra OM TARE TUTTARE TURE SOHA.

Light emits from the mantra and rosary. Think that the light that radiates from the mantra and rosary purifies sicknesses, obstacles, and all negative actions. It also increases lifespan, fortune, intellectual knowledge, realizations, and all good qualities.

OM TARE TUTTARE TURE SOHA

Mantras Of The 21 Taras *(3x, 7x or 21x)*

1. The first Tara, red color, and aspect is wrathful-looking but attractive.

OM TARE TUTTARE TURE WASHAM KURU SOHA

The purpose of her practice: To control the negative minds of enemies and those who are leading us on the wrong path.

2. The second Tara, white color, and aspect is peaceful-looking.

OM TARE TUTTARE TURE SHINTAM KURU SOHA

The purpose of her practice: To eliminate sicknesses and invisible obstacles.

3. The third Tara, golden color, and aspect is peaceful-looking.

OM TARE TUTTARE TURE PUTKIM KURU SOHA

The purpose of her practice: To increase lifespan and prosperity.

4. The fourth Tara, yellow color, and aspect is peaceful-looking.

OM TARE TUTTARE TURE AYUGYANA PUTKIM KURU SOHA

The purpose of her practice: Adding to lifespan.

5. The fifth Tara, red color, and aspect is wrathful-looking but attractive.

OM TARE TUTTARE TURE CHE GE MO AKARKHAYA HRIH SOHA

The purpose of her practice: To get attention from female figures (as consort for completion stage in Highest Yoga Tantra).

6. The sixth Tara, red color, and aspect is a little wrathful-looking.

OM TARE TUTTARE TURE SARWA BEGIN SHARTRUM UTSA TRAYA SOHA

The purpose of her practice: To train spirits who migrate in space.

7. The seventh Tara, black color, and wrathful-looking with an open mouth.

OM TARE TUTTARE TURE BÜZER SARWA DOG JO SOHA

The purpose of her practice: Stopping black or bad magic.

8. The eighth Tara, dark red color, and a little wrathful-looking.

OM TARE TUTTARE TURE CHE GE MO MARAYA PHAT

The purpose of her practice: To get rid of enemies.

9. The ninth Tara, white color, and aspect is peaceful-looking.

OM TARE TUTTARE TURE CHE GE MOLA NUPA SARWA RAKCHA SOHA

The purpose of her practice: To protect from all fears.

10. The tenth Tara, red color, and aspect is peaceful-looking.

OM TARE TUTTARE TURE SARWA PAPAM MARAYA HUM PHAT

The purpose of her practice: Controlling the four maras (of son of god, death, afflictions, aggregates).

11. The eleventh Tara, orange color, and aspect is peaceful-looking.

OM DZAMBINI MOHI SOHA

The purpose of her practice: To eliminate poverty.

12. The twelfth Tara, yellow color, and aspect is very peaceful-looking.

OM MANGALA PUTKIM KURU SOHA

The purpose of her practice: Auspiciousness (helps with ceremonies, weddings, etc.).

13. The thirteenth Tara, red color, and aspect is wrathful-looking.

OM SATTA BAY MI KURU SOHA

The purpose of her practice: To protect from invisible obstacles.

14. The fourteenth Tara, black color, and aspect is a little wrathful-looking.

OM BENZA TARE BENZA MAHA PADA AH MI KURU SOHA

The purpose of her practice: Striking invisible obstacles.

15. The fifteenth Tara, white color, and aspect is peaceful-looking.

OM TURE SARWA PAPAM TASHA MANAYE SOHA

The purpose of her practice: To purify negative actions.

16. The sixteenth Tara, red color, and aspect is peaceful-looking.

OM TURE SARWA DHARMA TRANGYA TRATI PARI SHODHA NI SOHA

The purpose of her practice: To develop wisdom and intelligence.

17. The seventeenth Tara, saffron color, and aspect is both a little peaceful and a little wrathful.

OM TURE CHE GE MO SARWA TAMBHANI TARE SOHA

The purpose of her practice: For all obstacles and all maras.

