



Praises to the Twenty-One Taras

I/ REFUGE

I take Refuge in my Gurus

I take Refuge in the Buddha

I take Refuge in the Dharma

I take Refuge in the Sangha

(Recite three times)

II/ GENERATION OF BODHICITTA

I go for Refuge, until I am enlightened,
To the Buddhas, the Dharma, and the
Highest Assembly.

From the virtuous merit that I collect
By practicing giving and other perfections,
May I attain the state of Buddha
To be able to benefit all sentient beings.

(Recite three times)

III/ PRAYER OF THE FOUR IMMEASURABLES

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

May all sentient beings be parted from suffering
and the cause of suffering,

May all sentient beings never be parted from the
happiness that has no suffering.

May all sentient beings abide in equanimity
without attachment or aversion for near or far,

(Recite three times)

IV/ INVOCATION

From the supreme abode of the Potala, born
from the green syllable Tam, adorned with
Amitabha on your head, enlightened activity
of the Buddhas of the three times; Tara, I pray
that you come together with your retinue.

Gods and Asuras with their crowns, bow down
to your lotus feet. To the one who liberates all
beings from destitution; to the Mother Tara I
pay homage.

With complete faith I prostrate to the vener-
able Tara and to all the Victorious Ones and
their Children who abide in the ten directions
and three times.

I offer flowers, incense, light, perfume, food,
music and many other things both in sub-
stance and with my imagination.

I ask the noble assemblage to accept them.

I confess all evil actions which I have done influenced by the defilements from time without beginning until now: the five acts which ripen immediately and the ten non-virtuous actions.

I rejoice in the merit of whatever virtue Shravakas, Pratyekabuddhas, Bodhisattvas, and ordinary people gather throughout the three times.

I pray for the Wheel of Dharma to be turned, the Mahayana, the Hinayana and the common vehicle, in ways suitable for the different aptitudes and motivations of living beings.

I ask the Buddhas not to pass into Nirvana, but with great compassion and until samsara is emptied, to look after all sentient beings drowning in this ocean of sorrow.

May whatever merit I have accumulated
become a cause for the enlightenment of all
beings.

Without delay, may I become a splendid
leader for sentient beings.



v/ OFFERINGS

Om Arya Tare Sapariwara Argham Praticcha Svaha
Om Arya Tare Sapariwara Paday Praticcha Svaha
Om Arya Tare Sapariwara Pushpe Praticcha Svaha
Om Arya Tare Sapariwara Dhupe Praticcha Svaha
Om Arya Tare Sapariwara Alungay Praticcha Svaha
Om Arya Tare Sapariwara Gandhe Praticcha Svaha
Om Arya Tare Sapariwara Neuday Praticcha Svaha
Om Arya Tare Sapariwara Shapda Praticcha Svaha

VI/ MANDALA OFFERING

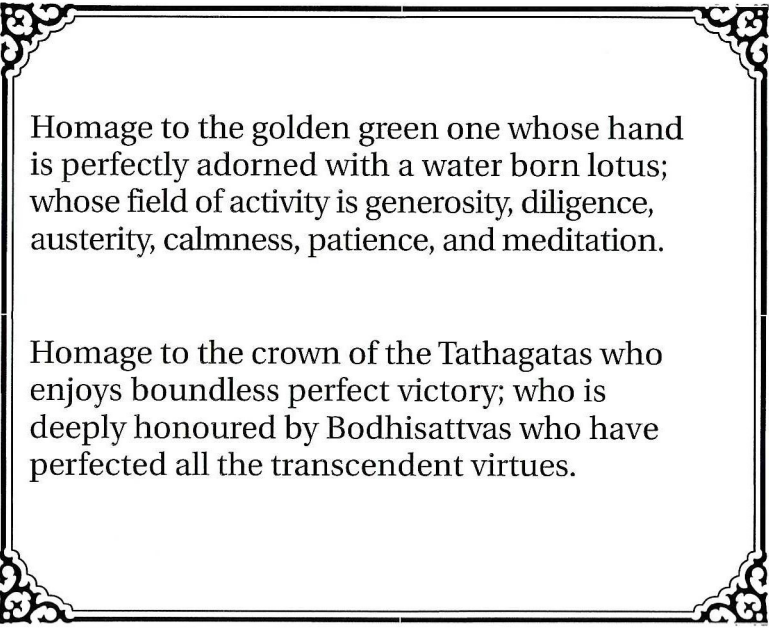
By the virtue of offering to you, assembly of
Buddhas visualised before me,
This mandala built on a base resplendent with
flowers, saffron water and incense,
Adorned with Mount Meru and the four conti-
nents as well as the sun and the moon,
May all sentient beings share in its good
effects.
I send forth to you this jeweled mandala,
precious gurus.

