Green Tara Sadhana

The Mandala Ritual, the Essence of the Two Accumulations, from the Profound Drop of Tara – a Thought Treasure

KARMA TRIYANA DHARMACHAKRA
Please do not remove from shrine room.
The Verses of the Eight Auspicious Ones

OM NANG SI NAM DAK RANG ZHIN LHÜN DRUP PAY  
OM Homage to the Buddha, Dharma, and Noble Sangha —  
TA SHI CHHOK CHÜ ZHING NA ZHUK PA YI  
All that dwell in the auspicious realms of the ten directions,

SANG GYE CHHÖ DANG GEN DÜN P'HAK PAY TS'HOK  
Where all appearance and existence is completely pure.  
KÜN LA CHHAK TS'HAL DAK CHAK TA SHISHOK  
Their nature is spontaneously perfect. May all be auspicious for us!

DRÖN MEY GYAL PO TSAL TEN DÖN DRUP GONG  
Drönney Gyalpo, Tsalten Döndrupgong,  
JAM PAY GYEN PAL GE DRAK PAL DAM PA

KÜN LA GONG PA GYA CHHER DRAK PA CHEN  
Künla Gongpa Gyacher Drakpachen,  
LHÜN PO TAR P'HAK TSAL DRAK PAL DANG NI

SEM CHEN T'HAM CHE LA GONG DRAK PAY PAL  
Semchen Thamchela Gongdrak Paypal,  
YI TS'HIM DZE PA TSAL RAP DRAK PAL TE  
Yitsim Dzepa Tsalrap Drakpal —
TS'HEN TSAM TH'O PAY TA SHI PAL P'HEL WA
DE WAR SHEK PA GYE LA CHHAK TS'HAL LO
Homage to the Eight Sugatas! Just hearing your names increases auspiciousness and success!

JAM PAL ZHÖN NU PAL DEN DOR JE DZIN
CHEN RE ZIK WANG GŌN PO JAM PAY PAL
Youthful Manjushri, Glorious Vajrapani, Powerful Avalokiteshvara, Protector Maitreya,

SA YI NYING PO DRIP PA NAM PAR SEL
NAM KHAY NYING PO P'HAK CHHOK KŪN TU ZANG
Kshitigarbha, Nivaranaviskambin, Akashagarbha, Samantabhadra —

UT PAL DOR JE PE KAR LU SHING DANG
NOR BU DA WA RAL DRI NYI MA YI
Homage to the Eight Bodhisattvas! Supreme in granting auspiciousness and success,

CHHAK TS'HEN LEK NAM TA SHI PAL GYI CHHOK
JANG CHHUP SEM PA GYE LA CHHAK TS'HAL LO
Gracefully holding your emblems: utpala flower, vajra, white lotus, naga-tree, jewel, moon, sword, and sun!

RIN CHHEN DUK CHHOK TA SHI SER GYI NYA
DŌ JUNG BUM ZANG YI ONG KA MA LA
Making offerings to the buddhas of all directions and times are the Creators of Delight,
Holding the Eight Most Precious Emblems:

NYEN DRAK DUNG DANG P'HŪN TS'HOK PAL BE U
MI NUP GYAL TS'HEN WANG GYUR KHOR LO TE
The most precious umbrella, the most auspicious golden fishes, The wish-fulfilling vase of goodness, the exquisite kamala flower,

RIN CHHEN TAK CHHOK GYE KYI CHHAK TS'HEN CHEN
CHHOK DŪ GYAL WA CHHÖ CHING GYE KYE MA
The conch of fame and glory, the glorious knot of prosperity, The eternal banner of victory, the all-powerful wheel:

The Verses of the Eight Auspicious Ones
Homage to the Eight Auspicious Goddesses: Beauty, Garlands, Song, Dance, Flowers, Incense, Light, and Perfume! Just thinking of your essential qualities makes success grow more and more!

Protectors: Mahabrahma, Shambhu, Narayana, Sahasrajna.

Kings: Dritirasatra; Virudhaka; Virupaksha, Lord of Nagas; Vaishravana.

Vajra, vina, sword, Stupa, and banner of victory!

Homage to the Eight Guardians of the World who make auspiciousness and prosperity grow in the three realms! With all obstacles and harmful influences pacified, may the work we are now about to begin meet with ever-growing fulfillment and success, and bring good fortune, prosperity, happiness, and peace!

The Verses of the Eight Auspicious Ones
Seven Line Prayer to Guru Rinpoche

In the Northwest of the land Uddiyana, above the stalk and stamens of a lotus, having attained the wonderful and most perfect Siddhi, is the one known as “The Lotus Born,” surrounded by a retinue of many dakinis. I follow your example.

Please approach to engulf me with your splendor. Let fall your splendor in this supreme place.

Bestow upon me, the supreme practitioner, the four empowerments.

Dispel impediments, obstacles, and false guides. Bestow supreme and common siddhis.

OM AH HUNG BENZA GURU PEMA SIDDHI HUNG

OM AH HUNG BENZA GURU PEMA THÖ THRENG TSAL BENZA SAMAYA DZA DZA

SARWA SIDDHI PHALA HUNG AH HRI MA HA RI NI SA RA TSA HRI YA TSITTA HRING HRING DZA DZA
GURU KHAN DRÖ TS'HOK CHE KYI  DAK CHAK MÖ PAY BU NAM LA
Guru and hosts of dakinis, engulf the bodies of us devoted children with the splendor of your bodies.

LÜ LA KU YI JIN GYI LOP  NGAK LA SUNG GI JIN GYI LOP
Engulf our speech with the splendor of your speech. Engulf our minds with the splendor of your minds.

YI LA THUK KYI JIN GYI LOP
Engulf us with splendor in the bestowal of the four empowerments.

WANG ZHI KUR WAR JIN GYI LOP  GYU ZHI DAK PAR JIN GYI LOP
Engulf us with splendor to purify our four continuums. Engulf us with splendor that we may become

LAM ZHI JONG PAR JIN GYI LOP  KU ZHI THOP PAR JIN GYI LOP
trained in the four paths. Engulf us with splendor that we may attain the four bodies.

OM AH HUNG BENZA GURU PEMA DEWA DAKINI KAYA ABHI KINTSA OM

WAKKA ABHI KINTSA AH  TSITTA ABHI KINTSA HUNG  SARWA ABHI KINTSA HRI
DUN GYI NAM KHAR JE TSUN MA NGON SUM ZHUK PAR GYUR
In front of me, in the sky, the noble Tara is directly perceived.

NA MO KON CHHOK KUN NGO JE TSUN MAR
I pay homage to the real embodiment of the Triple Gem, Tara.

SU CHHI JANG CHHUP MÖN PAY SEM KYE NE
ZAP MÖ LAM LA JUK PAR GYI
Having developed the bodhicitta of aspiration, I enter the profound path.

The gathering of the accumulations
To the noble Arya Tara and to the buddhas

CHHOK CHU DÜ SUM ZHUK PA YI
GYAL WA SE CHE THAM CHE LA
and bodhisattvas in the ten directions and the three times, I bow to you with complete faith.

KUN NE DANG WE CHHAK GYI O
ME TOK DUK PÖ MAR ME DRI
ZHALZE ROL MO LA SOK PA
I make offerings both actual and imagined of such things as flowers, incense, lamps, food, music, and much else.

NGO JOR YI KYI TRUL NE BUL
PHAK MAY TS'HOK KYI ZHE SU SOL
I beseech the holy assemblage to accept these offerings. From beginningless time until now,

THOK MA ME NE DA TAY BAR
MI GE CHU DANG TS'HAM ME NGA
I repent all the ten unvirtuous acts, the five actions of immediate consequence,

SEM NI NYÖN MONG WANG GYUR PAY
DIK PA THAM CHE SHAK PAR GYI
and all the other negative actions I have committed when influenced by mental affliction.

NYEN THÖ RANG GYAL JANG CHHUP SEM
SO SO KYE WO LA SOK PE
I rejoice in the merit of whatever virtue sravakas, pratyekabuddhas, bodhisattvas, and ordinary people
DÜ SUM GE WA CHI SAK PAY
SÒ NAM LA NI DK YI RANG
have gathered throughout the three times. I pray that the wheel of the dharma be turned in the

SEM CHEN NAM KYI SAM PA DANG
LO YI JE DRAK JI TA WAR
CHHE CHHUNG THÜN MONG THEK PA YI
form of the greater and lesser vehicles for as many different aptitudes as are present in the motivations of all sentient beings.

CHHÖ KYI KHor LO KOR DU SOL
KHor WA JÍ SI MÀ TONG BAR
NYA NGEN MI DA THUK JÉ YI
I beseech the buddhas not to pass into nirvana but, until samsara is completely emptied, to look with great compassion on all

DUK NGAL GYA TSHÔR JING WA YI
SEM CHEN NAM LA ZIK SU SOL
sentient beings who flounder in this ocean of frustration and sorrow.