18. The eighteenth Tara, white color, and aspect is peaceful-looking.

OM TURE SARWA NAGA SHINTAM KURU SOHA

The purpose of her practice: For harm caused by nagas (mostly skin problems) and [invisible] landlords.

19. The nineteenth Tara, white color, and aspect is peaceful-looking.

OM TURE MOTSANA SOHA

The purpose of her practice: For arguments (like lawsuits) and nightmares.

20. The twentieth Tara, orange color, and aspect is both a little peaceful and a little wrathful.

OM TURE BISARATA SOHA

The purpose of her practice: To eliminate epidemics.

21. The twenty-first Tara, white color, and aspect is peaceful.

OM TURE SATTAPA SOHA

The purpose of her practice: For spiritual attainments (siddhis).

Verse of Praise

Merely thinking of just your name

Eradicates all obstacles and immediately purifies all negative karma.

Thus to you, unsurpassed Vajrasattva,

I make prostration.

After any of the above mantras, recite the 100-syllable Vajrasattva mantra at least 3 times, but 21 times is best.

OM VAJRASATTVA SAMAYA MANUPALAYA / VAJRASATTVA TVENOPA TISHTHA / DRIDHO ME
BHAVA / SUTOKAYO ME BHAVA / SUPOKAYO ME BHAVA / ANURAKTO ME BHAVA / SARVA
SIDDHIM ME PRAYACCHA / SARVA KARMA SU CHAME / CHITTAM SHRIYAM KURU HUM /
HA HA HA HA HO / BHAGAVAN SARVA TATHAGATA / VAJRA MAME MUNCHA / VAJRA BHAVA
MAHA SAMAYA SATTVA AH HUM PHAT

Dedication

GE WA DI YI NYUR DU DAG

PHAG MA DRÖL MA DRUB GYUR NÄ

DRO WA CHIG KYANG MA LÜ PA

DE YI SA LA GÖ PAR SHOG

BREAK

Offering Ritual Cake

From the Potala, Tara's pure land, invite Green Tara together with the 21 Taras, surrounded by all the buddhas and bodhisattvas, and visualize them in the space before you.

If you want to make physical offerings – ritual cakes – then bless the ritual cake offerings with:

OM AH HUM (3x)

And offer with:

OM ARYA TARA SAPARIWARE IDAM BALIMTA KHA KHA KHAI KHAI (3x or 7x)

The Seven Limbs

Reverently I prostrate to the venerable Arya Tara
And all the conquering Buddhas
And their children who reside in the ten directions
Throughout the past, present and future.

I offer flowers, incense and butter lamps,
Perfume, food, music and the like,
Both those actually arranged here and those mentally transformed;
Please accept them, assembly of Arya Taras.

I declare all that I have done
From beginningless time until now,
With my mind being under the sway of delusion,
The ten non-virtues and the five heinous crimes.

I rejoice in whatever virtuous merit
Has been accumulated throughout the three times
By hearers, solitary realizers,
Bodhisattvas, and ordinary beings.

I request you to turn the wheel of Dharma,
The great, small and common vehicles,
In accordance with the intentions of all sentient beings,
And suited to their individual minds.

I beseech you to remain until samsara ends
And not pass away to the state beyond sorrow.
Please, with your boundless compassion, look
Upon all beings drowning in the ocean of suffering.

May whatever merit I have accumulated
Be totally transformed into the cause of enlightenment,
And may I become, without a long passage of time,
The glorious deliverer benefiting all migrating beings.

