

## **A Gem to Increase Life and Wisdom, A Praise of White Tara**

*by Gyalwa Gendun Drub, The 1st Dalai Lama*

Homage to the Female Buddha beautiful with youth  
Who sits on seats of white lotus and moon in nature  
Spreading with stainless compassion and knowledge,  
Who captures the radiance of snow mountains.

Homage to the Youthful One with budding breasts,  
Who has one face and two arms, sits in the vajra posture,  
Is bold with grace and calm, has a full moon as backrest  
And is filled with great bliss.

Homage to the Ultimately Generous One whose right hand,  
Showing the mudra Supreme Giving  
Easily releases boundless karmas of peace, increase, power and wrath  
As well as the eight siddhis and even supreme Buddhahood.

Homage to the Spiritual Mother who gives birth to Buddhas  
Past, present and future; whose left hand  
Supporting a blue lotus, grants protection  
From lions, elephants, fires and all eight terrors.

Homage to the Refuge of the World, who has eyes  
In hands and feet gazing at the four doors of freedom  
And who leads all living creatures  
Toward the isle of blissful liberation.

Homage to she whose face unites  
The beauty of a million autumn moons,  
Whose wide eyes gaze with compassion  
Whose Joyous mouth smiles equally on all.

Homage to she with head adorned by Amitayus, boundless Life,  
The mere thought of whom grants life and wisdom,  
Whose hand, in the contemplative mudra,  
Hold a vase filled with ambrosia of immortality.

Homage to the All-Beautified One whose crown  
Steals the light of sun and moon,  
Whose sapphire hair is half knotted on top  
And half falling freely over her shoulders.

Homage to the Majestic One of precious ornament blazing,  
Whose crown, earrings, necklaces, arm-bands,  
Bracelets, anklets and belt so elegantly arranged  
Surpass the ornaments of men and gods.

Homage to she of celestial raiment,  
Whose shoulder-sash and skirt  
Hug her body like rainbows  
Hug the crystal mountains.

Homage to the goddess before whose lotus feet  
Vishnu, Indra, Shiva, Brahma, the antigods, spirits,  
Men, semi-humans and all the world  
Submit themselves in devotion.

Merely by reciting your mantra,  
Those who make offerings at your lotus feet  
Gain immortality, wisdom and merit  
And attain all desired siddhis; to you I bow down.

The knowledge, compassion and perfect actions of all Buddhas  
Appear in the form of the beautiful goddess  
I take refuge in you and offer you my prayers;  
Pray eliminate all my obstacles and fulfill all my aims.

Quickly release your perfect action of peace,  
Calming all interferences to my practices for enlightenment;  
Interferences such as the eight terrors,  
Sickness, demons and other harmful agents, inner and outer.

Quickly release your perfect action of increase which multiplies  
All good qualities, such as life, merit, unapprehending compassion,  
The stainless wisdoms of learning, contemplation and meditation,  
And the three higher trainings.

Quickly release your perfect action of power,  
Which causes gods, men and spirits  
To humbly bow before you  
And which fulfils all wishes of the mind.

Quickly release your perfect action of wrath,  
Which with punishments befitting the evils done  
Destroys demons, interferences and hindrances  
Hateful opposing Buddhadharma and its holders.

Pray, bestow quick and easy attainment of siddhis  
Such as the magic sword, mystic eye-medicine, fast-walking,  
The food pill and the precious vase,  
And even mahamudra, the highest siddhi.

In brief, from now until enlightenment  
I respectfully make offerings at your lotus feet  
I need seek no other refuge  
Out of compassion gaze upon me and quickly grant protection.

By the meritorious energy of this practice  
May the transcended, perfect Tara  
Look upon me forever with pleasure  
And never leave me, even for a moment.

May all sentient beings after death take rebirth  
Before Amitayus in Sukavati, Land of Pure Joy,  
May they live in the ways of the great Bodhisattvas  
And come to equal Avalokiteshvara, Lord of Compassion.

May I realise the oceans of Sutras and Tantras  
To be able to pass them on to others;  
And until samsara be emptied may I strive  
To uphold the victory banner of practicing exactly as taught.

Upon completing the above praise to Tara, you can do her short mantra:

**OM TARE TUTARE TUREE SOHA**

Alternatively, or you can do the extended White Tara mantra:

**OM TARE TUTTARE TURE MAMA AYU PUNYE JANA PUTIM KURUYE SOHA**