DÁK GI SÒ NAM CHI SAK PA
THAM CHE JANG CHHUP GYUR GYUR NE
May whatever merit I have accumulated become a seed for the enlightenment of all beings. On reaching enlightenment myself,

RÎNG POR MI THOK DRO WA YI
DREN PAY PAL DU DAK GYUR CHIK
may I develop, without delay, the qualities of a savior of beings.

The consecration of offerings:

OM BENZA AMRITA KUNDALI HANA HANA HUNG P'HE

OM SWABHAWA SHUDDHA SARWA DHARMA SWABHAWA SHUDDHO HANG

NE YUL PE MO KÖ PAY ZHING
YIP DANG GYEN KÖ TS'HE ME PAR
The environment becomes the realm of Lotus Design with unlimited shapes and adornments.

LHÀ DZE TING DZIN LE DRUP PAY
CHHÖ DZE SAM MI KHYAP PAR GYUR
The offering substances, created by samadi, become inconceivable and divine.

ARGHAM PASYEM PUPE DHUPE ALOKE GENDHE NEWIDYE SHAPDA
AH HUNG
Water for the mouth, water for the feet, flowers, incense, light, perfume, food, and music.
Then, homage and offerings first to the three jewels in general:

CHHOK CHU DÜ ZHIY LA MA GYAL WA SE DANG CHE PA T'HAM CHE DÜN GYI NAM KHAR BENZA SAMADZA
All the gurus, victors, and their children of the ten directions and four times form a vajra assembly in the sky in front.

MA LÜ SEM CHEN KÜN GYI GÖN GYUR CHIK DÜ DE PUNG CHE MI ZE JOM DZE LHA
You who are the leader of all sentient beings, you who are the destroyer of all maras and all obstacles,

NGÖ NAM MA LÜJI ZHIN KHYEN GYUR PAY
all things are understood by you.

CHOM DEN KHROR CHE NE DIR SHEK SU SOL
Conqueror, we request that you approach this place, together with your retinue.

The seven branches.

JI NYE SU DAK CHHOK CHUYJIK TEN NA DÜ SUM SHEK PA MI YI SENG GE KÜN
With body, speech, and mind, I pay homage to all those lions of humanity, as many as there are, without exception,

DAK GI MA LÜ DE DAK THAM CHE LA LÜ DANG NGAK YI DANG WE CHHAK GYI O
who arise in the worlds of the ten directions and the three times.

ZANG PO CHÖ PAY MÖN LAM TOP DAK GI GYAL WA T'HAM CHE YI KYI NGÖN SUM DU
Through the power of this aspiration to excellent conduct, may I see in my mind all the victors

ZHING GI DUL NYE LÜ RAP TÜ PA YI GYAL WA KÜN LA RAP TÜ CHHAK TS'HAL LO
and bow to them with as many bodies as there are particles in all realms. On each particle I imagine as many

DUL CHIK TENG NA DUL NYE SANG GYÉ NAM
buddhas as there are particles, surrounded by bodhisattvas.
SANG GYE SE KYI Ü NA ZHUK PA DAK
In that way, I imagine the dharmadhatu totally filled with victors.

THAM CHE GYAL WA DAK GI GANG WAR MÖ
With all the sounds of inexhaustible oceans of song,

YANG KYI YEN LAK GYA TSHÖ DRA KÜN GYI
I fully express the qualities of all the victors. I praise all sugatas.

DE WAR SHEK PA THAM CHE DAK GI TÖ
I offer those victors sacred flowers, holy garlands, cymbals, ointments,

SIL NYEN NAM DANG JUK PAY DUK CHHOK DANG
the best of parasols, the finest lamps, and sacred incense.

GYAL WA DE DAK LA NI CHHÖ PAR GYI
I offer those victors sacred fabrics, the finest of scents, heaps of medicinal powders equal in size to Mt. Meru,

CHHE MAY PHUR MA RI RAP NYAM PA DANG KÖ PA KHYE PAR P'HAK PAY CHHOK KÜN GYI
and particularly excellent realms. I also imagine presenting to those victors whatever

GYAL WA DE DAK LA YANG CHHÖ PAR GYI
offerings are unexcelled and vast.

DE DAK GYAL WA THAM CHE LA YANG MÖ
Through the power of faith in excellent conduct,

GYAL WA KÜN LA CHHAK TS'HAL CHHÖ PAR GYI
I pay homage and present offerings to all victors.
LÚ DANG NGAK DANG DE ZHIN YI KYI KYANG  DÍK PA DAK GI GYI PA CHI CHHI PA
I confess individually all harmful actions I have done with

DE DAK THAM CHE DAK GI SO SOR SHAK  CHHOK CHUY GYAL WA KÜN DANG SANG GYE SE
body, speech, and mind under the power of attachment, aversion, and bewilderment.

RANG GYAL NAM DANG LOP DANG MI LOP DANG  DRO WA KÜN GYI SÖ NAM GANG LA YANG
I rejoice in all the merit of all the victors of the ten directions, of the bodhisattvas and pratyekabuddhas,

DE DAK KÜN GYI JE SU DAK YI RANG  GANG NAM CHHOK CHUY JIK TEN DRÓN MA DAK
of those training and beyond training, and of all beings. I exhort all the lamps of the ten directions who have attained

JANG CHHUP RIM PAR SANG GYE MA CHHAK NYE  GÖN PO DE DAK DAK GI THAM CHE LA
passionless buddhahood through the stages of awakening, all those protectors, to turn the unsurpassable wheel of the dharma.

KHOR LO LA NA ME PAR KOR WAR KUL  NYA NGEN DA TÖN GANG ZHE DE DAK LA
With palms fully joined, I request those wishing to demonstrate passing into nirvana

DRO WA KÜN LA PHEN ZHING DE WAY CHHIR  KAL PA ZHING GI DUL NYE ZHUK PAR YANG
to abide for as many kalpas as there are particles in all realms,

DAK GI THAL MO RAP JAR SOL WAR GYI  CHHAK TŠHAL WA DANG CHHÔ CHING SHAK PA DANG
for the benefit and happiness of all beings.

JESU YI RANG KUL ZHING SOL WA YI  GE WA CHUNG ZE DAK GI CHI SAK PA
I dedicate all virtue, however slight, I have accumulated through homage, offering, confession,

THAM CHE DAK GI JANG CHHUP CHHIR NGO O
rejoicing, exhortation, and requesting, to awakening.
OM AH HUNG DAK DANG THA YE SEM CHEN GYI LÚ DANG LONG CHÖ GE TSHOK KÚN
I continually and respectfully offer to the three jewels, the three roots, the ocean of dharma protectors and gods of wealth,

LING ZHI RI RAP NYI DAR CHE LHA MIY LONG CHÖ SAM MI KHYAP
all the bodies, possessions, and virtues of myself and limitless sentient beings,

KÚN ZANG CHHÖ PAY TRIN PHUNG CHHE GYÚN MI CHHE PAR TRUL JE TE
together with the four continents, the supreme mountain, the sun and moon, and the

KON CHHOK RIN CHHEN TSA WA SUM CHHÖ SUNG NOR LHA GYA TSHO LA
inconceivable wealth of gods and humans, continually emanated as vast clouds of Samantabhadra offerings.

GÚ PE TAK TU BUL WAR GYI SÖ NAM TSHOK CHHEN RAP DZOK NE
May the great accumulation of merit be completed

YESHE NANG WA GYE PAR SHOK OM GURU DEWA DAKINI SARWA RATNA MANDALA PUDZA MEGHA AH HUNG
and the radiance of wisdom expand fully.

With that, offer a mandala.

NA MO SANG GYE CHHÖ DANG GEN DÜN DANG LA MA YI DAM KHAN DRO DANG
Buddhas, dharma, sangha, gurus, yidams, dakinis, dharma protectors, gods of wealth, lords of terma

CHHÖ SUNG NOR LHA TER GYI DAK YE SHE CHIK GI NGO WO LE RANG ZHIN MA GAK CHIR YANG TÖN
you display the nature of unimpeded diversity from within the essence of one wisdom. Your compassion and activity are the most excellent

THUK JE THRIN LE ME PO CHHE DRO KÚN KYAP DANG GÖN GYUR PA
You are refuges and protectors of all beings. You are the embodiment of wisdom and kindness.

KYHEN TSEY DAK NYI KHYE NAM LA CHHAK TSHAL NYING NE KYAP SU CHHI
I pay homage to you from my heart and go to you for refuge. I offer you my body and my possessions.
Lū Dang Long Chö Chhö Par Bul  DAK Dang Tha Ye Sem Chen Nam
I pray that you will continually protect me and limitless sentient beings with your compassion.