MANDALA OFFERING OF THE 37 HEAPS

ZHING KAM 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 /NUP 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 /RIN PO CHHEI RI WO /PAG SAM GYI SHING /DÖ JÖI BA /MA MÖ PÄI LO TOG /KHOR LO
RIN PO CHHE /NOR BU RIN PO CHHE /TSÜN MO RIN PO CHHE /LÖN PO RIN PO CHHE /LANG PO RIN PO CHHE
/ TA CHHOG RIN PO CHHE / MAG PÖN RIN PO CHHE / TER CHHEN PÖI BUM PA

GEG MA / THRENG WA MA / LU MA / GAR MA / ME TOG MA / DUG PÖ MA /NANG SÄL MA /DRI CHHAB MA
/NYI MA /DA WA / RIN PO CHHE DUG / CHHOG LÄ NAM PAR GYÄL WÄI GYÄN TSHÄN / Ü SU LHA DANG MI YI
/PÄL JOR PHÜN SUM TSHOG PA MA TSHANG WA ME PA / TSANG ZHING YI DU WONG WA DI DAG DRIN
CHÄN TSA WA DANG GYÜ PAR /CHÄ PÄI PÄL DÄN LA MA DAM PA NAM DANG

KYÄ PAR DÜ YANG JETSUN MA PHAGMA DROLMA LHA TSOG KOR DANG CHÄ PA NAM LA ZHING KHAM ÜL
WAR GYI WO

THUG JE DRO WÄI DÖN DU ZHE SU SÖL / ZHE NÄ [KYANG] DAG SOG DRO WA MA GYUR NAM KHÄI
THA DANG NYAM PÄI SEM CHÄN THAM CHÄ LA /THUG TSE WA CHHEN PÖ GO NÄ JIN GYI LAB TU SÖL

Short Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOG TRAM
RI RAB LING ZHI NYI DÄ GYÄN PA DI
SANG GYÄ ZHING DU MIG TE ÜL WA YI
DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon:
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALAKAM NIRYATAYAMI

Praises To The 21 Taras

Deep down from your heart, think, “Tara, you know what is best for me,” then hold her big toe on her extended right foot [as you recite]. *Recite 3, 7 or 21 times.*

OM I prostrate to the noble transcendent liberator!

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

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

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

4. Homage! Crown of tathagatas,
Actions triumph without limit
Relied on by conquerors' children,
Having reached ev'ry perfection!

5. Homage! Filling with TUTTARE,
HUM, desire, direction, and space!
Trampling with her feet the seven worlds,
Able to draw forth all beings!

6. Homage! Worshipped by the all-lords,
Shakra, Agni, Brahma, Marut!
Honored by the hosts of spirits,
Corpse-raisers, gandharvas, yakshas!

7. Homage! With Her TRAD and PHAT sounds
Destroying foes' magic diagrams!
Her feet pressing, left out, right in,
Blazing in a raging fire-blaze!

8. Homage! TURE, very dreadful!
Destroyer of Mara's champion(s)!
She with frowning lotus visage
Who is slayer of all enemies!

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

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

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

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

13. Homage! She 'mid wreath ablaze like
Eon-ending fire abiding!
Right stretched, left bent, joy surrounds you
Troops of enemies destroying!

14. Homage! She who strikes the ground with
Her palm, and with her foot beats it!
Scowling, with the letter HUM the
Seven levels she does conquer!

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

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

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

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

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

20. Homage! She whose two eyes bright with
Radiance of sun and full moon!
With twice HARA and TUTTARE
She dispels severe contagion!

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

These praises with the root mantras
And prostrations thus are twenty-one!

Second recitation

OM I prostrate to the noble transcendent liberator!

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

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

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

4. Homage! Crown of tathagatas,
Actions triumph without limit
Relied on by conquerors' children,
Having reached ev'ry perfection!

5. Homage! Filling with TUTTARE,
HUM, desire, direction, and space!
Trampling with her feet the seven worlds,
Able to draw forth all beings!

6. Homage! Worshipped by the all-lords,
Shakra, Agni, Brahma, Marut!
Honored by the hosts of spirits,
Corpse-raisers, gandharvas, yakshas!

7. Homage! With Her TRAD and PHAT sounds
Destroying foes' magic diagrams!
Her feet pressing, left out, right in,
Blazing in a raging fire-blaze!

