



*The Abbreviated Four-Mandala
Ritual to Chittamani Tara*



by Kyabje Gaden Trijang Rinpoche



FPMT Education Department



© FPMT, Inc., 2006

FPMT Education Department
1632 SE 11th Avenue
Portland, OR 97214

(503) 808-1588
www.fpmt.org
www.fpmt.org/shop
materials@fpmt.org

Endnotes:

1. Additional offering verse extracted from a more extensive version of this practice, according to the instructions of Lama Zopa Rinpoche.
2. Each of the respective heartfelt requests to Tara after each of the four mandala offerings has been added according to instructions from Geshe Ngawang Dakpa, Tse Chen Ling Center, San Francisco. Geshe Dakpa has mentioned that this is how the practice is traditionally done, however, this is not definitive. Which requesting verses are added depends on the chant master or monastery, and may also be adjusted according to the occasion or special purposes for which the puja is being performed. The practice of adding a heartfelt request is an oral instruction and is not in the actual text.
3. Additional offering verse extracted from a more extensive version of this practice, according to the instructions of Lama Zopa Rinpoche.
4. “ “ “ “ “
5. “ “ “ “ “

Colophon:

Composed by Kyabje Trijang Rinpoche of Gaden, at the request of Tsering, the son of officer Nyemo (a district of central Tibet), who is endowed with faith and a superior virtuous attitude.

Translated from the Tibetan by Fabrizio Champa Pelgye at the request of the Education Department of the Foundation for the Preservation of the Mahayana Tradition. Edited with standard prayers added by Venerable Constance Miller, Education Department, September 2001. Lightly edited for consistency with Lama Zopa Rinpoche's instructions and reformatted by Venerable Gyalten Mindrol, FPMT Education Department, 2006.

Literal English Translation of the *Praises to the Twenty-One Taras* by Lama Thubten Yeshe and originally edited by Sylvia Wetzel, January 1979. Extracted from the Chittamani Tara sadhana published for retreat in August 1979 by Publications for Wisdom Culture at Conishead Priory, Ulverston, Cumbria, England.



Notes Regarding This Practice

Altar and Gumpa Set-up

When performing this puja, one should set up the altar with the following items:


- a picture of Chittamani Tara
- 3 red-colored, tear drop-shaped tormas made with the 3 white and 3 sweet substances
- 4 mandalas, or 4 bowls of rice representing the 4 mandalas
- 4 sets of 7 offering bowls, placed from right to left as one faces the altar. In the food offering bowls of these sets one should place small red tormas (cookies, biscuits, etc. are also acceptable).

NOTE: When seating monks and nuns in the front, it is customary to seat monks on the left side of the throne (when facing the throne) and nuns on the right.

During “big pujas” (these are defined as self-initiations or long pujas and pujas with extensive offerings, etc.) one can offer a stick of incense for the lama or geshe to hold during the verses of invocation.

Ritual Implements

One should have both dorje and bell and an inner offering, but no damaru.

NOTE: Throughout the preceding text, small symbols of bells  or other instruments and hand mudras appear in the margins to help the practitioner know when one should play these instruments or when to do certain mudras. It is hoped that these small indications will be helpful to those not yet familiar with these aspects of tantric practice. Other symbols and their meanings are:



lotus mudra



prostration mudra



show the dorje

Practice Tips

Please note that Praises to the Twenty-One Taras is chantable in English.



The Abbreviated Four-Mandala Ritual to Chittamani Tara

by Kyabje Gaden Trijang Rinpoche



Taking Refuge

Dag dang dro wa nam khäi tha dang nyam päi sem chän tham chä dü
di nä zung te ji si jang chhub nying po la chhi kyi bar du

*I and all sentient beings as vast as space, from now until we
reach the essence of supreme enlightenment,*

Päl dän la ma dam pa nam la kyab su chhi wo

Go for refuge to the glorious pure lamas;

Dzog päi sang gyä chom dän dä nam la kyab su chhi wo

Go for refuge to the perfectly enlightened victorious ones;

Dam päi chhö nam la kyab su chhi wo

Go for refuge to the pure Dharma;

Phag päi ge dün nam la kyab su chhi wo (3x or 7x)

Go for refuge to the superior Sangha. (3x or 7x)

Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la

I go for refuge until I am enlightened.

