



21 Praises of Exalted Tara

OM Obeisance to Tārā, revered and exalted
Homage to Tārā, swift and courageous,
Who dispels all fears with the mantra TUTTARE,
Who liberates by giving all benefit by TURE,
With the syllable SVĀHĀ I bow to you.



1. ལྷོལ་མ་རྒྱུར་མ་དཔའ་མོ་ Drolma Nyurma Pamo
Arya-ture-vira-Tārā, Tārā Swift and Heroic

Homage to the saviouress, swift and courageous,
Whose gaze is quick as a flash of lightning,
Who on a tear from the face of Avalokiteśvara Sprang forth
from a billion-fold lotus pistil.



2. ལྷོལ་མ་འོད་དཀར་ཅན་ Drolma Okar Chen

Arya-shukla-kanta-Tārā, Tārā White as Autumn Moon

Homage to her whose face is like
The accumulation of a hundred full moons of autumn,
Who like a cluster of a thousand stars
Radiates light that clarifies everything.



3. ལྷོལ་མ་གསེར་མདོག་ཅན་ Drolma Serdog Chen
Arya-kanaka-varna-Tārā, Golden-colored Tārā

Homage to her who is golden blue-green,
Whose hand is adorned with a water-born lotus,
Charity, endeavour, austerity and peace,
Patience and samadhi are the field of her action.



4. ལྷོལ་མ་དེ་བཞིན་གཤེགས་པ་གཙུག་ཏེར་ཅན་ Drolma Deshin Shegpa Tsugtor Chen
Arya-tathagatoshnishi-Tārā, Tārā Victorious Ushnisha

Homage to her, the crown jewel of Tathagatas,
She who enjoys the most infinite victory,
Whoever obtains all the transcendent virtues,
Those heirs of the Conquerer take her support.



5. ལྷོ་ལ་མ་ཏུ་ལྷོ་གས་མ་ Drolma Hungdra Drokma
Arya-humkara-nadini-Tārā, Tārā Proclaiming the Sound of HUM

Homage to her who by HUM and the TUTTARE mantra Fills all space,
directions and realms of desire,
Pressing the seven worlds under her feet
She brings all and everything into her power.



6. ལྷོལ་མ་འཇིག་རྟེན་གསུམ་རྒྱལ་མ་ Drolma Jigten Sumgyalma
Arya-trailokya-vijaya-Tārā, Tārā Victorious over the 3 Worlds

Homage to her whom Indra, Agni and Brahma,
Vāyu, Ishvara and all the gods worship.
Elementals, gandharvas and zombie-like demons,
All malevolent spirits give praise before her.



7. ལྷོལ་མ་རབ་འཇོམས་མ་ Drolma Rabjoma
Arya-pramardini-Tārā, Tārā Crushing Adversaries

Homage to her who by TRAT and PHAT
Destroys evil forces conjured by magic,
Right leg folded, left extended pressing down,
She consumes them completely with her raging blaze of fire.



8. ལྷོ་ལ་མ་བདུད་འཛོམས་དབང་ལྷུག་མ་ Drolma Dudjom Wangchukma
Arya-mara-mardaneshvari-Tārā,
Tārā Who Bestows Supreme Powers

Homage to her, the swift fearsome one,
She who obliterates the most tenacious of devils,
With her lotus face wrinkled in wrath,
She annihilates all enemies without exception.



9. སེང་ལྷེང་ནགས་ཀྱི་སྒོལ་མ་ Sengdeng Nagkyi Drolma
Arya-khadira-vani-Tārā, Tārā Granter of Boons

Homage to her who displays the mudrā of the Three Precious Ones
With her fingers perfectly ornamenting her heart,
Who quakes all directions without exception
By the effulgence of light from the wheel in her hand.



10. ལྷོལ་མ་སྐྱ་ངན་སེལ་བྱེད་མ་ Drolma Nyangen Selchema
Arya-shoka-vinodani-Tārā, Tara Dispeller of Sorrow

Homage to her who spreads sublime joy
From the glittering garland of lights on her crown,
From great peals of laughter with the TUTTĀRĀ mantra
She brings demons and the universe under her power.



11. ལྷོ་ལ་མ་འཇིག་རྟེན་དབང་སྐུད་མ་ Drolma Jigten Wangduma
Arya-jagadvashi-Tārā, Tārā Summoner of Beings

Homage to her, the assembly of protectors of the earth.
She has the power to summon them forth,
By HUM and the movements of her furious grimace
She completely delivers all destitute beings.



12. ལྷོལ་མ་བགྲ་ཤིས་སྒྲུང་བ་ Drolma Tashi Nangwa
Arya-mangalaloka-Tārā, Tārā Auspiciously Shining

Homage to her whose crescent moon diadem,
All bejewelled, glows dazzlingly,
Who from Amitābha atop her vast flow of hair,
Streams forth continuous rays of white light.



