

# The Twenty-One Praises of Tara the Liberator

## **Prayer to the Root Lama**

Glo-ri-ous, pre-cious, tsa-wai La-ma  
On lo-tus and moon a-bove my crown:  
In your great kind-ness please em-brace me,  
At-tain-ments grant of bod-y, speech, mind.

## **Refuge and Bodhicitta**

In Bud-dha, Dhar-ma, and the San-gha  
I take ref-uge till I a-wak-en.  
Through all the vir-tues, such as giv-ing,  
May I reach Bud-dha-hood for be-ings.

## The Twenty-One Praises of Tara the Liberator



[Insert opening prayers]

### Invitation

Born from the green let-ter TAM,  
You free be-ings with TAM's light.  
From pure land of Po-ta-la,  
With your ret-i-nue, please come.  
Gods and de-mi-gods bow their  
Crowns down at your lo-tus feet.  
You who free us from all need,  
Great Moth-er Tara: hom-age.

### Seven branches

No-ble Jet-sun-ma Ta-ra, / bud-dhas and bo-dhi-sat-tvas  
Of three times, ten di-rec-tions: / we bow to you sin-cere-ly.  
Flow-ers, in-cense, lamps, fra-grance, / food, mu-sic, more, we of-fer  
Real ob-jects and i-ma-gined: / No-ble Ones, please ac-cept them.  
Be-gin-ning-less un-til now, / mind pow-ered by af-flic-tions,  
Ten e-vil and five bound-less / acts done, we now con-fess them.  
Hear-ers, self-lib-er-a-tors, / bo-dhi-satt-vas and be-ings,  
We take joy in the mer-it, / you ga-ther in the three times.  
Ac-cord-ing to the dif-ferent / pro-pen-si-ties of be-ings,  
Please turn the wheel of dhar-ma – / the com-mon: great and lesser.  
Un-til sam-sa-ra's emp-ty, / please en-ter not nir-va-na,  
But with com-pas-sion look on / be-ings who drown in suf-fering.  
May all my me-rit gath-ered / bring me to full awake-ning  
So I may soon be-come a / glo-ri-ous guide of be-ings.

## Twenty-one praises

[Recite 3x or more]

Om Jet-sun-ma Ar-ya Ta-ra, I pay hom-age:

Hom-age! TA-RE, swift, he-ro-ic, / with TU-TA-RA fear dis-pel-ling,  
With TU-RE you ben-e-fit us, / with SO-HA we bow down to you. [preliminary]

Hom-age! Ta-ra, swift, cour-a-geous, / eyes like in-stant flash of light-ning;  
Born from trip-le world pro-tec-tor's / o-pen lo-tus fa-ce's weep-ing. [1]

Hom-age! Face that glows with light like / hun-dreds of full moons in au-tumn;  
Form is bla-zing-ly re-splen-dent / like ten thou-sand stars in un-ion. [2]

Hom-age! To the one whose hand is / graced with blue-gold wa-ter lo-tus;  
Whose do-main is giv-ing, train-ing, / dil-i-gence, peace, med-i-ta-tion. [3]

Hom-age! Crown jewel of all bud-dhas, / your tri-umph is with-out lim-it;  
Hon-ored by all bo-dhi-satt-vas / par-a-mi-tas all per-fect-ed. [4]

Hom-age! With TUT-TA-RA, HUNG fill / space, di-rec-tions, and de-sire realm;  
Sev-en worlds your feet can tram-ple, / all in-vok-ing with your pow-er. [5]

Hom-age! All gods ven-er-ate you: / In-dra, Ag-ni, Brah-ma, Va-yu.  
De-mons, zom-bies, and gan-dhar-vas, / yak-shas, harm-ful spir-its praise you. [6]

Hom-age! Us-ing TRAT! and PHAT!<sup>1</sup> you / o-ver-come all hos-tile for-ces;  
Right leg bent, left straight, [foes] crush-ing, / in a rag-ing fi-re, blaz-ing. [7]

Hom-age! To TU-RE, fer-o-cious, / van-quist-ing all Ma-ra's de-mons;  
With your scowl-ing lo-tus face, you / slay all foes with-out ex-cep-tion. [8]

Hom-age! You whose fin-gers or- / na-ment your heart with Three Jewels mu-dra;  
Daz-zling self-il-lu-min-a-tion / all di-rec-tions ra-di-at-ing. [9]

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<sup>1</sup> Pronounced TRAY! and PAY!