8. Homage! TURE, very dreadful!
Destroyer of Mara's champion(s)!
She with frowning lotus visage
Who is slayer of all enemies!

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

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

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

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

13. Homage! She 'mid wreath ablaze like
Eon-ending fire abiding!
Right stretched, left bent, joy surrounds you
Troops of enemies destroying!

14. Homage! She who strikes the ground with
Her palm, and with her foot beats it!
Scowling, with the letter HUM the
Seven levels she does conquer!

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

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

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

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

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

20. Homage! She whose two eyes bright with
Radiance of sun and full moon!
With twice HARA and TUTTARE
She dispels severe contagion!

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

These praises with the root mantras
And prostrations thus are twenty-one!

Third recitation

OM I prostrate to the noble transcendent liberator!

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

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

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

4. Homage! Crown of tathagatas,
Actions triumph without limit
Relied on by conquerors' children,
Having reached ev'ry perfection!

5. Homage! Filling with TUTTARE,
HUM, desire, direction, and space!
Trampling with her feet the seven worlds,
Able to draw forth all beings!

6. Homage! Worshipped by the all-lords,
Shakra, Agni, Brahma, Marut!
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Destroying foes' magic diagrams!
Her feet pressing, left out, right in,
Blazing in a raging fire-blaze!

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Destroyer of Mara's champion(s)!
She with frowning lotus visage
Who is slayer of all enemies!

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

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

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

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

13. Homage! She 'mid wreath ablaze like
Eon-ending fire abiding!
Right stretched, left bent, joy surrounds you
Troops of enemies destroying!

14. Homage! She who strikes the ground with
Her palm, and with her foot beats it!
Scowling, with the letter HUM the
Seven levels she does conquer!

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

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

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

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

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

20. Homage! She whose two eyes bright with
Radiance of sun and full moon!
With twice HARA and TUTTARE
She dispels severe contagion!

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

These praises with the root mantras
And prostrations thus are twenty-one!

Requests

O compassionate and venerable subduing Goddesses,
May the infinite beings, including myself,
Soon purify the two obscurations and complete both collections
So that we may attain full and perfect enlightenment.

For all my lifetimes, until I reach this stage,
May I know the sublime happiness of humans and gods
And so I may become fully omniscient,
Please pacify quickly all obstacles, spirits

Obstructions, epidemics, diseases and so forth,
The various causes of untimely death,
Bad dreams and omens, the eight fears and other afflictions,
And make it so that they no longer exist.

May the mundane and supramundane collections
Of all excellent auspicious qualities and happiness
Increase and develop, and may all wishes
Be fulfilled naturally and effortlessly, without exception.

May I strive to realize and increase the sacred Dharma,
Accomplishing your stage and beholding your sublime face;
May my understanding of emptiness and the precious
Mind of enlightenment increase like the moon waxing full.

May I be reborn from an extremely beautiful and holy lotus
In the joyous and noble mandala of the Conqueror,
And may I attain whatever prophesy I receive
In the presence of Amitabha, Buddha of Infinite Light.

O Deity, whom I have accomplished from previous lifetimes –
The enlightened action of the three times Buddhas,
Blue-green, one face and two arms, the swift pacifier
O Mother holding an utpala flower, may you be auspicious!

Whatever your body, O Mother of Conquerors,
Whatever your retinue, your life span and pure land,
Whatever your name, most noble and holy,
May I and all others attain only these.

By the force of these praises and requests made to you
May all diseases, poverty, fighting and quarrels be calmed,
And may the precious Dharma and everything auspicious increase,
Throughout the worlds and directions where I and all others dwell.

Prayer of the Benefits

Whoever is endowed with devotion for the goddess
And recites this with supreme faith,
Remembering it at dawn upon waking and in the evenings,
Will be granted all fearlessness,
Will perfectly pacify all negativities,
And will eliminate all unfortunate migrations.

