

Twenty-One Praises to Tārā

Translated from Sanskrit and compared with the Tibetan edition by the Tara's Triple Excellence Team

		om jetsünma phakma drölma la chaktsal lo	OM Noble Lady Tārā, we bow to you.
1	 Drölma Nyurma Pamo	chaktsal drölma nyurma pamo cheni kechik lokdang drama jikten sumgön chukyé shalgyi gesar jewa leni jung ma	Praise to Tārā, swift and gallant, Your glance that flashes like flares of lightning; Born from the face of the triple-world's lord, You rose on the heart of a blossoming lotus.

2



Drölma Loter Yanchenma

chaktsal tönkai dawa küntu
gangwa gyani tsekpai shalma
karma tongtrak tsokpa namkyi
raptu chewai örap barma

Praise to you whose face resembles
A hundred autumn full moons together,
Your radiance like the clearest of stars,
Blazing with hundreds of brilliant light rays.

3



Drölma Sönam Topché

chaktsal serngo chuné kyekyi
pemé chakni nampar gyenma
jinpa tsöndrü kathup shiwa
söpa samten chöyül nyima

Praise to you whose hand is graced,
With a lotus flower blue-gold in color,
You show generosity, diligence, fortitude,
Patience, serenity, meditation.

4



Tsuktor Namgyalma

chaktsal deshin shekpa tsuktor
thayé nampar gyalwa chöma
malü pharöl chinpa thopai
gyalwai sekya shintu tenma

Praise to you, whose acts are boundless,
The jewel on the great Tathāgata's crown.
You are served by all bodhisattvas,
Those who have reached complete perfection.

5



Wangdu Rikjé Lhamo

chaktsal tuttara hung yigé
dödang chokdang namkha gangma
jikten dünpo shapkyi nenté
lupa mepar gukpar nüma

Praise to you, with HŪṂ and TUTTĀRA
Fulfilling all wishes to the bounds of space.
You trample underfoot all seven worlds,
You have the strength to summon all.

6



Jikjé Chenmo

chaktsal gyajin melha tsangpa
lunglha natsok wangchuk chöma
jungpo rolang drisa namdang
nöjin tsokyi düné töma

Praise! Lady, greatly adored,
By Anala, Brahma, Maruts, and Shiva.
All the hosts of vetalas and spirits,
Ghandarvas and yakshas to you pay honor.

7



Shengyi Mitupma

chaktsal tratché jadang phetkyi
pharöl trülkhor raptu joma
yekum yönkyang shapkyi nenté
mebar trukpa shintu barma

Praise to you, who with TRAD and PHAT quickly
Overthrow schemes and wicked practice.
With right leg bent in and left leg extended,
Stamping, you shine amid flames wildly blazing.

8



Shengyi Migyalma

chaktsal ture jikpa chenpö
dükyi pawo nampar joma
chukyé shalni tronyer den dzé
drawo thamché malü söma

Praise to you, fleet-footed, ferocious,
Destroying even the most powerful demons,
Your lotus-face and brow deep-furrowed—
Every foe, how swiftly you slay them!

9



Sengdeng Nakchi Drölma

chaktsal könchok sumtsön chakgyai
sormö thukar nampar gyenma
malü chokyi khorlō gyenpai
rangi ökyi tsoknam trukma

Praise! Your fingers gracing your heart,
Displaying the mudra of the Three Jewels,
Your wheel, adorning every direction,
A fierce whirling mass of your own self-radiance.

10



Jikten Sumlé Gyälma

chaktsal raptu gawa jipai
ürgyen ö kyi trengwa pelma
shepa rap shé tuttara yi
dü dang jikten wangdu dzé ma

Praise! Blessed with a splendorous crown,
Bright, majestic, supremely joyous.
Laughing and smiling, thrum of TUTTĀRA,
You overcome the realm of demons.