Hom-age! Joy-ous one whose spark-ling / di-a-dem e-mits light gar-lands;  
With the laugh-ter of TUT-TA-RE / sub-ju-gat-ing worlds of de-mons. [10]

Hom-age! With your might you sum-mon / all the lo-cal earth-pro-tec-tors;  
Glow-er-ing, with let-ter HUNG you / free us from all de-pri-va-tion. [11]

Hom-age! To the one with blaz-ing / cres-cent moon as crown a-dorn-ment;  
From whose top-knot streams un-ceas-ing / light from Bud-dha A-mi-ta-bha. [12]

Hom-age! You who are en-cir-cled / by a-po-ca-lyp-tic fi-re;  
Left leg bent and right ex-tend-ed, / van-quist foes with joy-ful danc-ing. [13]

Hom-age! Frown-ing, with feet stamp-ing, / and both palms earth's sur-face pierc-ing,  
With the let-ter HUNG the se-ven / un-der-worlds an-ni-hil-at-ing. [14]

Hom-age! Bliss and peace and vir-tue: / you em-bod-y true nir-va-na;  
Ut-ter-ly with OM and SOHA / you o-bli-ter-ate great e-vil. [15]

Hom-age! You, with joy-ful al-lies / van-quist ev-ery ad-ver-sar-y;  
From a-ware-ness-HUNG a-ris-en, / lib-er-ate with your ten let-ters. [16]

Hom-age! HUNG-a-ris-en TU-RE, you who shake three worlds and moun-tains  
Me-ru, Man-da-ra, and Vin-dhya, / with your two feet strik-ing, stamp-ing. [17]

Hom-age! To the one who holds the / rab-bit moon, cel-es-tial gods' lake,  
Ut-ter-ing twice TA-RA, then PHAT, / ev-ery po-i-son dis-pell-ing. [18]

Hom-age! To you, hon-ored by the / gods, their kings, and na-ture spir-its;  
Clad in splen-did, joy-ous ar-mor, / dis-cord, strife, and night-mares clear-ing. [19]

Homage! You, whose eyes are all-bright / shin-ing with vast sun and moon light;  
With twice HA-RA then TUT-TA-RA / you dis-pel fierce ep-i-dem-ics. [20]

Hom-age! Through your three-fold such-ness, / you bring heal-ing, peace, and still-ness,  
Swift and viv-id, su-preme TU-RE, / you de-feat all harm-ful spir-its. [21]

This com-pletes root man-tra praise and / hom-age in twen-ty-one vers-es.

## Benefits

To all who are per-cep-tive and / re-call the god-dess, dusk and dawn,  
Re-cite these words with rev-er-ence: / you will be grant-ed fear-less-ness,  
The slate of all wrong-do-ing cleansed, / and low-er states all o-ver-come.  
You will re-ceive em-pow-er-ment / from count-less buddhas, ver-y soon,  
Ac-com-lish great-ness in this world, / and then gain per-fect bud-dha-hood.  
The re-col-lec-tion of this praise / dis-pels the strong-est po-i-son,  
No mat-ter how it is con-sumed, / re-gard-less of its or-i-gin.  
Re-cit-ing two, three, sev-en times / e-lim-in-ates all suf-fer-ing  
From spir-its, tox-ins, ill-ness-es / for both one-self and oth-er beings.  
Who wants a child, a child will bear / who rich-es wants, wealth will ap-pear.  
Ob-struc-tions are com-plete-ly quelled, / and ev-ery wish will be ful-filled.

OM TARE TUTTARE TURE SO HA

## Dedication

This prac-tice may it quick-ly / ac-com-lish Ar-ya Tar-a  
And place each sen-tient be-ing / in that same per-fect state.