VII/ PRAISES TO TARA

Om Homage to the Venerable Arya Tara.

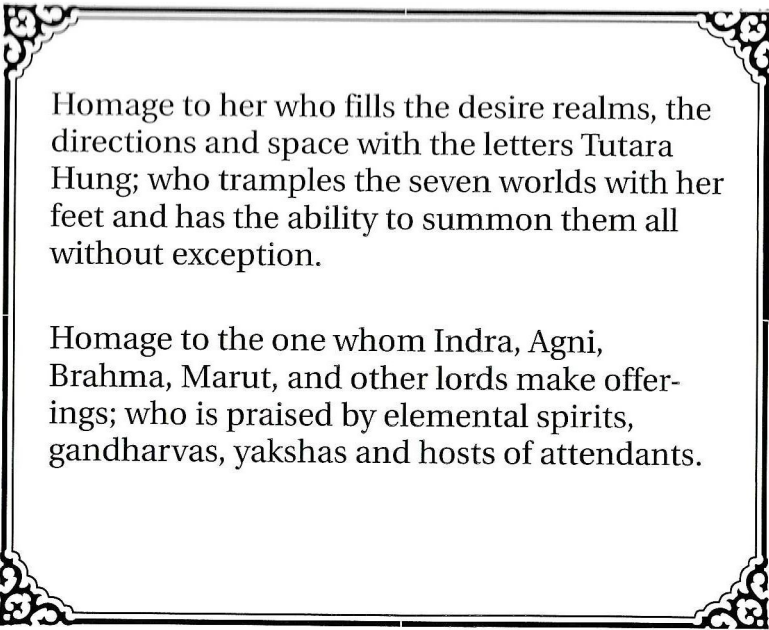
Homage to the swift heroic Tara whose glance
is instantaneous like lightning; who appeared
from the opening stamens of a tear born lotus
of the Lord of the Three Worlds.

Homage to her whose face combines a hun-
dred full moons of autumn; who blazes with
light brighter than a thousand stars.



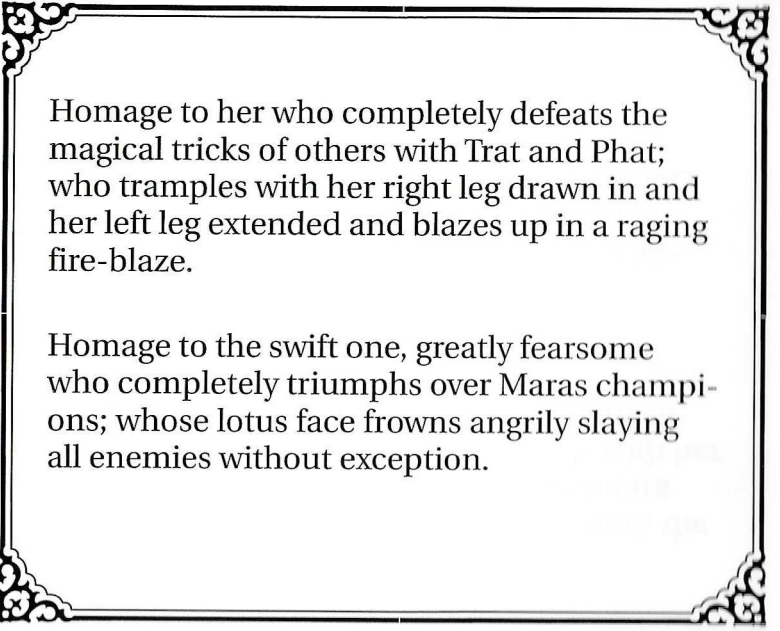
Homage to the golden green one whose hand
is perfectly adorned with a water born lotus;
whose field of activity is generosity, diligence,
austerity, calmness, patience, and meditation.

Homage to the crown of the Tathagatas who
enjoys boundless perfect victory; who is
deeply honoured by Bodhisattvas who have
perfected all the transcendent virtues.




Homage to her who fills the desire realms, the
directions and space with the letters Tutara
Hung; who tramples the seven worlds with her
feet and has the ability to summon them all
without exception.

Homage to the one whom Indra, Agni,
Brahma, Marut, and other lords make offer-
ings; who is praised by elemental spirits,
gandharvas, yakshas and hosts of attendants.