11



Phakma Nortter Drölma

chaktsal sashi kyongwai tsoknam
thamché gukpar nüpa nyi ma
tronyer yowai yigé hung gi
phongpa thamché nampar drolma

Praise to you! You summon whole legions
Of earthly guardians from all directions.
With HŪṂ rumbling deep in your frown,
You free us all from every misfortune.

12



Tashi Dönjé

chaktsal dawai dumbü urgyen
gyenpa thamché shintu barma
ralpai tröné öpak melé
takpar shintu örap dzema

Praise, Lady, brightly adorned,
The crest on your crown a sliver of moon,
Your locks always graced by Amitābha,
His gleaming light rays endlessly streaming.

13



Tara Yüllé Gyalma

chaktsal kalpa thamai metar
barwai trengwai üna nema
yekyang yönkum küné korgai
drayi pungni nampar joma

Praise to you in a blazing halo,
Of flames all-consuming, apocalyptic,
With right leg stretched out and left leg bent inward,
The whirl of enemies blissfully crushing.

14



Trönyer Chen

chaktsal sashi ngöla chakgi
thilgyi nünching shapkyi dungma
dronyer chendzé yigé hung gi
rimpa dünpo namni gema

Praise to you, on the ground of earth
Striking your palms and thundering your feet.
The HŪṂ that streams from your furrowing brow
Smashes to dust the netherworlds seven.

15



Tara Rapshima

chaktsal dema gema shima
nyangen deshi chöyül nyima
soha om dang yangdak denpé
dikpa chenpo jompa nyima

Praise, Lady, gracious and blissful,
You who encompass the peace of nirvāṇa.
With OM and SVAHĀ in perfect union,
You lay to waste every terrible evil.

16



Tara Rikngak Topjom

chaktsal күнэ korrap gawai
drayi lüni raptu gema
yigé chupai ngakni köpai
rikpa hung lé drölma nyima

Praise to you, immersed in bliss,
You shatter the bodies of all your foes.
You shine with the wisdom-syllable HŪṂ,
Stamping out your ten-syllable mantra.

17



Tara Phakmé Nönma

chaktsal turei shapni dapé
hung gi nampai sabön nyima
rirap mandara dang bikjé
jikten sumnam yowa nyima

Praise! Swift One, your foot stomping boldly
Sowing the seed of the syllable HŪṂ,
While Meru, Mandara, the Vindva Mountains,
And all the three worlds quiver and tremble.

18



Tara Maja Chenmo

chaktsal lhayi tsoyi nampai
ridak takchen chakna nama
tara nyijö phet kyi yigé
duknam malü parni selma

Praise, Goddess! In your hand
Is a deer-marked moon, a lake-like pool.
With TĀRĀ twice and then with PHATṬ,
You neutralize every plague and poison.

19



Dugkarmo

chaktsal lhayi tsoknam gyalpo
lhadang miam chiyi tenma
küné gocha gawai jiki
tsödang milam ngenpa selma

Praise! Queen of hosts divine!
Gods and kinnaras willingly serve you,
At play immersed in sheerest joy,
You clear away nightmares, soothe away strife.

20	 Ritö Loma Jönma	chaktsal nyima dawa gyepai chenyi pola örap salma hara nyijö tuttara yi shintu drakpoi rimné selma	Praise to you, clear-eyed, all-seeing, Like the bright sun, and the full moon. With twice-uttered HARA and then with TUTTĀRA, You pacify even the fiercest diseases.
21	 Lhamo Özer Chenma	chaktsal denyi sumnam köpé shiwai thudang yangdak denma döndang rolang nöjin tsoknam jompa ture rapchok nyima	Praise to you of the three-fold nature, Filled with power and boundless grace, Profoundly swift, your devastation Of hosts of graha, vetāla, and yaksha.
		tsawai ngakyi töpa didang chaktsal wani nyishu tsachik	Root mantra supreme and joyful praises – these are the Twenty-One verses of homage