

TARA PRACTICE

Refuge and Bodhimind

I take refuge in Buddha, Dharma, Sangha and Tara.
May I reach enlightenment for the benefit of all. (3x)

SANG GYE CHÖ DANG TSOG KYI CHOG NAM LA
JANG CHUB BAR DU DAG NI KYAB SU CHI
DAG GI JIN SOG GYI PE SO NAM KYI
DRO LA PÄN CHIR SANG GYE DRUB PAR SHOG (3x)

I take refuge in Buddha, Dharma and Sangha
until I obtain Enlightenment.
By practicing generosity and the other perfections
may I be able to obtain Enlightenment, for the benefit of all
sentient beings.(3x)

Four Immeasurables

May all beings have happiness
May they be free from suffering
May they find the joy that has never known suffering
May they be freed from attachment and hatred.

Invocation

From the pure land of Potala,
one born from a green TAM letter,
your head adorned with Amithaba,
action mother of the three times' Buddhas,
Tara, please come with your attendants!

Gods and titans with their crowns
bow down to your lotus feet.
Liberator from all problems,
Mother Tara - homage to you!

The Wisdom being and
commitment being become one

7 Limbed Prayer

I bow down in body speech and
mind. I offer the best I have to give,
both real and imagined to fill the space between
us. I regret and purify all transgressions.
I rejoice in all virtues.
I request you to remain until total enlightenment.
I request wise and compassionate guidance.
I dedicate my merit for the sake of all beings.

Mandala Offering

SA ZHI PÖ KYI JUG SHING ME TOK TRAM
RI RAB LING ZHI NYIN DAY GYEN PA DI
SAN GYEY ZHING DU MIG TE UL WA YI
DRO KUN NAM DAG ZHING LA CHÖ PAR SHOG

By directing to the fields of Buddhas this offering of a mandala built on a base,
resplendent with flowers, saffron water and incense,
adorned with Mt. Meru and the four continents,
as well as with the sun and the moon,
may all sentient beings be led to these fields.

Brilliant light emanates from the syllable TAM within her heart, reaching infinite universes and
collecting back the essence of inexhaustible vitality and the powerful blessings of wisdom mind

The energy streams forth from Tara's heart and body and I completely absorb this nectar of
light, cleansing and revitalizing my body speech and mind.

OM TARE TUTTARE TURE SOHA

Praise to the Twenty-One Taras

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OM JE TSÜN PAK MA DRÖL MA LA CHAK TSAL LO
OM, I prostrate to the Holy Mother Arya Tara

1

CHAK TSÄL DRÖL MA NYUR MA PA MO
CHAN NI KÄ CHIK LOK DANG DRA MA
JIK TEN SUM GÖN CHU KYE ZHÄL GYI
GE SAR JE WA LÄ NI JUNG MA

Chak tsel* Swift, Heroic Tara,
Eyes a flash of lightning.
Born from blooming pistils of
Chenrezig's lotus face.

2

CHAK TSÄL TÖN KÄ DA WA KÜN TU
GANG WA GYA NI TSEK PÄ ZHÄL MA
KAR MA TONG TRAK TSOK PA NAM KYI
RAP TU CHE WÄ Ö RAP BAR MA

Chak tsel face bright
Like hundreds of full autumn moons,
Blazing like many thousands of stars.

3

CHAK TSÄL SER NGO CHU NÄ KYE KYI

PÄ MÄ CHAK NI NAM PAR GYÄN MA
JIN PA TSÖN DRÜ KA TUP ZHI WA
ZÖ PA SAM TÄN CHÖ YÜL NYI MA

Chak tsel golden-blue,
Holding water lotus;
Engaging in giving, joyous effort,
ethics, wisdom, patience, and focus.

4

CHAK TSÄL DE ZHIN SHEK PÄ TSUK TOR
TA YÄ NAM PAR GYÄL WAR CHÖ MA
MA LÜ PA RÖL CHIN PA TOP PÄ
GYÄL WÄ SÄ KYI SHIN TU TEN MA

Chak tsel endless-victory-crown for Buddhas;
All perfection-holding bodhisattvas
Are deeply devoted.