Jang chhub bar du dag ni kyab su chhi

To the Buddha, the Dharma, and the Supreme Assembly.

Dag gi jin sog gyi pe di dag gi

*By my practice of giving and other perfections,
Dro la phän chhir sang gyä drub par shog (3x)
May I become a buddha to benefit all sentient beings. (3x)*

Special Bodhichitta

Khyä par ma sem chän tham chä kyi dön du nyur wa nyur war yang
dag par dzog päi sang gyä kyi go phang rin po chhe chi nä kyang thob
par ja / dei chhir du je tsün ma phag ma dröl mäi näl jor nyam su lang
war gyi wo

*In particular, in order to benefit all my mother sentient beings
quickly and more quickly, I must achieve the precious state of
perfect and complete buddhahood; therefore, I am going to un-
dertake the yoga of venerable Arya Tara.*

The Four Immeasurables

Sem chän tham chä de wa dang de wäi gyu dang dân par gyur chig
*May all sentient beings have happiness and the causes of
happiness.*

Sem chän tham chä dug ngäl dang dug ngäl gyi gyu dang dräl war gyur
chig
*May all sentient beings be free from suffering and the causes of
suffering.*

Sem chän tham chä dug ngäl me päi de wa dang mi dräl war gyur chig
*May all sentient beings be inseparable from the happiness that
is free from suffering.*

Sem chän tham chä nye ring chhag dang nyi dang dräl wäi tang nyom
la nä par gyur chig
*May all sentient beings abide in equanimity, free from desire for
friends and hatred for enemies.*

Make sure your mind is infused with the four immeasurable thoughts.

Homage to you, Tara, adorned by the three suchnesses,
Perfectly endowed with the power of serenity,
You who destroy the host of evil spirits, raised corpses, and yakshas,
O TURE, most excellent and sublime!

Thus concludes this praise of the root mantra
and the offering of the twenty-one homages.



Homage to you, Tara, who dwell within a blazing garland
That resembles the fire at the end of this world age;
Surrounded by joy, you sit with your right leg extended
And left withdrawn, completely destroying all the masses of enemies.

Homage to you, Tara, with hand on the ground by your side,
Pressing your heel and stamping your foot on the earth;
With a wrathful glance from your eyes you subdue
All seven levels through the syllable HUM.

Homage to you, Tara, O happy, virtuous, and peaceful one,
The very object of practice, passed beyond sorrow.
You are perfectly endowed with SOHA and OM,
Overcoming completely all the great evils.

Homage to you, Tara, surrounded by the joyous ones,
You completely subdue the bodies of all enemies;
Your speech is adorned with the ten syllables,
And you rescue all through the knowledge-letter HUM.

Homage to you, Tara, stamping your feet and proclaiming TURE.
Your seed-syllable itself in the aspect of HUM
Causes Meru, Mandhara, and the Vindhya mountains
And all the three worlds to tremble and shake.

Homage to you, Tara, who hold in your hand
The hare-marked moon like the celestial ocean.
By uttering TARA twice and the letter PHAT
You dispel all poisons without an exception.

Homage to you, Tara, upon whom the kings of the assembled gods
The gods themselves, and all kinnaras rely;
Whose magnificent armor gives joy to all,
You who dispel all disputes and bad dreams.

Homage to you, Tara, whose two eyes – the sun and the moon –
Radiate an excellent, illuminating light;
By uttering HARA twice and TUTTARA,
You dispel all violent epidemic disease.