Tak Tu Thuk Je Kyap Dže Sol  Ne Dang Nö Pa Zhi Wa Dang
Engulf us with splendor so sickness and harm may be pacified, so vitality and merit may flourish.

Tshe Dang Sö Nam P’hel Wa Dang  Sam Pay Dön Nam Ma Lū Kūn
and so all of our wishes without exception may be fulfilled.

Chhö Zhin Drup Par Jin Gyi Lop
in accordance with the dharma.

With that, request the fulfillment of your wishes.

Then, presenting offerings three times to Jetsunma in particular, and the recitation of the Tantra of Praise:

Rang Nyi Ke Chik Dren Dzok Su  Jetsün Phak May Kur Sal Way
Complete in an instant of recollection, I appear as the noble Jetsunma Tara.

Thuk Kar Da Teng Tam Jang Gu  De Le Özer Pak Ye Thro
In my heart, above a moon, is a green TAM. Innumerable light-rays are projected from that.

Phak Ma Nam Thrul Nyer Chik Dang  Kon Chhok Gya Tshö Trin Thro Wa
The twenty-one emanations of Arya Tara and the ocean of the three jewels, billowing like clouds,

Dün Gyi Nam Khar Chen Drang Gyur  Tam Kye Me Ö Sal Chhö Kuy Ying
assemble in the sky, in front. The unborn luminous expanse of the dharmakaya

Gak Me Phak May Ye She Kur  Gang Dul Gyu Thrul Dra War Shar
dawns as the unceasing wisdom body of Arya Tara, the net of magical illusion that tames everyone.
TSHUR SHEK ARYA TARE DZA
Come here, Arya Tara.

DAK DANG DRO LA THUK TSEY CHHIR NYI KYI DZU THRUL THU YI NI
I request, conqueror, that you remain here for as long as I present offerings to you.

JI SI CHHÖ PA DAK GYI PA DE SI CHOM DEN ZHUK SU SOL PEMA KAMALAYA TAM
out of your kindness to me and to all beings, and through your miraculous power.

OM NGO JOR YI LE JUNG WA YI KÜN TU ZANG PÖ CHHÖ TRIN GYI
I fill the dharmadhatu with clouds of Samantabhadra’s offerings, actually present, and arising from the mind.

CHHÖ YING GYE PAR KANG JE TE P'HAK MA DROL MA KHOR CHE CHHÖ
I offer these to Arya Tara and her retinue.

OM ARYA TARE SAPARIWARA BENZA ARGHAM PASYEM PUPE DHIPE ALOKE GENDHE NEWIDYE SHAPDA TRATITS SOHA
Water for the mouth, water for the feet, flowers, incense, light, perfume, food, and music.

With that, invite them and make general offerings.

OM AH HUNG KHAM SUM NÖ CHÜ PAL JOR DANG
I offer to the embodiments of compassion the three realms, the glory and richness

DAK LÜ LONG CHÖ GE TSHOK KÜN
of the environment and its contents, my body, my possessions, and all virtues.

THUK JEY DAK NYI NAM LA BUL

ZHÉ NE JIN GYI LAP TU SOL OM SARWA TATHAGATA RATNA MANDALA PUDZA HO
I pray that you will accept these and engulf us with your splendor.

With that, offer a mandala in particular.

Then recite the Tantra of the King of Praises, the twenty-one homages, TWICE.
OM NGO JOR YI LE JUNG WA YI
KUN TU ZANG PO CHHO TRIN GYI
I fill the dharmadhata with clouds of Samantabhadra’s offerings.

CHHO YING GYE PAR KANG JE TE
PHAK MA DROL MA KHOR CHE CHHO
actually present, and arising from the mind.
I offer these to Arya Tara and her retinue.

OM ARYA TARE SAPARIWARA BENZA
ARCHAM PARYEM PUPE DHOPE ALOKE GENDHE NEWIDYE SHAPDA
TRATITSA SOHA
Water for the mouth, water for the feet, flowers, incense, light, perfume, food, and music.

OM AH HUNG KHAM SUM NOO CHU PAL JOR DANG
DAK LÜ LONG CHO GE TS'HOK KUN
I offer to the embodiments of compassion the three realms, the glory and richness of the environment and its contents.

THUK JEU DAK NYI NAM LA BUL
ZHE NE JIN GYI LAP TU SOL
my body, my possessions, and all virtues. I pray that you will accept these

OM SARWA TATHAGATA RATNA MANDALA PUDZA HO
and engulf us with your splendor.

CHHAK YE CHHOK JIN CHHAK GYA NYI
KYAP JIN CHHAK GYA GYUR PAY OK
Her right hand in the mudra of supreme generosity becomes the mudra of giving protection.

DAK DANG SUNG JA KUN TSHÜ NE
JIK PA KUN LE UK YUNG GYUR
I and all to be protected are placed under this and assured protection from all dangers.

 Imagining that, recite the twenty-one homages THREE TIMES.
OM, I pay homage to Jetsunma Arya Tara.

Homage to TARE, "the Liberator", swift and courageous, who through TUTARE removes all fear and through TURE bestows all benefits. In front of you, SOHA, I bow down.

Homage to Tara, the quick and heroic, whose eyes flash in an instant like lightning, and who arose from the open stamens of the lotus-face of the lord of the three worlds.

Homage to her whose face is like one hundred full autumn moons and who blazes with light like that of thousands of stars.

Homage to her whose hands are adorned by golden blue lotuses and who enacts generosity, exertion, austerity, tranquility, patience, and meditative stability.

Homage to her whose crown is the tathagata, who revels in boundless complete victory, and who is thoroughly relied upon by bodhisattvas who have attained the perfections without exception.

Homage to her who, with the syllables TUTTARA HUNG, fulfills wishes and fills all directions and all space, who tramples the seven worlds underfoot and is able to summon all without exception.

Homage to her to whom Indra, Agni, Brahma, Vayudeva, Vishvakarman, and Isvara present offerings; who is praised by elementals, vampires, scent-eaters, and yakshas.

Homage to her who thoroughly conquers the machinations of others with TRE and PHE, who tramples with right leg contracted and left outstretched, and is totally blazing with swirling flame.

Homage to TURE, the terrifying one who totally conquers the fiercest maras, who, with a frowning lotus-face, kills all enemies, without exception.

Homage to her whose fingers adorn her heart with the mudra indicating the three jewels, whose radiant swirling halo adorns all directions.

Homage to her who is crowned by garlands of light, resplendent with great joy, who overpowers maras and the world with her laughter of TUTTARA.

Homage to her who can summon all guardians of places, who fully liberates from all poverty with the syllable HUNG of her grimace.

Homage to her who blazes with all adornments, crowned with a sliver of the moon, from whose topknot Amitabha continually illuminates.

Homage to her who abides in the midst of garlands of flame like the fire at the end of a kalpa, who totally conquers hoards of enemies of those who delight in the turning of the dharma wheel, with her right leg outstretched and her left contracted.

Homage to her who pierces the ground with the palm of her hand and stamps with her feet, who overthrows the seven levels with the syllable HUNG as she grimaces.

Homage to her who is bliss, virtue, and tranquility, enjoying the peace of nirvana, who conquers great wrongs with the perfect possession of SOHA and OM.

Homage to her who overthrows the enemies of those who delight in the turning of the dharma wheel and liberates with the awareness mantra, HUNG, surrounded by the ten syllables.

Homage to TURE, who stamps with her feet, whose seed is HUNG, who shakes Sumeru, Mandara, Bikjay, and the three worlds.

Homage to her, who holds in her hand that which bears the sign of a hare in the form of a divine lake, who dispels all poisons without exception with the dual recitation of TARA and PHE.

Homage to her on whom the kings of the gods, the gods, and the miamchi rely, who dispels disputation and bad dreams with the armor of her delightful majesty.

Homage to her whose radiant two eyes are like the sun and full moon, who dispels fierce contagion with the dual recitation of HARA and TUTTARA.

Homage to her who genuinely possesses the power to pacify through the establishment of threefold thatness, and to the supreme TURE, who conquers dons, vampires, and yakshas.