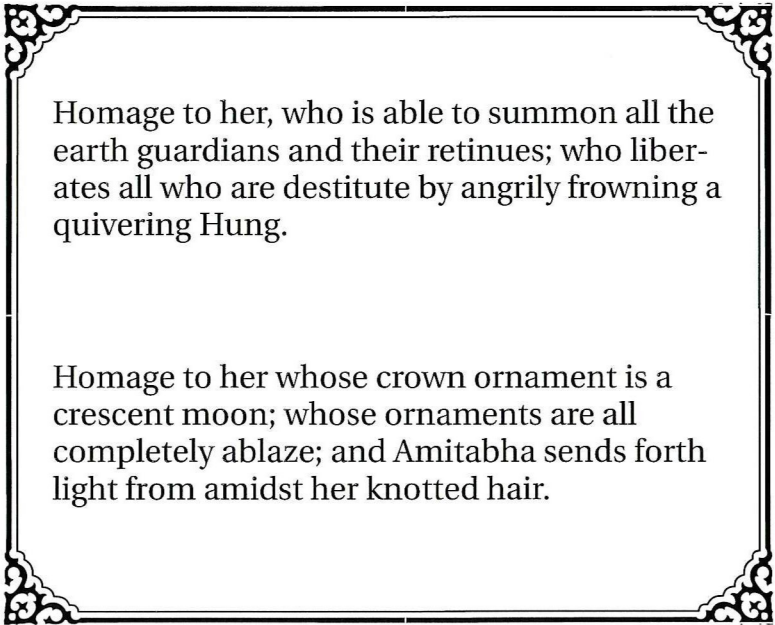
Homage to her who completely defeats the magical tricks of others with Trat and Phat; who tramples with her right leg drawn in and her left leg extended and blazes up in a raging fire-blaze.

Homage to the swift one, greatly fearsome who completely triumphs over Maras champions; whose lotus face frowns angrily slaying all enemies without exception.




Homage to her whose fingers form the mudra of the Triple Gem to adorn her heart; whose wheel-emblazoned hands send out warring masses of their own light in all directions.

Homage to her of great joy whose shining diadem emits garlands of light, who subjugates maras and worldly gods by laughing a mirthful Tuttara.



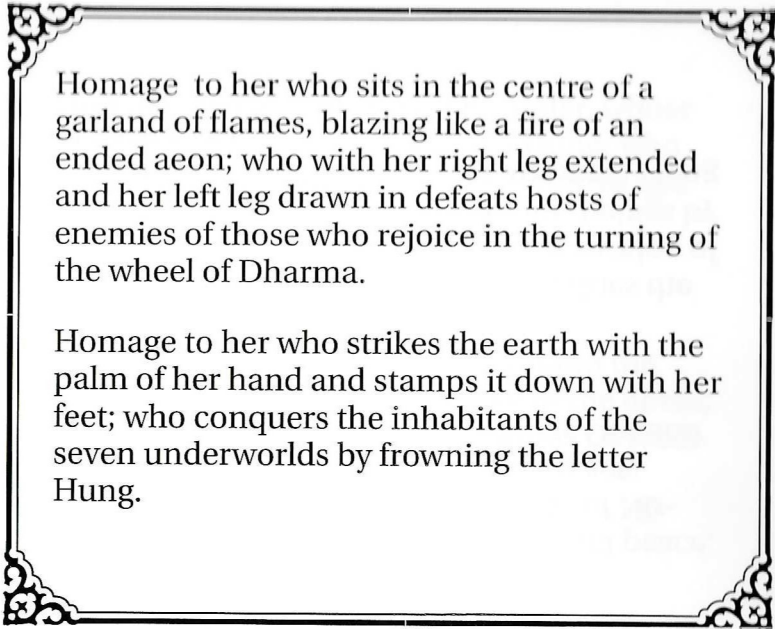
Homage to her, who is able to summon all the earth guardians and their retinues; who liberates all who are destitute by angrily frowning a quivering Hung.