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

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

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

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

Dedication And Auspicious Verses

By whatever virtue I have collected
From venerating these subduing Goddesses,
May all sentient beings without an exception
Be born in Sukhavati, the Joyful Pure Land.

You, who have abandoned all bodily defects and possess the major and minor marks of a
buddha,

You, who have abandoned all defects of speech and possess a beautiful, sparrow-like
voice,

You, who have abandoned all defects of mind and see all the infinite objects of
knowledge –

O, brilliant Mother of Auspicious Glory, please bring your auspicious presence to us!

Dissolve

By making these requests, Tara's nectar flows from the 21 Taras' bodies into your crown and your body is filled with nectar.

Think, deep down from your heart, that all the negative actions created since beginningless time have been purified: obstacles and sicknesses caused by negative karma have been purified.

Then think that your lifespan, fortune, and all good qualities have increased.

All the 21 Taras dissolve into main Tara. The main Tara dissolves into you and blesses you.

Dedication

GE WA DI YI NYUR DU DAG

PAG MA DRÖL MA DRUB GYUR NÄ

DRO WA CHIG KYANG MA LÜ PA

DE YI SA LA GÖ PAR SHOG

Dedication Prayers From Shantideva

May all beings everywhere
Plagued by sufferings of body and mind
Obtain an ocean of happiness and joy
By virtue of my merits.

May no living creature suffer,
Commit evil or ever fall ill.
May no one be afraid or belittled,
With a mind weighed down by depression.

May the blind see forms
And the deaf hear sounds.
May those whose bodies are worn with toil
Be restored on finding repose.

May the naked find clothing
The hungry find food;
May the thirsty find water
And delicious drinks.

May the poor find wealth,
Those weak with sorrow find joy;
May the forlorn find hope,
Constant happiness, and prosperity.

May there be timely rains
And bountiful harvests;
May all medicines be effective
And wholesome prayers bear fruit.

May all who are sick and ill
Quickly be freed from their ailments.
Whatever diseases there are in the world,
May they never occur again.

May the frightened cease to be afraid
And those bound be freed;
May the powerless find power,
And may people think of benefiting each other.

For as long as space remains,
For as long as sentient beings remain,
Until then may I too remain
To dispel the miseries of the world.

Long-Life Prayer For His Holiness The Dalai Lama

GANG RI RA WÄI KHOR WÄ ZHING KHAM DIR
PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ
CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI
ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

In the land encircled by snow mountains
You are the source of all happiness and good;
All-powerful Chenrezig, Tenzin Gyatso,
Please remain until samara ends.

Prayer That Spontaneously Fulfills All Wishes

TONG NYI NYING JE ZUNG DU JUG PAI LAM
CHE CHER SÄL DZÄ GANG CHÄN TÄN DRÖI GÖN
CHAG NA PÄ MO TÄN DZIN GYA TSO LA
SOL WA DEB SO ZHE DÖN LHÜN DRUB SHOG

Savior of the Snow Land Teachings and transmigratory beings,
Who extensively clarifies the path that unifies emptiness and compassion,
To the Lotus in the Hand, Lord Tenzin Gyatso, I beseech -
May all your holy wishes be fulfilled!

Long-Life Prayer For Sera Jey Khensur Rinpoche Jetsun Lobsang Delek

JO NU YI NE NAG LA WANG JOR THU
A WA TA RE TSEN BAR RAB ZOD PA
LOBSANG GYAL WAI DE TONG LEG PEL CHOG
JHA SER GYEN GYUR LAMA SOL WA DEB

The one who mastered his speech at a very young age,
The one with great patience who received the name Awatare,
The one with great precision who spread the teachings of Lama Tsongkhapa on bliss
and void.
Lama, ornament of the yellow hat tradition, please remain until samsara ends.