This is the praise of the root mantra and the twenty-one homages.
OM JE TSÜN MA P'HAK MA DROL MA LA CHHAK TS'HAL LO

CHHAK TS'HAL TA RE NYUR MA PA MO
TU TA RA YI JIK PA SEL MA
TU RE DON KUN JIN PAY DROL MA
SO HA YI GE CHO LA DU DO

CHHAK TS'HAL DROL MA NYUR MA PA MO
CHEN NI KE CHIK LOK DANG DRA MA
JIK TEN SUM GÖN CHHU KYE ZHAL GYI
GE SAR JE WA LE NI JUNG MA

CHHAK TS'HAL TÖN KAY DA WA KÜN TU
GANG WA GYA NI TSEK PAY ZHAL MA
KAR MA TONG THRAK TS'HOK PA NAM KYI
RAP TU CHHE WAY Ö RAP BAR MA

CHHAK TS'HAL SER NGO CHHU NE KYE KYI
PE ME CHHAK NI NAM PAR GYEN MA
JIN PA TSÖN DRÜ KA THUP ZHI WA
ZÖ PA SAM TEN CHÖ YUL NYI MA

CHHAK TS'HAL DE ZHIN SHEK PAY TSUK TOR
THA YE NAM PAR GYAL WAR CHÖ MA
MA LU P'HA ROL CHHIN PA THÖ PAY
GYAL WAY SE KYI SHIN MA TEN MA

CHHAK TS'HAL TUT TA RA HUNG YI GE
DÖ DANG CHHOK DANG NAM KHA GANG MA
JIK TEN DÜN PO ZHAP KYI NEN TE
LÜ PA ME PAR GUK PAR NÜ MA

CHHAK TS'HAL GYA JIN ME LHA TS'HANG PA
LUNG LHA NA TS'HOK WANG CHHUK CHHÖ MA
JUNG PO RO LING DRI ZA NAM DANG
NÖ JIN TS'HOK KYI DÜN NE TÖ MA

CHHAK TS'HAL TRE CHE JA DANG P'HE KYI
P'HA ROL THRUL Khor RAP TU JOM MA
YE KUM YÖN KYANG ZHAP KYI NEN TE
ME BAR THRUK PA SHIN TU BAR MA

CHHAK TS'HAL TU RE JIK PA CHHEN MO
Đyü KYI PA WO NAM PAR JOM MA
CHHU KYE ZHAL NI THRO NYER DEN DZE
DRA WO THAM CHE MA LÜ SÖ MA

CHHAK TS'HAL KÖN CHHOK SUM TS'HÖN CHHAK GYAY
SOR MÖ THUK KAR NAM PAR GYEN MA
MA LÜ CHHOK KYI KHOR LÖ GYEN PAY
RANG GI Ö KYI TS'HOK NAM THRUK MA

CHHAK TS'HAL RAP TU GA WA JI PAY
U GYEN Ö KYI THRENG WA PEL MA
ZHE PA RAP ZHE TUT TA RA YI
Đyü DANG JIK TEN WANG DU DZE MA

CHHAK TS'HAL SA ZHI KYONG WAY TS'HOK NAM
THAM CHE GUK PAR NÜ MA NYI MA
T'HRO NYER YO WAY YI GE HUNG GI
P'HÖNG PA THAM CHE NAM PAR DROL MA

CHHAK TS'HAL DA WAY DUM BÜ U GYEN
GYEN PA THAM CHE SHIN TU BAR MA
RAL PAY THRÖ NE Ö PAK ME LE
TAK PAR SHIN TU Ö RAP DZE MA

CHHAK TS'HAL KAL PA T'HA MAY ME TAR
BAR WAY T'HRENG WAY Ü NE MA
YE KYANG YÖN KUM KÜN NE KOR GAY
DRA YI PUNG NI NAM PAR JOM MA

CHHAK TS'HAL SA ZHIY NGÖ LA CHHAK GI
T'HIL GYI NÜN CHING ZHAP KYI DUNG MA
THRO NYER CHEN DZE YI GE HUNG GI
RIM PA DÜN PO NAM NI GEM MA

CHHAK TS'HAL DE MA GE MA ZHI MA
NYA NGEN DE ZHI CHÖ YUL NYI MA
SO HA OM DANG YANG DAK DEN PE
DIK PA CHHEN PO JOM PA NYI MA

CHHAK TS'HAL KÜN NE KOR RAP GA WAY
DRA YI LÜ NI RAP TU GEM MA
YI GE CHU PAY NGAK NI KÖ PAY
RIK PA HUNG LE DROL MA NYI MA

CHHAK TS'HAL TU REY ZHAP NI DAP PE
HUNG GI NAM PAY SA BÖN NYI MA
RI RAP MEN DA RA DANG BIKE
JIK TEN SUM NAM YO WA NYI MA

CHHAK TS'HAL LHA YI TS'HO YI NAM PAY
RI DAK TAK CHEN CHHAK NA NAM MA
TA RA NYI JÖ P'HE KYI YI GE
DUK NAM MA LÜ PAR NI SEL MA

CHHAK TS'HAL LHA YI TS'HOK NAM GYAL PO
LHA DANG MI AM CHI YI TEN MA
KÜN NE GO CHHA GA WAY JI KYI
TSÖ DANG MI LAM NGEN PA SEL MA

CHHAK TS'HAL NYI MA DA WA GYE PAY
CHEN NYI PO LA Ö RAP SÔL MA
HA RA NYI JÖ TUT TA RA YI
SHIN TU DRAK PÔ RIM NE SEL MA

CHHAK TS'HAL DE NYI SUM NAM KÖ PE
ZHI WAY THU DANG YANG DAK DEN MA
ĐÖN DANG RO LING NÖ JIN TS'HOK NAM
JOM PA TU RE RAP CHHOK NYI MA

TSA WAY NGAK KYI TÖ PA DI DANG
CHHAK TS'HAL WA NI NYI SHU TSA CHIK

Homage to the Twenty-One Taras
Again, present offerings and a mandala.

OM NGO JOR YI LE JUNG WA YI  
KÜN TU ZANG PÖ CHHÖ TRIN GYI
I fill the dharmadhatu with clouds of Samantabhadra’s offerings.

CHHÖ YING GYE PAR KANG JE TE  
PHAK MA DROL MA KHRÖ CHE CHHÖ
actually present, and arising from the mind.
I offer these to Arya Tara and her retinue.

OM ARYA TARE SAPARIWARA BENZA  ARGHAM PADMEN PUPE DHUPE ALOKE GENDHE NEWIDYE SHAPDA TRATITSA SOHA
Water for the mouth, water for the feet, flowers, incense, light, perfume, food, and music.

OM AHA HUNG  KHAM SUM NO CHU PAL JOR DANG
I offer to the embodiments of compassion the three realms,

DÄK LÛ LONG CHÖ GE T’SHÖK KÜN  
THUK JÉY DAK NYI NAM LA BUL
the glory and richness of the environment and its contents, my body, my possessions, and all virtues.

ZHÉNE JIN GYI LAP TU SOLO  
OM SARWA TATHAGATA RATNA MANDALA PUDZA HO
I pray that you will accept these and engulf us with your splendor. From her body a stream of ambrosia descends,

KU LE DÙ TSYI CHHU GYÜN BAP  
RANG DANG SUNG JAY CHI WO NE
entering me and all those to be protected, through the tops of our heads.

ZHUK TE LÛ KÜN GANG WA YI  
JIN LAP MA LÛ ZHUK PAR GYUR
It fills our whole bodies, and all the waves of her splendor enter into us.

Imagining that, recite the twenty-one homages SEVEN TIMES, and its benefits.
Homage to TARE, "the Liberator", swift and courageous, who through TUTARE removes all fear and through TURE bestows all benefits. In front of you, SOHA, I bow down.

Homage to Tara, the quick and heroic, whose eyes flash in an instant like lightning, and who arose from the open stamens of the lotus-face of the lord of the three worlds.

Homage to her whose face is like one hundred full autumn moons and who blazes with light like that of thousands of stars.

Homage to her whose hands are adorned by golden blue lotuses and who enacts generosity, exertion, austerity, tranquility, patience, and meditative stability.

Homage to her whose crown is the tathagata, who revels in boundless complete victory, and who is thoroughly relied upon by bodhisattvas who have attained the perfections all without exception.

Homage to her who, with the syllables TUTTARA HUNG, fulfills wishes and fills all directions and all space, who tramples the seven worlds underfoot and is able to summon all without exception.

Homage to her to whom Indra, Agni, Brahma, Vayu, Vishvakarman, and Isvara present offerings; who is praised by elementals, vampires, scent-eaters, and yakshas.

Homage to her who thoroughly conquers the machinations of others with TRE and PHE, who tramples with right leg contracted and left out-stretched, and is totally blazing with swirling flame.

Homage to TURE, the terrifying one who totally conquers the fiercest maras, who, with a frowning lotus-face, kills all enemies, without exception.

Homage to her whose fingers adorn her heart with the mudra indicating the three jewels, whose radiant swirling halo adorns all directions.

Homage to her who is crowned by garlands of light, resplendent with great joy, who overpowers maras and the world with her laughter of TUTTARA.