13. ལྷོལ་མ་ཡོངས་སུ་སློན་བྱེད་མ་ Drolma Yongsu Minchema
Arya-parichayika-Tārā, Tārā the Ripener

Homage to her, amidst a fire like the kalpa's end
She sits in the centre of a garland of flames
With her right leg extended and the left indrawn,
those who are joyful when the Dharma wheel turns,
She completely subdues their numerous foes.



14. ལྷོལ་མ་ཁྲོ་གཉིར་ཅན་མ་ Drolma Tronyer Chenma
Arya-bhrikuti-Tārā, Tārā with a Frown

Homage to her who slaps the earth with her palms.
And tramples it under her feet,
Who by HUM and her wrathful expression.
Dominates the beings of the seven netherworlds.



15. ལྷོལ་མ་ཞི་བ་ཚེན་མོ་ Drolma Zhiwa Chenmo
Arya-mahashanta-Tārā, Tārā of Great Peace

Homage to her, mother of bliss, mother of virtue, mother of peace,
She who herself is the peace beyond suffering,
By her root mantra with the SVÀHÀ and OM
She overcomes even the heaviest defilements.



16. ལྷོལ་མ་ཆགས་འཇོམས་མ་ Drolma Chakjoma

Arya-raga-nishudani-Tārā, Tārā Destroyer of Attachment

Homage to her, those who feel great joy at the turn of the wheel,
She annihilates the very bodies of their enemies,
By the arrangement of the ten syllable awareness mantra
Surrounding HUM, she is the mother who liberates.



17. བདེ་བ་སྐྱབ་པའི་སྒོལ་མ་ Dewa Drupay Drolma
Arya-sukha-sadhani-Tārā, Tārā Accomplishing Bliss

Homage to her, swiftly stamping her feet
She is the manifest form of the syllable HUM,
Meru, Mandara and Vindya mountains
And even the three worlds she causes to tremble.



18. རྣམ་པར་རྒྱལ་བའི་སྣོལ་མ་ Nampar Gyalway Drolma
Arya-vijaya-Tārā, Victorious Liberating One

Homage to her, rounded like a heavenly lake
Is the hare-marked moon she holds in her hand,
By repeating PHAT with the second Tārā mantra
She clears away every last trace of poison.



19. ལྷོལ་མ་སྐུ་བསྐྱལ་སེལ་བྱེད་མ་ Drolma Dukngal Selchema
Arya-dukha-dahani-Tārā, Tārā Burner of Suffering

Homage to her—

served by the king of the assembled deities,
By the gods and other muse-like divinities,
With the sheer brilliance of her armour of joy,
She dispels all inauspicious dreams and quarrels.



20. ལྷོལ་མ་དངོས་གྲུབ་འབྱུང་གནས་མ་ Drolma Ngodrup Jungnayma
Arya-siddhi-sambhava-Tārā, Tārā Source of Siddhis

Homage to her, opened like suns or full moons
Her two eyes shine forth bright light,
By reciting HARA with the second TUTTĀRĀ
She eradicates the most violent epidemics.



21. ལྷོལ་མ་ཡོངས་སུ་རྫོགས་བྱེད་མ་ Drolma Yongsu Dzogchema
Arya-parinishpanna-Tārā, Tārā the Perfecter

Homage to her whose array of the three syllables of suchness,
Has the power to perfectly pacify everything,
The hosts of demonic, malignant and zombie-like spirits
Are vanquished by TURE the unsurpassable mother.

These are the praises with the root mantra, The twenty-one salutations.

Benefits:

One who has perfect devotion to the Goddess,
A wise person who clearly recites this,
Who remembers her at dusk and at dawn upon rising
To that one will be granted absolute fearlessness.
All evil actions shall be completely purified,
All evil states completely destroyed.
Seventy million Buddhas
Shall swiftly empower one:
In this life one shall attain greatness
And ultimately proceed to Buddhahood.
Through this the strongest of poisons,
Poisonous objects and places, and even poisons
Eaten or drunk by other beings
Will be completely purified by remembering her.
Afflictions from poison, plagues and negative forces,
All of one's sufferings shall come to cessation –
This will be so for other beings too.
Who truly recites this twice, thrice or seven times
And desires a child, will have a child,
Or desiring wealth will gain such wealth.
All one has wished for shall be obtained,
And obstacles will subside by themselves.
This completes the Praise to Aryā Tārā, the Twenty-One-Fold Homage¹

¹Translated by the Padmakara Translation Group

Short Aspiration

May I attain the same kayas, retinue,
Longevity of life, pure realms,
And sublime excellent names
As Tārā, herself, the mother of the victorious ones.

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