5

CHAK TSÄL TUTTARA HUNG YI GE
DÖ DANG CHOK DANG NAM KA GANG MA
JIK TEN DÜN PO ZHAP KYI NÄN TE
LÜ PA ME PAR GUK PAR NÜ MA

Chak tsel TUTTARA HUNG
Pervade realms of desire, directions and space.
One powerful foot subdues seven worlds,
Magnetizing all beings.

6

CHAK TSÄL GYA JIN ME LHA TSANG PA
LUNG LHA NA TSOK WANG CHUK CHÖ MA
JUNG PO RO LANG DRI ZA NAM DANG
NÖ JIN TSOK KYI DÜN NÄ TÖ MA

Chak tsel to whom Indra, Agni, Brahma, Vayu
And other lords make offerings.
Demons, zombies, smell-eaters and
Harmful spirits praise in person.

7

CHAK TSÄL TRAT CHE JA TANG PHAT KYI
PA RÖL TRÜL KOR RAP TU JOM MA
YÄ KUM YÖN KYANG ZHAP KYI NÄN TE
ME BAR TRUK PA SHIN TU BAR MA

Chak tsel TREH and PEH
Shatter their black magic wheels.

Blazing fire, right leg in, left out,
Suppressing evil.

8

CHAK TSÄL TURE JIK PA CHEN MO
DÜ KYI PA WO NAM PAR JOM MA
CHU KYE ZHÄL NI TRO NYER DÄN DZÄ
DRA WO TAM CHE MA LÜ SÖ MA

Chak tsel TURE and wrath
Destroy the alpha demon;
Lotus face glares,
Kills all enemies.

9

CHAK TSÄL KÖN CHOK SUM TSÖN CHAK GYE
SOR MO TUK KAR NAM PAR GYEN MA
MA LÜ CHOK KYI KOR LO GYEN PÄ
RANG GI Ö KYI SOK NAM TRUG MA

Chak tsel Three Jewel mudra fingers
Ornament near heart;
From chakra decoration,
Emanating light outshines all directions.

10

CHAK TSÄL RAP TU GA WA JI PE
U GYEN Ö KYI TRENG WA PEL MA
ZHÄ PA RAP ZHÄ TUTTARA YI
DÜ DANG JIK TEN WANG DU DZÄ MA

Chak Tsel splendid crown of supreme joy
Spreads interlocking light;
Guffawing TUTTARA
Conquers demons and the world.

11

CHAK TSÄL SA ZHI KYONG WÄ TSOK NAM
TAM CHE GUK PAR NÜ PA NYI MA
TRO NYER YO WÄ YI GE HUNG GI
PONG PA TAM CHE NAM PAR DRÖL MA

Chak tsel power to summon
All Earth Guardians
Vibrating wrathful letter HUNG
Eradicates absence of necessities.

12

CHAK TSÄL DA WÄ DUM BÜ Ü GYEN

GYEN PA TAM CHE SHIN TU BAR MA
RÄL PE KUR NA Ö PAK ME LE
TAK PAR SHIN TU Ö NI DZE MA

Chak tsel moon sliver decorates the crown
All adornments beaming bright,
Amitabha at hair knot,
Constant super strong light.

13

CHAK TSÄL KÄL PE TA ME ME TAR
BAR WÄ TRENG WÄ Ü NA NÄ MA
YE KYANG YÖN KUM KÜN NE KOR GE
DRA YI PUNG NI NAM PAR JOM MA

Chak tsel dwells in a ring of fire
That burns like the end of time,
Right leg stretched, left bent
Destroys enemy forces of eager dharma seekers.

14

CHAK TSÄL SA ZHI NGÖ LA CHAK GI
TIL GYI NÜN CHING ZHAP KYI DUNG MA
TRO NYER CHÄN DZE YI GE HUNG GI
RIM PA DÜN PO NAM NI GEM MA

Chak tsel palm presses the ground
Feet stomp, face scowls
Letter HUNG smashes
Seven layers underground.