Homage to her who can summon all guardians of places, who fully liberates from all poverty with the syllable HUNG of her grimace.

Homage to her who blazes with all adornments, crowned with a sliver of the moon, from whose topknot Amitabha continually illuminates.

Homage to her who abides in the midst of garlands of flame like the fire at the end of a kaipa, who totally conquers hoards of enemies of those who delight in the turning of the dharma wheel, with her right leg outstretched and her left contracted.

Homage to her who pierces the ground with the palm of her hand and stamps with her feet, who overthrows the seven levels with the syllable HUNG as she grimaces.

Homage to her who is bliss, virtue, and tranquility, enjoying the peace of nirvana, who conquers great wrongs with the perfect possession of SOHA and OM.

Homage to her who overthrows the enemies of those who delight in the turning of the dharma wheel and liberates with the awareness mantra, HUNG, surrounded by the ten syllables.

Homage to TURE, who stamps with her feet, whose seed is HUNG, who shakes Sumeru, Mandara, Bikjay, and the three worlds.

Homage to her, who holds in her hand that which bears the sign of a hare in the form of a divine lake, who dispels all poisons without exception with the dual repition of TARA and PHE.

Homage to her on whom the kings of the gods, the gods, and the miamchi rely, who dispels disputation and bad dreams with the armor of her delightful majesty.

Homage to her whose radiant two eyes are like the sun and full moon, who dispels fierce contagion with the dual recitation of HARA and TUTTARA.

Homage to her who genuinely possesses the power to pacify through the establishment of threefold thatness, and to the supreme TURE, who conquers dons, vampires, and yakshas.

This is the praise of the root mantra and the twenty-one homages.
OM, I pay homage to Jetsunma Arya Tara.

Homage to TARE, “the Liberator”, swift and courageous, who through TUTARE removes all fear and through TURE bestows all benefits. In front of you, SOHA, I bow down.

Homage to Tara, the quick and heroic, whose eyes flash in an instant like lightning, and who arose from the open stamens of the lotus-face of the lord of the three worlds.

Homage to her whose face is like one hundred full autumn moons and who blazes with light like that of thousands of stars.

Homage to her whose hands are adorned by golden blue lotuses and who enacts generosity, exertion, austerity, tranquility, patience, and meditative stability.

Homage to her whose crown is the tathagata, who revels in boundless complete victory, and who is thoroughly relied upon by bodhisattvas who have attained the perfections without exception.

Homage to her who, with the syllables TUTTARA HUNG, fulfills wishes and fills all directions and all space, who tramples the seven worlds underfoot and is able to summon all without exception.

Homage to her to whom Indra, Agni, Brahma, Yavudeva, Vishvakarman, and Isvara present offerings; who is praised by elementals, vampires, scent-eaters, and yakshas.

Homage to her who thoroughly conquers the machinations of others with TRE and PHE, who tramples with right leg outstretched and left out-stretched, and is totally blazing with swirling flame.

Homage to TURE, the terrifying one who totally conquers the fiercest maras, who, with a frowning lotus-face, kills all enemies, without exception.

Homage to her whose fingers adorn her heart with the mudra indicating the three jewels, whose radiant swirling halo adorns all directions.

Homage to her who is crowned by garlands of light, resplendent with great joy, who overpowers maras and the world with her laughter of TUTTARA.

Homage to her who can summon all guardians of places, who fully liberates from all poverty with the syllable HUNG of her grimace.

Homage to her who blazes with all adornments, crowned with a sliver of the moon, from whose topknot Amitabha continually illuminates.

Homage to her who abides in the midst of garlands of flame like the fire at the end of a kalpa, who totally conquers hoards of enemies of those who delight in the turning of the dharma wheel, with her right leg outstretched and her left contracted.

Homage to her who pierces the ground with the palm of her hand and stamps with her feet, who overthrows the seven levels with the syllable HUNG as she grimaces.

Homage to her who is bliss, virtue, and tranquility, enjoying the peace of nirvana, who conquers great wrongs with the perfect possession of SOHA and OM.

Homage to her who overthrows the enemies of those who delight in the turning of the dharma wheel and liberates with the awareness mantra, HUNG, surrounded by the ten syllables.

Homage to TURE, who stamps with her feet, whose seed is HUNG, who shakes Sumeru, Mandara, Bikjay, and the three worlds.

Homage to her, who holds in her hand that which bears the sign of a hare in the form of a divine lake, who dispels all poisons without exception with the dual repetition of TARA and P'HE.

Homage to her on whom the kings of the gods, the gods, and the miamchi rely, who dispels disputation and bad dreams with the armor of her delightful majesty.

Homage to her whose radiant two eyes are like the sun and full moon, who dispels fierce contagion with the dual recitation of HARA and TUTTARA.

Homage to her who genuinely possesses the power to pacify through the establishment of threefold thatness, and to the supreme TURE, who conquers dongs, vampires, and yakshas.

This is the praise of the root mantra and the twenty-one homages.
Building in the City of Light Fourteen Hundred Ma Long

OM JE TSÜN MA P'HAK MA DROL MA LA CHHAK TS'HAL LO

CHHAK TS'HAL TA RE NYUR MA PA MO
TU TA RA YI JIK PA SEL MA
TU RE DON KUN JIN PAY DROL MA
SO HA YI GE CHO LA DU DO

CHHAK TS'HAL DROL MA NYUR MA PA MO
CHEN NI KE CHIK LOK DANG DRA MA
JIK TEN SUM GÖN CHHU KYE ZHAL GYI
GE SAR JE WA LE NI JUNG MA

CHHAK TS'HAL TÖN KAY DA WA KÜN TU
GANG WA GYA NI TSEK PAY ZHAL MA
KAR MA TONG THRAK TS'HOK PA NAM KYI
RAP TU CHHE WAY Ö RAP BAR MA

CHHAK TS'HAL SER NGO CHHU NE KYE KYI
PE ME CHHAK NI NAM PAR GYEN MA
JIN PA TSÖN DRÜ KA THUP ZHI WA
ZÖ PA SAM TEN CHÖ YUL NYI MA

CHHAK TS'HAL DE ZHIN SHEK PAY TSUK TOR
THA YE NAM PAR GYAL WAR CHÖ MA
MA LU P'HA ROL CHHIN PA THOP PAY
GYAL WAY SE KYI SHIN DU TEN MA

CHHAK TS'HAL TUT TA RA HUNG YI GE
DÖ DANG CH'HOK DANG NAM KHA GANG MA
JIK TEN DÜN PO ZHAP KYI NEN TE
LÜ PA ME PAR GUK PAR NÜ MA

CHHAK TS'HAL GYA JIN ME LHA TS'HANG PA
LUNG LHA NA TS'HOK WANG CHHUK CHHÖ MA
JUNG PO RO LANG DRA ZA NAM DANG
NÖ JIN TS'HOK KYI DÜN NE TÖ MA

CHHAK TS'HAL TRE CHE JA DANG P'HE KYI
P'HA ROL THRUL KHOR RAP TU JOM MA
YE KUM YÖN KYANG ZHAP KYI NEN TE
ME BAR THRUK PA SHIN TU BAR MA

CHHAK TS'HAL TU RE JIK PA CHHEN MO
DÜ KYI PA WO NAM PAR JOM MA
CHHU KYE ZHAL NI THRO NYER DEN DZE
DRA WO THAM CHE MA LÜ SÖ MA

CHHAK TS'HAL KÖN CHHOK SUM TS'HÖN CHHAK GYAY
SÖR MÖ THUK KAR NAM PAR GYEN MA
MA LÜ CHHOK KYI KHOR LÖ GYEN PAY
RANG GI Ö KYI TS'HOK NAM THRUK MA

CHHAK TS'HAL RAP TU GA WA JI PAY
U GYEN Ö KYI THRENG WA PEL MA
ZHE PA RAP ZHE TUT TA RA YI
DÜ DANG JIK TEN WANG DU DZE MA

CHHAK TS'HAL SA ZHI KYONG WAY TS'HOK NAM
THAM CHE GUK PAR NÜ MA NYI MA
T'HRO NYER YO WAY YI GE HUNG GI
P'HONG PA THAM CHE NAM PAR DROL MA

CHHAK TS'HAL DA WAY DUM BÜ U GYEN
GYEN PA THAM CHE SHIN TU BAR MA
RAL PAY THRÖ NE Ö PAK ME LE
TAK PAR SHIN TU Ö RAP DZE MA

CHHAK TS'HAL KAL PA T'HA MAY ME TAR
BAR WAY THRENG WAY Ü NA NE MA
YE KHYANG YÖN KUM KÜN NE KOR GAY
DRA YI PUNG NI NAM PAR JOM MA