*This is the teaching of all the buddhas and bodhisattvas as contained within the tantras that explain the various activities of Tara, the Liberator.*

## Aspiration prayer

*Composed by the Venerable Drakpa Gyaltzen:*

O Bud-dha Tar-a, Great Com-pas-sion: / help me and ev-ery sen-tient be-ing  
Cleanse veils and gain ac-cum-u-la-tions / and quick-ly reach com-plete awake-ning.  
May we en-joy, un-til that hap-pens, / all hap-pi-ness of gods and hu-mans.  
May every hin-drance to om-nis-cience – / de-mons, fears, sick-ness, ep-i-dem-ics,  
O-mens, bad dreams, un-time-ly dy-ing – / be pac-i-fied and soon ex-tin-guished.  
May an a-bun-dance of good for-tune, / all that is good and ben-e-fi-cial,  
In this world and that which tran-scends it, / come to all be-ings ef-fort-less-ly.  
May we be dil-i-gent in prac-tice / and may the dhar-ma spread and flour-ish.  
Through re-cit-a-tion of these prayers may / we gaze up-on your face di-rect-ly.

Un-der-stand-ing of emp-ti-ness and / bo-dhi-cit-ta, su-preme-ly pre-cious,  
May these in-crease for sen-tient be-ings / like the moon wax-ing in-to full-ness.  
Fore-told by Bud-dha A-mi-ta-bha, / you were born from a per-fect lo-tus  
In-to the vic-tors' joy-ous cir-cle; / may I at-tain this same per-fect-ion.  
God-dess, on whom I've med-i-tat-ed / for man-y life-times pre-vi-ous-ly,  
You who em-bod-y all the ac-tions / of all the bud-dhas of the three times,  
Moth-er who pac-if-ies so swiftly, / hold-ing a lo-tus in your [left] hand,  
Please bless us to be-hold your pres-ence / in all aus-pi-cious-ness: tra-shi shok!

*From the sutras:*

For me and ev-ery sen-tient be-ing, / O Moth-er Tar-a, Vic-tor, Bud-dha,  
May we at-tain your per-fect bod-y, / lon-ge-vi-ty, cel-es-tial pure realm,  
All your sub-lime marks, signs, and sym-bols: / may we be-come ex-act-ly like you.

*Proclaimed by Dharma King Trisong Detsen:*

Through rec-i-ta-tion of these prais-es, / and the pow-er of sup-pli-ca-tion,  
May I and all be-ings through-out space / be free from quar-rels, wars, and con-flict,  
May there be no more des-ti-tu-tion, / neg-a-tive en-er-gies, or ill-ness.  
And may the dhar-ma al-ways flour-ish, / and like-wise all aus-pi-cious-ness.

Your form, free of all im-per-fec-tions, / has all the signs and marks of bud-dha,  
Your speech, free of all im-per-fec-tions, / res-on-ates like cel-es-tial bird-song.  
Your mind, free of all im-per-fec-tions, / knows ev-ery-thing that is to be known.  
You who blaze with aus-pi-cious glory; / may it be al-ways so: tra-shi shok!

*[Dedication prayers]*

## Seven-line Guru Rinpoche Prayer

HUNG

On Or-gyen's north-west bor-der / on a stem-med lo-tus flow'r,  
With won-drous su-preme sid-dhi, / ringed by ma-ny da-ki-nis,  
You are famed as Lo-tus-Born. / Please come and be-stow bless-ings  
To fol-low your ex-am-ple. / GU-RU PE-MA SID-DHI HUNG

OM AH HUNG BEN-ZA GU-RU PE-MA SID-DHI HUNG

This prac-tice, may it quick-ly / ac-com-lish Or-gyen Pe-ma  
And place each sen-tient be-ing / in that same per-fect state.

## Short Dewachen Monlam

Emaho!

Won-der-ful Bud-dha of Lim-it-less Light,  
To his right the Lord of Great Com-panion,  
To his left the He-ro of Great Power,  
Ringed by mass-es of En-light-ened Ones.  
In this pure land known as De-wa-chen,  
Won-drous bliss and end-less hap-pi-ness;  
The mo-ment of our pass-ing from this life,  
With-out a sin-gle in-ter-ven-ing birth,  
Born there, may we see A-mi-ta-bha's face.  
Bud-dhas, Bo-dhi-sat-tvas ev-ery-where,  
Grant your bles-sing for no hin-dran-ces  
To ful-fill-ment of this wish-ing prayer.

TA-YA-TA PEN-TSAN-DRI-YA A-WA BO-DHA NI SO HA

## Long-life Prayers

Of the feast gath-er-ing of Great Bliss,  
You par-take al-ways, e-ter-nal-ly,  
Trea-sure of the Bud-dhas of three times,  
Kar-ma-pa, and Lin-eage Hold-ers all,  
In this sea of cyc-lic ex-ist-ence,  
Please re-main e-on up-on e-on.  
May re-nun-ci-ates and learn-ed ones,  
All who ac-tual-ize the es-sence of  
Hear-ing, con-tem-pla-tion and prac-tice  
Of your secret and pro-found teach-ings,  
May they flou-rish just like streams in spring.