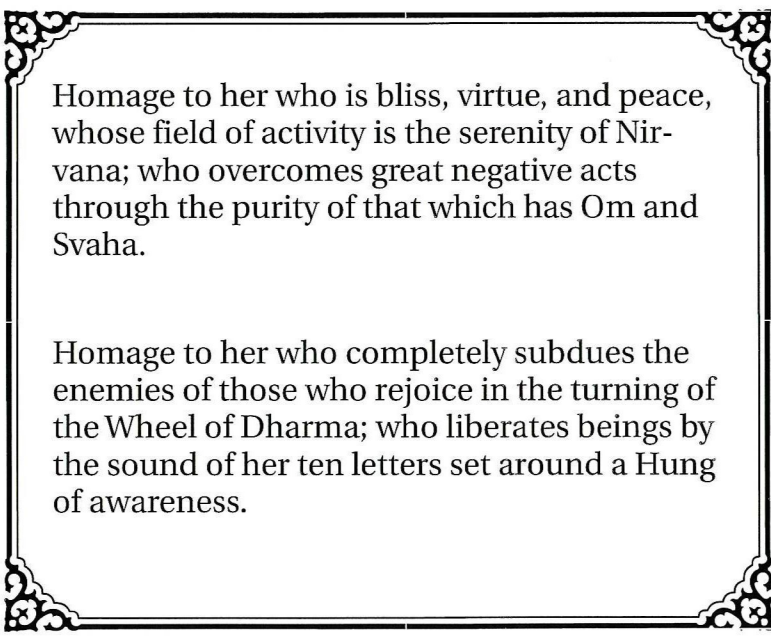
Homage to her whose crown ornament is a crescent moon; whose ornaments are all completely ablaze; and Amitabha sends forth light from amidst her knotted hair.



Homage to her who sits in the centre of a garland of flames, blazing like a fire of an ended aeon; who with her right leg extended and her left leg drawn in defeats hosts of enemies of those who rejoice in the turning of the wheel of Dharma.

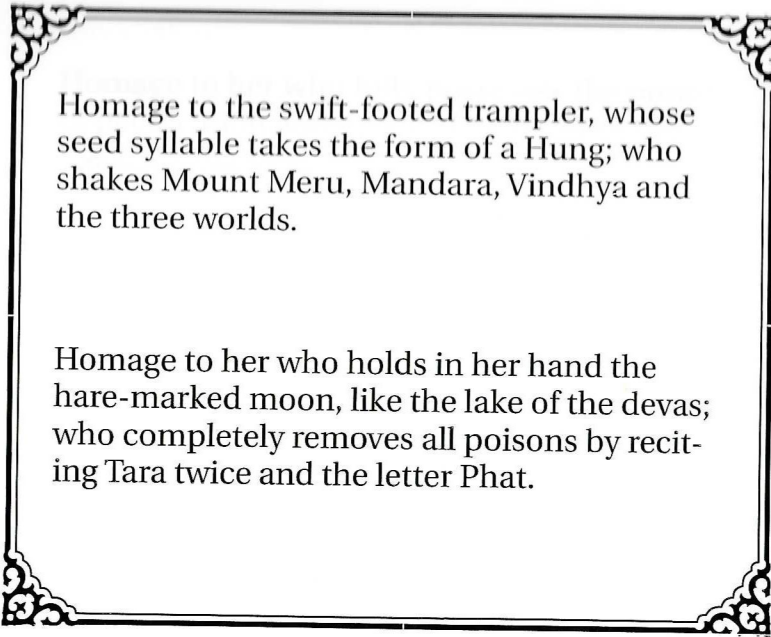
Homage to her who strikes the earth with the palm of her hand and stamps it down with her feet; who conquers the inhabitants of the seven underworlds by frowning the letter Hung.





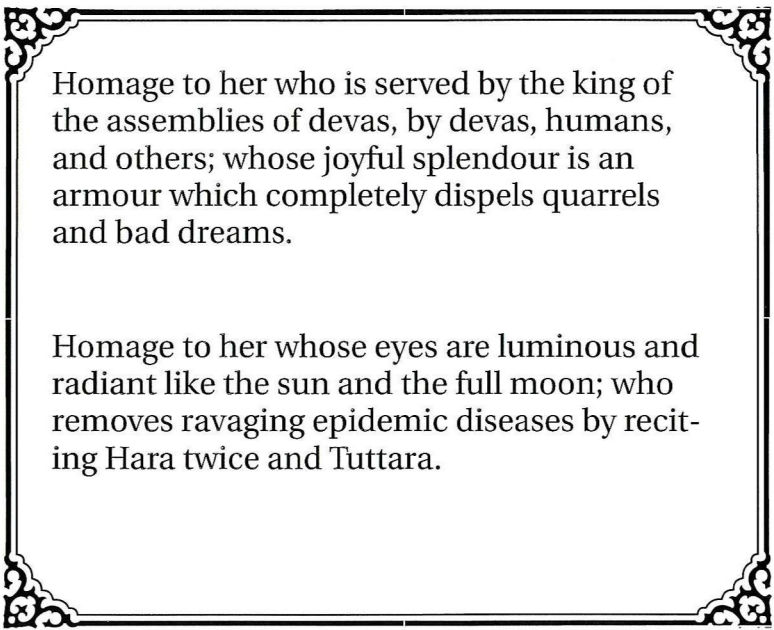
Homage to her who is bliss, virtue, and peace,
whose field of activity is the serenity of Nir-
vana; who overcomes great negative acts
through the purity of that which has Om and
Svaha.

