The Twenty-One Praises to Tara
Noble and exalted Tara, I bow to you.

Homage to Tārā, so swift and courageous,

Mother who banishes fear with tuttāre,

With ture, you meet all our needs and our wishes

With svāhā, great mother, we bow down before you.
Homage to Tara, so swift and courageous.

Your eyes flash like lightning, so quick and all-seeing,

Born from the tears of the Lord of Trailokya

At the heart of a beautiful lotus in blossom.
Homage to Tara, whose smile is as radiant,
As one hundred million full autumnal moons;
Ablaze with the light of the stars in their thousands
You shine with a transcendent light of perfection.
Homage to Tara, our golden-skinned mother;

Adorning your hand is an azure-blue lotus.

Kind, open-handed, hard-working and patient,

And one with the state of samadhi perfected.
Homage to Tara, whose victories are endless,
The crown on the heads of the Tathagatas.
Praised by the masters of all the perfections,
All bodhisattvas rely on your guidance.

DROLMA DESHIN SHEGPA TSUGTOR CHEN
ARYA-TATHAGATOSHNISHI-TĀRĀ
TĀRĀ VICTORIOUS USHNISHA
Homage to Tara, our spellbinding Mother,

You create all of space with your *hūṃ* and *tuttāre*,

All beings you magnetize, without exception,

And trample the seven worlds under your feet.
Homage to Tara, whom all the gods worship,

Indra, Marut, Agni, Shiva and Brahma;

Praised by the demons who harm and assail us,

Ghosts, spirits, zombies, gandharvas and yakṣas.
Homage to Tara, who crushes black magic,

With *traṭ* and with *phaṭ* you destroy harmful forces;

You dance, right knee bent and the left leg extended,

All magic consumed in a blazing inferno.

---

**7. तारा चरण जोति**

**DROLMA RABJOMA**

**ARYA-PRAMARDINI-TĀRĀ**

**TĀRĀ CRUSHING ADVERSARIES**
Homage to Tara, whose spine-chilling ture

Vanquishes even the powerful Mara;

Wrinkling her beautiful brow in fierce anger,

She crushes all foes and destroys them completely.
Homage to Tara, the radiant lady,

You form at your heart the three Rare and Supreme,

Mother, whose radiance fills all directions

With brilliant light that bedazzles all thinking.
Homage to Tara, whose sparkling tiara,
Shines with the light of her limitless joy.

Your laughter and tuttāre topple all demons,
Subduing all worlds with exultant delight.
Homage to Tara, the Mother who summons

All the world’s leaders with hūm and a frown.

You free us from hardship, from need and misfortune

From homelessness, poverty, hunger and thirst.
Homage to Tara, whose bright shining tiara,
Is graced with a brilliant crescent new moon.

Sitting amidst your thick mane of black tresses,
Is Lord Amitabha irradiant with light.
13. Tārā The Ripener

Homage to Tara, encircled by fire,

Infernos of flames, like the end of all time.

Truth’s enemies and their great armies you vanquish,

And spin, right leg stretched with your left leg drawn in.
Homage to Tara, who strikes the earth’s surface  
You pound with your palms and you stamp with your feet;  
With *hūṃ* and a glowering scowl, all your anger  
Shatters the underworld’s layers, all seven.
Homage to Tara, the one who is blissful,

You are liberation, your province is peace,

With om and with svāhā, so perfectly rendered

You lay waste to all the worst evils and sufferings.
Homage to Tara, immersed in deep rapture,

You shatter the bodies of all of your foes;

Declaiming your ten letters and hūm of wisdom,

You liberate every suffering being.
Homage to Tara, the bold dancing lady,

With *ture*, you stomp and all obstacles perish,

With *hūṃ*, Mount Meru, Mandara, and Vindhya,

And the three worlds of existence all tremble.
Homage to Tara, who holds in her white hand,

A moon – deer-marked moon – like a heavenly lake;

Expunging all traces of toxins and venom

You purge all the poisons with tāra tāra phat.
Homage to Tara, who all the gods count on,
Their kings and their gods and *kimnaras* all trust;
Your armour of joy and contentment is splendid,
It clears away nightmares and soothes away strife.
20. 普聞名之頓發殊勝解脫法
DROLMA NGODRUP JUNGNAYMA
ARYA-SIDDHI-SAMBHAVA-TĀRĀ
TĀRĀ SOURCE OF SIDDHIS

Homage to Tara, whose lustrous eyes sparkle
And shine with the light of the sun and full moon,
Uttering *hara hara* and *tuttāre,*
You pacify all the most vicious pandemics.
Homage to Tara, who with three tathātās,
Commands all the power she needs to bring peace.

Supreme Ture, you are the one who annihilates,
The hordes of grahas, vetālas, and the yakṣas.
This is the verse of praise to Arya Tara based on the root mantra,  
And the verses of praise and homage to the twenty-one Taras.

VERSES THAT DESCRIBE THE BENEFITS

If, inspired by devotion for this devi,  
Those who are wise,  
Chant these verses at dusk and dawn,  
They will be granted unassailable fearlessness.

Thus, by paying homage in this way,  
Even the deadliest poison,  
Wherever it comes from – eaten or drunk –  
Will be purged and washed away.

All wrongdoing will be pacified,  
All adversity will be overcome.  
Before long, you will receive abhishekas  
From seventy million buddhas,  
And the highest attainments  
That lead to buddhahood,  
Will be accomplished in this lifetime.

All the miseries brought on by evil, plague and venom  
Will be stamped out –  
Not just my own miseries but those of all beings.  
By chanting these verses two, three or seven times,  
Those who long for children will have children, and  
Those who wish for wealth will be prosperous.  
In short, all our wishes will be fulfilled.
"The Twenty-One Praises to Tara" text is taken from *Accumulating Wisdom and Merit through the Mandala of Arya Tara* discovered by Chokgyur Dechen Lingpa and adapted by Dzongsar Jamyang Khyentse Rinpoche, June 4 2021.

These Tara images were commissioned by Dzongsar Jamyang Khyentse Rinpoche, painted by V.V. Sapar, and made available by Khyentse Foundation. Tara is the patron and guide of the foundation. The images are freely available to all who wish to praise Tara; please don’t sell them for profit. Do treat them, and all Buddhist texts and images, with respect. Don’t place them on the floor or step over them, and if disposal is necessary, fire is the best option.