La-ma, hear me! Kind tsa-wai La-ma, hear me! Na-mo gu-ru!  
Mas-ter of one hun-dred fam-il-ies,  
Pro-tec-tor of teach-ings and all beings,  
Form of three times' Bud-dhas, Kar-ma-pa,  
May your lotus feet re-main stead-fast,  
May your deeds and ac-tions mul-ti-ply,  
May your Bud-dha ac-tiv-it-y spread  
To the farth-est boun-dar-ies of space.  
With de-vo-tion, long-ing, and with faith,  
We pray that this as-pi-ra-tion prayer,  
Through the kind com-pas-sion of Three Roots  
And the vast, great o-cean of Vic-tors,  
And the per-fect-ly pure true na-ture,  
That its vast, great mean-ing be ful-filled  
Quick-ly and ex-act-ly as ex-pressed.

Lo-tus Re-gent, who pro-tects teachings,  
Fu-ture Bud-dha, who pro-tects be-ings,  
Su-preme Tai Si-tu Pe-ma Don-yö,  
May your lo-tus feet re-main stead-fast  
And your Bud-dha ac-tiv-it-y spread.



Through your vast trove of lim-it-less love  
Free from any point of ref-er-ence,  
Vai-ro-cha-na's em-a-na-tion of  
Lib-er-a-tion and in-tel-li-gence,  
To Jam-gon Lo-drö Chökyi Nyi-ma,  
May your lo-tus feet re-main stead-fast  
And your Bud-dha ac-tiv-i-ty spread.

From the pin-na-cle of ex-cel-lence  
Of both peace and cyc-lic ex-is-tence  
Splendid high-est em-a-na-tion of  
Mas-ter of the Se-cret Doc-trine, Lord,  
Well-known as Gyal-tsap, Min-jur Go-cha,  
May your lo-tus feet re-main stead-fast  
And your Bud-dha ac-tiv-i-ty spread.  
Through the bless-ings of Three Jewels, Three Roots,  
And the truth of pure re-al-i-ty,  
May the Lama's lo-tus feet stand firm  
And Bud-dha ac-tiv-i-ty in-crease  
And ex-tend wher-ev-er space may reach.

Es-sence of the prac-tice lin-e-age,  
Su-preme hold-er of the teach-ings of  
Prec-ious Kag-yu, and pro-tec-tor of  
Be-ings, Glo—ri—ous La-ma Rang-jung  
Kun-chap, may your trul-ku's lo-tus feet  
Re-main stead-fast through e-ter-ni-ty.

Bear-er of the Dak-shang Vic-tory Sign;  
Rich in wealth of sev-en no-ble kinds,  
Fa-vored with three ways of true know-ing:  
Hear-ing, med-i-tat-ing, re-flect-ing;  
Yo-gin who em-bod-ies Chen-re-zig,  
Ben-e-fit-ing every-one you meet,  
To you, La-ma, now I sup-pli-cate:  
Grant at-tain-ments com-mon and su-preme.

Glo-rious La-mas, may your lives be long,  
May all be-ings en-joy hap-pi-ness,  
May we gath-er the ac-cum-u-lations,  
May we pur-i-fy the ob-scur-ations,  
And reach Bud-dha-hood with-out de-lay.

### **Dedication of Merit**

This mer-it may it win om-ni-science  
De-feat my faults, the en-e-my;  
Then from the rough and storm-y sea  
Of birth, old age, death and dis-ease,  
From this ocean of sam-sar-a  
May I lib-er-ate all beings.

They know things in their true ex-is-tence,  
Kun-tu-zang-po and Man-ju-shri;  
To train my-self in their ex-am-ple  
I ded-i-cate all prac-tice fully.

May every be-ing, through this prac-tice  
Com-pletely gath-er merit and wisdom,  
At-tain-ing the two sa-cred bod-ies  
That merit and wisdom em-a-nate.

The bless-ings of the Bud-dha-ka-yas,  
The bless-ings of change-less Dhar-ma-ta,  
The bless-ings of the stead-fast San-gha,  
This ded-i-ca-tion please ful-fill.