CHHAK TS'HAL SA ZHI NGÖ LA CHHAK GI
T'HIL GYI NÜN CHING ZHAP KYI DUNG MA
THRO NYER CHEN DZE YI GE HUNG GI
RIM PA DÜN PO NAM NI GEM MA

CHHAK TS'HAL DE MA GE MA ZHI MA
NYA NGEN DE ZHI CHÖ YUL NYI MA
SO HA OM DANG YANG DAK DEN PE
DIK PA CHHEN PO JOM PA NYI MA

CHHAK TS'HAL KÜN NE KOR RAP GA WAY
DRA YI LÜ NI RAP TU GEM MA
YI GE CHU PAY NGAK NI KÖ PAY
RIK PA HUNG LE DROL MA NYI MA

CHHAK TS'HAL TU REY ZHAP NI DAP PE
HUNG GI NAM PAY SA BÖN NYI MA
RI RAP MEN DA RA DANG BIKE
JIK TEN SUM NAM YO WA NYI MA

CHHAK TS'HAL LHA YI TS'HO YI NAM PAY
RI DAK TAK CHHEN CHHAK NA NAM MA
TA RA NYI JÖ P'HE KYI YI GE
DUK NAM MA LÜ PAR NI SEL MA

CHHAK TS'HAL LHA YI TS'HOK NAM GYAL PO
LHA DANG MI AM CHI YI TEN MA
KÜN NE GO CHHA GA WAY JI KYI
TSÖ DANG MI LAM NGEN PA SEL MA

CHHAK TS'HAL NYI MA DA WA GYE PAY
CHEN NYI PO LA Ö RAP SAL MA
HA RA NYI JÖ TUT TA RA YI
SHIN TU DRAK PÖ RIM NE SEL MA

CHHAK TS'HAL DE NYI SUM NAM KÖ PE
ZHI WAY THU DANG YANG DAK DEN MA
DÖN DANG RO LANG NÖ JIN TS'HOK NAM
JOM PA TÜ RE RAP CHHOK NYI MA

TSA WAY NGAK KYI TÖ PA DI DANG
CHHAK TS'HAL WA NI NYI SHU TSA CHIK

Homage to the Twenty-One Taras
LHA MO LA GÜYANG DAK DEN PAY
LO DEN GANG GI RAP DANG JÖ PE
Anyone who has genuine respect for the Goddess and recites this clearly,

SÖ DANG THO RANG LANG PAR ÍE NE
DREN PE MI JIK THAM CHE RAP TER
recollecting it at dawn upon awakening and at dusk,

DIK PA THAM CHE RAP TU ZHI WA
NGEN DRO THAM CHE JOM PA NYI DO
will receive protection from all dangers.
All their harmful actions will be fully pacified.

GYAL WA JE WA THRÁK DÜN NAM KYI
NYUR DU WANG NI KUR WAR GYUR LA
All their bad migrations will be conquered. They will quickly attain empowerment by seventy million victors.

DI LE CHHE WA NYI NI THOP CHING
SANG GYE GO'PHANG THAR THUK DER DRO
Greater than this will be obtained, and finally, buddhahood. Virulent poison, whether abiding

DE YI DUK NI DRAK PO CHHEN PO
TEN LA NE PAM ZHEN YANG DRO WA
in the environment or within beings, whether eaten or drunk, will be dispelled by recollecting this.

ZÖ PA DANG NI THUNG PA NYI KYANG
DREN PE RAP TU SEL WA NYI THOP
The sufferings of affliction by döns, contagion, and poison will be totally relinquished.

DÖN DANG RIM DANG DUK GI ZIR WAY
DUK NGAL TSHOK NI NAM PAR PANG TE
And this is also true for other beings.

SEM CHEN ZHEN PA NAM LA YANG NGO
NYISUM DÜN-DU NGÖN PAR JÖ NA
If it is recited twice, three times, and seven times,

BU DÖ PE NI BU THOP GYUR ZHING
NOR DÖ PE NI NOR NAM NYI THOP
those wishing children will obtain children, those wishing wealth will obtain wealth.

DÖ PA THAM CHE THOP PAR GYUR LA
GEK NAM ME CHING SO SOR JOM GYUR
All wishes will be fulfilled, and all impediments destroyed. May it be so.
Torna Offering

OM BENZA AMRITA KUNDALI HANA HANA HUNG P’HE

Cleanse and purify with those.

OM SWABHAWA SHUDDHA SARWA DHARMA SWABHAWA SHUDDHO HANG

TONG PAY NGANG LE OM YIK LE RIN CHHEN NÖ CHHOK YANG PAY NANG

From emptiness, from a syllable OM, arises the best of precious vessels. Inside its vastness,

DRU SUM LE JUNG TOR MA NI ZAK ME YE SHE DÜ TSIR GYUR

from the three syllables, arises the torma, undefiled wisdom ambrosia.

OM ARYA TARE SAPARIWARA IDAM BALINGTA KHAKHA KAHI KAHI KAHI

THREE TIMES as an offering to the main deities.

OM AKARO MUKHAM SARWA DHARMANAM ADYENUPEN NATOTA OM AH HUNG P’HE SOHA

THREE TIMES as an offering to the guests.

OM CHHÖ JIN TOR MA DAM PA DI YE SHE CHHEN PO JE GONG LA

Consider this sacred torma of offering and generosity with great wisdom and accept it with great pleasure.

DE WA CHHEN POR ZHE NE KYANG

I pray that you will bestow all siddhis without exception.

NGÖ DRUP MA LÚ TSAL DU SOL

With that, request the fulfillment of your wishes.

OM ARYA TARE SAPARIWARA BENZA ARGHAM PADYEM PUPE DHUPE ALOKE GENDHE NEWIDYE SHAPDA TRATITSA SOHA

Water for the mouth, water for the feet, flowers, incense, light, perfume, food, and music.

OM NANG WA THA YE PE MAY RIK JIK TEN WANG CHHUK ZHAL LE JUNG

I pay homage to and praise you, Arya Tara of Amitabha’s Padma family, you who arose from the face of Lokeshvara,
SANG GYE KÜN GYI T'Hrin le DAK  PHAK MA DROL Mar ChHak T'sHál Tö
you who embody the activity of all buddhas. With supreme faith, I pay homage

Tö Par ö Pa Tham Che La  ZHING Dul Kün GYI DRang NYE KyI
to and praise all who are worthy of praise by bowing

Lütö Pa Yi Nam Kün Tu  CHHok Tu De Pe CHHak T'sHál Tö
with as many bodies as there are particles in all realms.

DAK GI JI  TAR SOL Way DÖN  GEK ME DRup PAR GYI LOP
Engulf me with splendor that what I request may be accomplished without impediment.

SANG GYE TEN PA DAR ZHING GYE  TEN Dzin THuk Thün ZHap Pe TEN
May the doctrine of the Buddha prosper and flourish. May the holders of the doctrine be harmonious

NYER T'sH'Iey Bar CHHie KÜN ZHI ZHING  SHE DRup T'Hrin le PHEL War Dzö
and long-lived. May all harmful obstacles be pacified. May the activities of study and practice flourish.

NE MUK TH'ruk Tsö ZHI WA DANG  CHHÖ Den Pal Jor GONG Du PHEL
May sickness, famine, agitation, and strife be pacified. May dharmic glory and prosperity flourish.

CHHÖ KYONG Gyal Po Nga Thang GYE  Gyal Kham Tha Ù De War Dzö
May the authority of dharma kings increase. May central and border countries be happy.

JIK Pa Chu DRuk Dù Min ChHí  MI LAM T'ShEN T'Ngen Pa DANG
Protect us from all present and ultimate dangers such as the sixteen dangers, untimely death, bad dreams,
Khor Wa Ngen Song Duk Ngal Sok Ne Kap Thar Thuk Jik Le Kyop
bad omens, and the sufferings of samsara and bad states of existence. May life, merit, influence, experience, and

Tshesö Wang Thang Nyam Tok Phel Mi Gey Tok Pa Mi Juing Zhing
realization flourish. May unvirtuous thoughts not arise. May the two bodhicittas be born effortlessly.

Jang Chhup Sem Nyi Tsol Me Kyi Sam dön Chhö Zhin Drup Par Dzö
May the fulfillment of our wishes be in accord with the dharma. I pray that from now until reaching the

Di Ne Jang Chhup Nying Pö Bar Bu Chik Po La Ma Zhin Tu
essence of awakening, you and I may be inseparable,

Dral Me Thuk Jey Chen Gyi Zik Nyi Dang Yer Me Dze Du Sol
and that you will always look upon me with compassionate eyes, like a mother regarding her only child.