15

CHAK TSÄL DE MA GEM MA ZHI MA
NYA NGEN DE ZHI CHÖ YÜL NYI MA
SOHA OM DANG YANG DAK DEN PÄ
DIK PA CHEN PO JOM PA NYI MA

Chak tsel blissful, virtuous, and serene.
Nirvana-absorbed,
Having SOHA OM
Flattens heavy sin.

16

CHAK TSÄL KÜN NE KOR RAP GA WÄ
DRA YI LÜ NI RAP TU GEM MA
YI GE CHU PE NGA NI KÖ PE
RIK PA HUNG LE DRÖL MA NYI MA

Chak tsel smashes bodies of enemies
Of eager dharma seekers.
Liberator with ten syllables and
Wisdom mantra HUNG.

17

CHAK TSÄL TURE ZHAP NI DAG PE
HUNG GI NAMPÄ SA BÖN NYI MA
RI RAP MANDARA DANG BIK JE
JIK GEN SUM NAM YO WA NYI MA

Chak tsel HUNG seed syllable nature,
TURE! Stomping feet
Move Meru, Mandara, Vindhya Mountains,
All three worlds.

18

CHAK TSÄL LHA YI TSO YI NAM PÄ
RI DAK TAK CHÄN CHAK NA NAM MA
TARA NYI JÖ PHAT KYI YI GE
DUK NAM MA LÜ PAR NI SEL MA

Chak tsel holding heavenly lake full moon,
Uttering TARA twice and letter PEH
Annihilates all poisons.

19

CHAK TSÄL LHA YI TSOK NAM GYAL PO
LHA DANG MI AM CHI YI TEN MA
KÜN NÄ GO CHA GA WÄ JI KYI
TSÖ DANG MI LAM NGÄN PA SEL MA

Chak tsel obeyed by kings of heavens,
Gods, and ogres.
Magnificence of wearing armor
Ends all arguments and nightmares.

20

CHAK TSÄL NYI MA DA WA GYÄ PÄ
CHÄN NYI PO LA Ö RAP SÄL MA
HARA NYI JÖ TUTARA YI
SHIN TU DRAK PÖ RIM NI SEL MA

Chak tsel two eyes of full moon and sun
Shine brightest light;
Saying HA RA twice and TU TA RA
Destroys deadly plagues.

21

CHAK TSÄL DE NYI SUM NAM KÖ PÄ
ZHI WÄ TU DANG YANG DAK DÄN MA
DÖN DANG RO LANG NÖ JIN TSOK NAM
JOM PA TURE RAP CHOK NYI MA

Chak tsel adorning the three perfect points
Bears the power of pacification.
Of demons, zombies, yakshas,
Supreme destroyer, TURE!

TSA WÄ NGA K KYI TÖ PA DI DANG
CHAK TSÄL WA NI NYI SHU TSA CHIK

These are the 21 chak tsels and root mantra praises

KYE NAM CHÖ CHING SÖL WA TAP PÄ TÜ
DAK SOK GANG DU NÄ PÄ SA CHOK DER
NÄ DANG ÜL PONG TAP TSÖ ZHI WA DANG
CHÖ DANG TRA SHI PEL WAR DZÄ DU SÖL

By the force of our praise and requests,
Please end disease, poverty, war, and fights,
And increase dharma and auspiciousness,
Everywhere for everyone.

If foreseeing signs of premature death, by consistently practicing the path of Noble Tara, may I become a vessel worthy of receiving the powerful blessings of immortality.

By this virtue may I quickly attain the essence of Noble Tara and secure every being without exception in that state.

(compiled by Demo Rinpoche 2020)

To fulfill the wish of Kyabje Gelek Rinpoche that his students have a version of this prayer that would make daily recitation upon waking and before sleeping convenient, the 21 Praises to Tara was translated from the Tibetan by Demo Rinpoche and edited by Amy Hertz.

**Chag tsel is a Tibetan word that means “respect” or “prostration.” We chose to keep it in Tibetan in order to preserve the rhythm of the original prayer.*



Green Tara Practice <https://www.jewelheart.org/>