A Prayer for the Swift Return of Kyabje Lama Zopa Rinpoche *(inside back cover, gold prayer book)*
~ by His Holiness the 14th Dalai Lama

Peerless Teacher and assembly of the children of the victorious ones, śrāvakas, and
pratyekabuddhas;

Victorious Lozang, father and sons, along with the lineage masters;

All the objects of refuge of the infinite lands —

Please bestow the virtue and goodness of accomplishing this prayer here and now.

Holding and spreading the Muni's precious and complete teachings

Through explanation and practice,

You wore the armor of patience that is never discouraged —

Incomparable venerable guru, to you I make requests.

While striving single-pointedly for the sake of the Victorious One's teachings,
The sole gateway through which all benefit and happiness emerge,
And for mother living beings,
You suddenly departed to peace — what a great loss!

Nevertheless, through the undeceiving truth
Of the blessings of the ocean of the Three Jewels
And the great waves of bodhicitta of the children of the victorious ones,
May the smile of a reincarnation swiftly beam in glory for fortunate disciples!

For the Long Life of Geshe Gelek Chodha

(inside front cover)

GE WÄI LAM NA DREN PÄI DE PÖN CHHOG
LEG SHÄ DAM PA TER WÄI NYIN MOR JE
CHHÖ KYI DZA WA MI TONG SHE NYEN CHHOG
DRAG PA PONG WÄI LA MA ZHAB TÄN CHIG

Supreme guide, you lead us on the many paths of virtue.
A shining sun, you give us the best of excellent explanations.
Supreme virtuous friend, you are a constant Dharma companion.
Lama who has renounced fame, may you ever remain.

For the Long Life of Geshe Palden Sangpo

(inside front cover)

GE WÄI CHHÖ KYI BAG CHHAG RAB TÄN CHING
PÄL DÄN LA MÄI DAM NGAK NYING LA CHANG
ZANG PÖI JA WÄ NYIN TSHÄN DA JE PÄI
SHE NYEN CHHEN PO KU TSHE RAB TÄN CHIG

You who have steadfast imprints of virtuous qualities,
And keep the instructions of the glorious guru in your heart;
You who pass day and night with noble activities,
Great virtuous friend, may you have a very long life.

Praise And Request To Lama Tsongkhapa – MIGTSEMA

MIG ME TSE WÄI TER CHHEN CHÄN RÄ ZIG
DRI ME KHYEN PÄI WANG PO JAM PÄI YANG
GANG CHÄN KHÄ PÄ TSUG GYÄN TSONG KHA PA
LO ZANG DRAG PÄ ZHAB LA SÖL WA DEB

Avalokiteshvara, great treasure of non-objectifying compassion;
Manjushri, master of stainless wisdom;
Tsongkhapa, crown jewel of the sages of the land of snows,
To Losang Dragpa, at your feet I make requests.

Tara Mantra

OM TARE TUTTARE TURE SOHA (7x)

Dedication Prayers From *Lama Chopa*

Whatever white virtues I have thus created I dedicate as causes
Enabling me to uphold the holy Dharma of scriptures and insights
And to fulfill without exception the prayers and deeds
Of all the tathagatas and bodhisattvas of the three times.

By the force of this merit, may I never be parted
In all my lives from Mahayana's four spheres,
And may I reach the end of my journey along the paths
Of renunciation, bodhichitta, pure view, and the two stages.

Verses Of Auspiciousness From *Lama Chopa*

Through the quality of whatever white virtues there are in samsara and nirvana,
May all be auspicious for us to be free, here and now, from all misfortune and loss
And thus to enjoy a glorious and perfect celestial treasure
Of temporal and ultimate virtue and goodness.

May all be auspicious for the Buddha's teachings to remain long
Through your centers of Dharma, omniscient Losang Dragpa,
Being filled with hosts of renunciates, yogis, and yoginis
Striving single-pointedly to master the three pure trainings.

Having received your blessings, Losang Dragpa,
Who from the time of youth made requests to the supreme Guru-Deity,
May there be the auspiciousness of Losang Vajradhara
Who spontaneously accomplishes the purpose of others.