With that, by requesting especially the fulfillment of your wishes, and appealing to her commitment:

Dön Kyi Ö Zhu Rang La Thim Yer Me Nyi Du Jin Lap Pe
The frontal visualization melts into light and dissolves into me. Engulfed with her splendor,

Rang Nyi Phak Ma Drol May Ku Nang La Rang Zhin Me Par Gyur
we are undifferentiated. I have become Arya Tara, appearance with no nature.

In that way, fix your mind on the clear appearance and pride of yourself as the Arya. Recite the ten syllables as much as you can.

Om Tare Tuttare Ture Soha
Then the hundred syllables.

OM BENZA SATO SAMAYA  MANUPALAYA  BENZA SATO TENOPA  TIKTHA DRIDHO MEBHAWA  SUTOKAYO MEBHAWA
SUPOKAYO MEBHAWA  ANURAKTO MEBHAWA  SARWASIDDHI METRAYATS  SARWAKARMA SUTSAMETSITAM SHRIYA
KURU HUNG HAHA HAHARIO BHAGAWAN  SARWA TATHAGATA  BENZA MAME MUNTS  BENZI BHAWA MAHA SAMAYA SATO AH
HUNG PHE  MA NYE YONG SU MA TSHANG DANG  GANG YANG NUT PA MA CHHI PA
I request that you forgive whatever defects there are in what I have done here.

DIR NI GYI PA GUNG NONG PA  DE KUN KYHE GYI ZO DZE RIK
whatever has been incomplete, imperfect, and whatever I have been unable to do.

**SKIP TO**  except when closing or moving a shrine – in which case, chant these verses.

OM KYHE KYI SEM CHEN DON KUN DZE  JE SU THUN PAY NGO DRUP TSOL
You accomplish the benefit of all sentient beings and bestow the appropriate siddhi.

SANG GYE YUL DU SHEK NE KYANG  LAR YANG JON PAR DZE DU SOL  BENZA MU
I pray that you depart for the buddha realms, but that you will return.

Rectifying that, the invited deities deport.

OM  DIR NI TEN DANG LHEN CHIK TU  KHor WA SI DU ZHUK NE KYANG
For the duration of samsara, please abide together with this support.

NE ME TSHE DANG WANG CHHIUK DANG  CHHOK NAM LEK PAR TSAL DU SOL  OM SUTRA TIKTHA BENZA YE SOHA
Please bestow health, longevity, prosperity, and all that is excellent and supreme.

LHA DANG RANG SEM YER ME PA  CHHÖ YING NYUK MAY NGANG DU ZHAK
The deity and my mind are undifferentiated. I rest in the natural state, the dharmahatru.

In that way, foster the view of the nature (SILENT MEDITATION)
GE WA DI YI NYUR DU DA
PHAK MA DROL MA DRUP GYUR NE

Through this virtue, may I quickly accomplish Arya Tara and establish all beings without exception in that state.

DRO WA CHIK KYANG MA LÚ PA
DE YI SA LA GÔ PAR SHOK
YI ZHIN NOR DANG BUM PA ZANG PO TAR

You bestow without obstruction the fulfillment of all wishes, like a wish-fulfilling gem or an excellent vase.

SAM PAY DÔN KÚN
THOK ME TSOL DZE PA
JE TSÚN DROL MA GYAL WA SE CHE KYI

May there be the auspiciousness of the constant compassion of Jetsunma Tara,

MI DRAL THUK JE KYONG WAY TA SHI SHOK

the victors, and their children.

JE TSÚN CHOM DEN DE MA THUK JE CHEN
DAK DANG THA YE SEM CHEN THAM CHE KYI

Compassionate Jetsunma Bhagavati: May my two-fold obscurations and those of all limitless sentient beings be purified.

DRIP NYI JANG ZHING TS'HOK NYI NYUR DZOK TE
DZOK PAY SANG GYE THOP PAR DZE DU SOL

May the two accumulations be quickly completed.

DE MA THOP KYI TS'E RAP KÚN TU YANG
LHA DANG MI YI DE WAY CHHOK THOP NE

During all our lives, until we attain that, may we obtain the excellent happiness of gods and humans.

THAM CHE KYHYEN PA DRUP PAR JE PA LA
BAR CHHE DÔN GEK RIM DANG NE LA SOK

Please quickly pacify and eliminate all obstacles to the accomplishment of omniscience—all dôns, all impediments, all contagion,

DÚ MIN CHHI WA GYUR PA NA TS'HOK DANG
MI LAM NGEN DANG TS'HEN MA NGEN PA DANG

sickness, and so forth; all varieties of untimely death, bad dreams, bad omens,
the eight dangers, and so forth — all that is harmful. Please cause the spontaneous effortless flourishing

and increase of all mundane and supramundane auspiciousness, happiness,

excellence, and abundance, without exception.

May we be diligent in practice. May the sacred dharma flourish. May we do your practice continually and see your face.

May we realize the meaning of emptiness. May the precious bodhicitta flourish and increase like the waxing moon.

In the excellent and joyous mandala of the victors, may I be born from a beautiful pure lotus.

May I also receive a direct prophecy there from the Victor Amitabha.

May there be auspiciousness of the deity I practice in all lives, who is the activity of all buddhas of the three times,

who is quick and heroic, green, with one face and two hands, the mother who holds an utpala.
GYAL YUM DROL MA KHYE KU CHI DRA DANG  KHOR DANG KU TS'HEY TS'HE DANG ZHING KHAM DANG
Tara, mother of the victors, may we attain a body like yours and also retain, longevity, realms, and the best of excellent names,

KHYE KYI TSHEN CHHOK ZANG PO' CHI DRA WA  DE DRA KHO NAR DAK SOK GYUR WAR SHOK
all of these, just like yours. Through the power of praising and supplicating you,

KHYE LA TÖ CHING SOL WA TAP PAY THU  DAK SOK GANG DU NE PAY SA CHHOK SU
may sickness, poverty, strife, and warfare in all regions be pacified.

NÉ DANG UL PHONG THAP TSÓ ZHI WA DANG  CHHÖ DANG TA SHI P'HEL WAR DZE DU SOL
I pray that you will cause the flourishing of dharma and auspiciousness.
The Good Tree of Immortal Freedom from Anguish,
a Prayer for the Longevity of the Victorious
Fathers and Sons of the Glorious Karma Kagyu

OM SVASTI

RAB JAM GYAL WAY KU DANG YESHE KYI
THRIN LEY GYAMTSÖ’I NAM THAR KYONG WAY WANG
Majestic holder of the ocean of activity Of the wisdom and bodies of innumerable victors,

DÜ SUM KÜN KHYPEN GYAL WANG KARMAPAY ZHAB PE TEN CHING DZE THRIN GYE PAR SHOG
Gyalwang Karmapa, omniscient throughout the three times, May your lotus feet remain firm and your activity flourish.

DE DEN ZHING GI GÖN PO NANG THA YE SAM ZHIN NGO TSHAR TRUL PAY DÖ GAR GYI
Amitabha, lord of Sukhavati, Lord of the dance, skilled in upholding the victory banner of the teachings

TEN PAY GYAL TSHEN DRENG KHE GAR GYI WANG TSHUNG ME GONG MA RIM JÖN NAM LA DÜ
Through the intentional wondrous dance of emanation bow to the peerless predecessors. Although you have possessed

SI ZHI MI PHAM ZUNG JUG DORJE’I KUR DÖ NE DRUP KYANG DAG SAY TSHÜL TÖN PA
from the beginning the vajra body, Unconquered by existence or peace, you appear as one on the pure levels.

JAM CHEN GYAL WAY DÖ GAR SI TU PAY ZHAB PE TEN CHING DZE THRIN GYE PAR SHOG
Situpa, display of the great victor Maitreya, May your lotus feet remain firm and your activity flourish.

MONG PAY MÜN JOM KHYPEN TER CHOG TSÖL WA JAM YANG NGÖ NANG TEN PAY SOG SHING CHE
Conqueror of ignorance’s gloom, giver of the supreme treasure of wisdom, Actual appearance of Manjushri, great life-tree of the teachings,

NYIG MAY GÖN GYUR JAM GÖN LA MA YI ZHAB PE TEN CHING DZE THRIN GYE PAR SHOG
Jamgon Lama, protector in these degenerate times, May your lotus feet remain firm and your activity flourish.

Long Life Prayers
DÖ MAY MI SHIG THIG LE CHEN PO’I TSEL
Display of the great, primordial, indestructible drop, Lord of Secrets, vajra dancer of bliss-emptiness,

GANG DÜL KUR NANG GO SHRI GYAL TSAB PAY
Goshri Gyaltsep, appearing in various forms to tame various beings, May your lotus feet remain firm and your activity flourish.