Homage to her who completely subdues the
enemies of those who rejoice in the turning of
the Wheel of Dharma; who liberates beings by
the sound of her ten letters set around a Hung
of awareness.



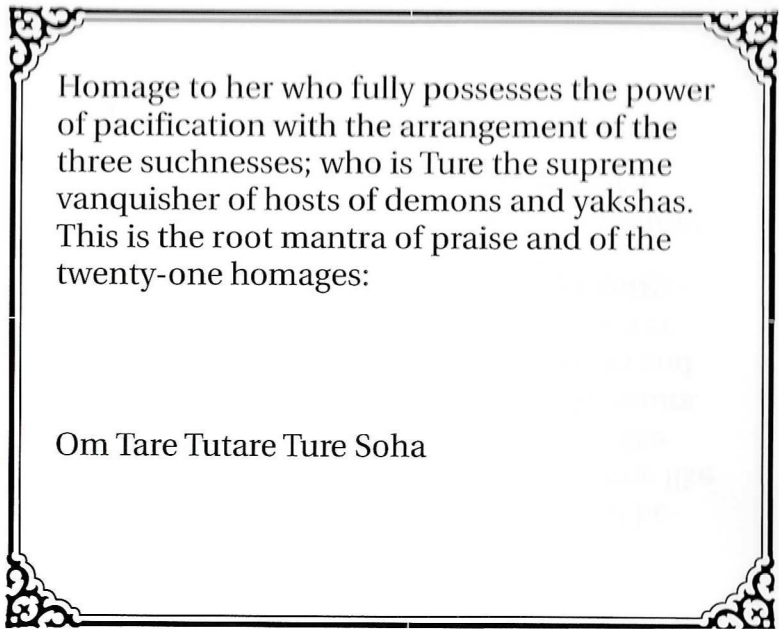
Homage to the swift-footed trampler, whose
seed syllable takes the form of a Hung; who
shakes Mount Meru, Mandara, Vindhya and
the three worlds.

Homage to her who holds in her hand the
hare-marked moon, like the lake of the devas;
who completely removes all poisons by recit-
ing Tara twice and the letter Phat.



Homage to her who is served by the king of the assemblies of devas, by devas, humans, and others; whose joyful splendour is an armour which completely dispels quarrels and bad dreams.

Homage to her whose eyes are luminous and radiant like the sun and the full moon; who removes ravaging epidemic diseases by reciting Hara twice and Tuttara.



Homage to her who fully possesses the power of pacification with the arrangement of the three suchnesses; who is Ture the supreme vanquisher of hosts of demons and yakshas. This is the root mantra of praise and of the twenty-one homages:

Om Tare Tutare Ture Soha

VII/ DEDICATION TO TARA

Tara, Mother of all the Buddhas, may all beings and myself have a body and a retinue like yours; a life-span and a field of activity like yours, and sublime characteristics like yours. I pray that by the power of these prayers and praises, for all beings and myself, wherever they may dwell, illnesses, demons, poverty, quarrels and wars may be pacified.

May the Dharma and good fortune flourish.

Through the virtue of this practice, may I quickly attain the level of ~~the Guru~~ ^{TARA}, a Buddha.

May I come to lead to this state every being, not one left behind.

**XI/ LONG LIFE PRAYER FOR
H.H THE 14TH DALAI LAMA**

In the Heavenly Realm of Tibet, surrounded by
a chain of snow mountains,
The source of all happiness and help for beings
Is Tenzin Gyatso - Chenrezig in person -
May his life be secure for hundreds of eons!

X/FINAL DEDICATION

Mighty Manjushri understands all things
immediately and completely; Samantabhadra
does so also in the same way.
May I practice in the same way as all these
Bodhisattvas, and fully dedicate all these
virtues to the benefit of all beings.

By all the Victorious Ones of the three times -
Past, Preent, Future, this dedication of merit is
considered most worthy of praise,
Thus I dedicate all of my virtues also to benefit
all sentient beings