May all our desired endowments swell like a lake in the summer rains,
May we have an unbroken continuity of rebirths with freedom in faultless families,
May we pass our days and nights with the holy Dharma of Losang Dragpa,
And may we delight in the glories of perfection.

By the collection of whatever virtues I and others have done
And shall do from now until enlightenment,
May all be auspicious holy, perfect, pure one,
For your body of form to remain in this land, immutable like a vajra.

COLOPHON

The Practice of Tara that Fulfills All Wishes: The very devoted Harchin Wangren Siddhi requested a daily Tara practice to do, so Jetsun Lama Dhampa Theu Khen Lobsang Choekyi Nyima gave him this practice. The practice was translated by Geshe Gelek Chodha and transcribed by Sarah Brooks (any errors are hers), Kadampa Center, Raleigh, NC, September 2012. Everything was compiled and typed by Sarah Brooks, with the help of Ven. Robina Courtin to ensure that Geshe Gelek's instructions have been accurately conveyed. Revised by Sarah Brooks with Geshe Gelek in March 2015.

All additional prayers added at the request of Geshe Gelek.

The photo of the 21 Taras on the cover is from ewambuddhagarden.org.

"Homage" on page 1 is from "The Four Mandala Offerings to Chittamani Tara" in *FPMT's Essential Buddhist Prayers and Practices*, FPMT Education Department, 2001.

Translation of the explanations of the mantras of the 21 Taras and transliteration of the mantras themselves on page 3 are by Geshe Gelek Chodha in 2012; from *The Treasury of Two Siddhis* by Panchen Lobsang Chokyi Gyaltzen.

The verses in "The Dedication Prayers from Shantideva" on page ____ were compiled by His Holiness the Dalai Lama from chapter 10 of *Bodhisattvacharyavatara*; various translations are used, including Stephen Batchelor's.

The long-life prayer to His Holiness the Dalai Lama on page ____ was composed by His Holiness's late tutors, Kyabje Ling Rinpoche and Kyabje Trijang Rinpoche, and translated by Gelongma Khechog Palmo, Rumtek, Sikkim.

"Prayer that Spontaneously Fulfills All Wishes" on pages 5 and 10 came spontaneously from the holy mind of His Holiness the Dalai Lama when

requested by the late head of the Nyingma School, Dilgo Khyentse Rinpoche, for a prayer he could recite every day so that all His Holiness's holy wishes could be fulfilled. Translated by Lama Zopa Rinpoche, et al, 2007. *Essential Buddhist Prayers Vol. 2*, FPMT Education Department, 2009.

"The Seven Limb Prayer" on page 6 is from thefournobletruths.org.

"Requests" on page 6 are from *Pearls of Wisdom, Book II*, by Ven. Thubten Chodron.

The long-life prayer for Gyuméd Khen Rinpoche Jetsun Lobsang Delek on pages 6 and 11 was written by one of his lamas at Sera Je Monastery and translated by his disciple Geshe Gelek Chodha in 2009.

The long-life prayer for Lama Zopa Rinpoche on pages 6 and 11 was written by his guru Trijang Rinpoche and translated by Jampa Gendun. *Essential Buddhist Prayers Vol. 2*, FPMT Education Department, 2009.

"Praise and Request to Lama Tsongkhapa" on pages 6 and 12 from "Lama Tsongkhapa Guru Yoga," *Essential Buddhist Prayers Vol. 2*, FPMT Education Department, 2009.

"Praises to the Twenty-one Taras" and "Prayer of the Benefits" on pages 8–9 were translated by Martin Willson, from "The Four Mandala Offerings to Chittamani Tara" in *Essential Buddhist Prayers Vol. 2*, FPMT Education Department, 2001.

"Dedication Prayers from *Lama Chopa*" and "Auspicious Prayers from *Lama Chopa*" from "Lama Chopa Jorcho" in *FPMT Retreat Prayer Book*, FPMT Education Department, 2009.