NANG SI ZIL NÖN JUNG ZHIR RANG WANG JOR
Subduer of all that appears and exists, master of the four elements, Chakravartin of activity who possesses the vajra body,

PE JUNG NGO NANG PAL DEN PA WO CHE’I
Actual appearance of Padmasambhava, great, glorious Pawo, May your lotus feet remain firm and your activity flourish.

TSHE PAG ME PAY YE SHE GYU THRUL NI
Magical display of Amitayus’s wisdom, Spontaneously perfect, glorious, profound, and vast skillful activity,

PHEN DE’I THSA LAG TRE HO TRÜL PAY KÜT
Root of benefit and happiness, nirmanakaya Treho, May your lotus feet remain firm and your activity flourish.

DE TAR MI CHE GÜ PE SÖL TAB THÜ
Through the power of praying with such unreserved devotion, May the lamas’ blessing enter my mind.

SANG SUM NAM THAR YÖN TEN GYAMTSÖ’I GYUN
May I be able to fully emulate The ocean of qualities of their three secrets and their lives.

PHEN DE’I PHÜN TSHOG MA LÜ JUNG WAY GO
May the gate of all excellent benefit and happiness, the victors’ teachings, Long remain, and may all the communities

DE DZIN SHE DANG DRUP PAY DÜ DE KUN
That uphold, study and practice them Flourish in observance of the ten Dharma practices.
DREL THOG DAG SOG DRO KÜN DÜ DI NE
May all those connected to those communities—myself and others—From now until the youth of great bliss’s essence is mature,
KAL ZANG CHÖ DEN SAM KÜN LHÜN Druk Shog
Be unsullied by the stain of impediments and harm. May all Dharmic wishes of the fortunate be spontaneously accomplished.
NOG CHUNG NYING PO ME PAY ĐÖN TOG NE
The pleasure and wealth of existence is like last night’s dream. Realizing it to be unimportant and meaningless,
ZÖL ME TSÖN PA CHEN PÖ JUG GYUR CHIG
May we practice sacred Dharma without vacillation, With great and sincere exertion.
SEM NYI TONG SAL LHÜN Druk Rang Dröl Du
Resolving that one’s own mind is the Buddha, Realizing that mind itself is emptiness-lucidity, spontaneously perfect and self-liberated,
JANG DRÖL DAM PAR UG YUNG THOB GYUR CHIG
May we be free from all hope and fear regarding samsara and nirvana And gain the assurance of genuine, free awakening.

This brief prayer for the longevity and flourishing activity of these holy objects of worship by gods and humans was written, in order to remind myself of their kindness and in response to the fervent encouragement of many, by Ogyen Trinley Pelden Wangi Dorje, the seventeenth to be blessed by the name of the Buddha Karmapa, at Vajrasana, the site of the full and manifest awakening of the Sugata, on the special occasion of the nineteenth Sangha Prayer Festival of the peerless protectors of beings, the Kagyü. May this cause the lamas’ blessing to enter the minds of us all.

Translated by Lama Yeshe Gyamtso
Long Life Prayer
for His Holiness the Gyalwa Karmapa and the Kagyu Lineage Holders

DE CHHEN TS'HOK KYI KHOR LOR TAK ROL PA
You who continuously enjoy the mandala of great bliss.

DÜ SUM GYAL WAY TER CHHEN KAR MA PA
Karmapa, great treasury of all buddha activity,

YAP SE GYÜ PAR CHE PAY SI TS’HO DIR
with your heart sons and lineage may you remain

KAL PA KAL PAY BAR DU ZHAP TEN SOL
in this ocean of existence for kalpas and kalpas.

GANG GI ZAP SANG SUNG GI SANG WA LA
Whoever engages in the essential activity of listening, reflecting, and practicing

T’HÖ SAM DRUP PAY NYING POR JE PA YI
the secret teachings of your profound speech,

PONG DANG LOK PAY DE NAM T’HAM CHE NI
may their practice and study increase

YAR GYI CHHU WO TA BUR GYE GYUR CHIK
like the surging rivers of summer.
True Words of Longevity: Long Life Prayer for Khenpo Karthar Rinpoche

KAL PA MANG POR RAB GOM TSHOG NYI LAM
Having completed the path of the two accumulations during many kalpas,

THAR CHIN DRE BU’I CHÔ KUR NE GYUR CHING
You have been transformed into its result, the dharma kaya.

NYAM ME YON TEN THA YE ME JUNG PEL
Boundless splendor of peerless qualities – Victors of the three times,

DU SUM GYAL WA NAM KYI GE LEG TSÔL
bestow virtue and excellence.

CHÔ MIN DE PE LA MAY KA TAR NYEN
With uncontrived faith you listen to the guru's words as commands.

LUNG RIG DÛ TSI THUG KYI BUM ZANG TAM
The good vase of your heart is filled with the ambrosia of scripture and reason.

SHE DRUP LE LA TAG GÜ TSÔN PE ZHUG
Your exertion in teaching and practice is continuous and devoted.

GYAL TEN DEG PAY DAM PA ZHAB TEN SÔL
May the feet of this genuine upholder of the victor's doctrine remain firm.

NGÖN ME YÛL DU CHO KYI DRÔN ME PAR
You light the torch of dharma in a country where it did not exist.

RI ME DRO LA SEM KYI DE KYI TRÜN
You impartially give rise to happiness in the minds of beings.

TSHE ME ZHI DE’I LAM LA TAG PAR NE
You always remain on the path of harmless peace and joy.

KYÖN ME TRIM DEN DAM PA ZHAB TEN SÔL
May the feet of this flawless, genuine monk remain firm.

NAM DAG GE WAY LHAG SAM DRI ME DANG
Through stainless, altruistic, pure virtue,

LU ME MÔN LAM ZANG DANG THU TSEN PÔ
And through the power of unfailing, good aspirations,

DÔ PAY DRE ZANG NYUR DU DZOG DANG LHEN
May the good result we wish for be quickly attained

KÜN LA NANG WA KAR PÔ KHYAB GYUR CHIG
And may all be filled with the radiance of virtue.

In response to the earnest request of Khenpo Karthar Rinpoche’s disciples for a longevity supplication like this, this was written immediately at Gyuto Monastery in India on May fifth, 2002, by Ogyen Trinley Palden Wangi Dorje, who bears the name Karmapa.
Translation by Lama Yeshe Gyamtso.
DÜ ZHI LE GYAL GYAL WAY T'HRIN LE PA
Karmapa, who is the activity of all the buddhas, victorious over the four māras.

KAR MA PA TEN TEN PAY NYING PO DI
may his teachings, this essence of dharma,

CHHOK T'Har KÜN KHYAP KHYAP CHING GYÜN MI CHHE
continuously spread to the far limit of all directions,

TAK PAR RAP P'HEL P'HEL WAY TRA SHI SHOK
greatly increase, and always flourish auspiciously.
A General Prayer for the Lamas’ Long Life

LA MA KU KHAM ZANG WAR SOL WA DEP
I pray that the lama’s life be excellent.

CHHOK TU KU TS’HE RING WAR SOL WA DEP
that his supreme life be long.

T’HRIN LE DAR ZHING GYE LA SOL WA DEP
and that his activity increase and spread.

LA MA DANG DRAL WA ME PAR JIN GYI LOP
Bless us that we remain inseparable from the lama.

PAL DEN LA MA ZHAP PE TEN PA DANG
May the glorious lamas live long.

KHA NYAM YONG LA DE KYI JUNG WA DANG
May happiness and well-being arise in all sentient beings, equal to the sky.

DAK ZHEN MA LÙ TS’HOK SAK DRIP JANG NE
May I and all beings without exception, by gathering the two accumulations,

NYUR DU SANG GYE SA LA GŌ PAR SHOK
purify the two veils and thus be swiftly established in the state of buddhahood.
SAN GYE KU SUM NYE PAY JIN LAP DANG
Through the blessing of the buddhas’ attainment of the three bodies,

CHHÔ NYI MIN GYUR DEN PAY JIN LAP DANG
through the blessing of the unchanging truth of dharmatā, and

GEN DÜN MI CHHE DÜN PAY JIN LAP KYI
through the blessing of the unwavering aspiration of the saṅgha,

JI TAR NGO WA MÔN LAM DRUP GYUR CHIK
may this dedication prayer thus be accomplished.

JAM PAL PA WÔJI TAR KHYEN PA DANG
The courageous Mañjuśrī, who knows everything as it is,

KÜN TU ZANG PO DE YANG DE ZHIN TE
Samantabhadra, who also knows in the same way,

DE DAK KÜN GYI JE SU DAK LÔP CHING
and all the bodhisattvas—that I may follow in their path,

GE WA DI DAK T‘HAM CHE RAP TU NGO
I wholly dedicate all this virtue.