Self-Generation

Rang nyi kä chig gi je tsün ma phag ma dröl mäi kur zheng par gyur

In one instant I arise as venerable Arya Tara.

Blessing the Inner Offering

Cleanse with:

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

Tong pa nyi du gyur

Tong päi ngang lä YAM lä lung/ RAM lä me / AH lä ye she kyi ka pa la
yang shing gya chhe wäi nang du sha nga dü tsi nga zhu wa lä jung wäi
ye she kyi dü tsii gya tsho chhen por gyur

*Everything is emptiness only. While it is empty, from YAM ap-
pears wind; from RAM, fire; from AH, a transcendental wisdom
skullcup, vast and big. In it, from the melting of the five meats
and five nectars, comes a huge ocean of transcendental wisdom
nectar.*

Consecrate the inner offering by reciting three times:

OM AH HUM (3x)



Blessing the Outer Offerings

Cleanse with: (sprinkle the offerings with inner offering using the left ring finger)

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO HAM

Tong pa nyi du gyur
 Tong pä ngang lä KAM lä thö päi nö nam kyi nang du HUM lä chhö dzä
 nam rang zhin tong nyi nam pa chhö dzä so söi nam pa chän je lä wang
 po drug gi chö yül du zag pa me päi de wa khyä par chän ter war gyur

Everything is emptiness only. While it is empty, from KAM, skullcup vessels appear. Inside these, from HUM appear the offering substances, whose nature is emptiness and who appear in their individual aspects. As the objects of enjoyment of the six senses, they give rise to special uncontaminated bliss.

OM ARGHAM AH HUM (greeting water)
 OM PADYAM AH HUM (foot washing water)
 OM VAJRA PUSHPE AH HUM (flowers)
 OM VAJRA DHUPE AH HUM (incense)
 OM VAJRA ALOKE AH HUM (light)
 OM VAJRA GANDHE AH HUM (perfume)
 OM VAJRA NAIVIDYA AH HUM (food offering)
 OM VAJRA SHAPTA AH HUM (music)



Visualization of the Field of Merit

Dün gyi nam khar seng thri pä däi dän la tsa wäi la ma dang yer me
 päi seng deng nag dröl gyi teng du jo wo je sog la ma nam dang tha kor
 du dröl ma nyer chig sog yi dam sang gyä jang sem nyän rang ka dö
 dang chä pa zhug par gyur

In the space before me, on a lion throne, lotus, and moon disk, sits Khadiravani Tara, who is inseparable from my root lama. Above her are Venerable (Atisha) and the other lineage lamas, and she is surrounded by the twenty-one Taras and so forth, the yidams, buddhas, bodhisattvas, hearers, self-realizers, and oath-bound protectors.

Homage to you, Tara, who with the letters TUTTARA and HUM
 Fill the (realms of) desire, direction, and space,
 Whose feet trample on the seven worlds,
 And who are able to draw all beings to you.

Homage to you, Tara, venerated by Indra,
 Agni, Brahma, Vayu, and Ishvara,
 And praised by the assembly of spirits, raised corpses,
 Gandharvas, and all yakshas.

Homage to you, Tara, whose TRAT and PHAT
 Destroy entirely the magical wheels of others.
 With your right leg bent and left outstretched and pressing,
 You burn intensely within a whirl of fire.

Homage to you, Tara, the great fearful one,
 Whose letter TURE destroys the mighty demons completely,
 Who with a wrathful expression on your water-born face
 Slay all enemies without an exception.

Homage to you, Tara, whose fingers adorn your heart
 With the gesture of the sublime precious three;
 Adorned with a wheel striking all directions without exception
 With the totality of your own rays of light.

Homage to you, Tara, whose radiant crown ornament,
 Joyful and magnificent, extends a garland of light,
 And who, by your laughter of TUTTARA,
 Conquer the demons and all of the worlds.

Homage to you, Tara, who are able to invoke
 The entire assembly of local protectors,
 Whose wrathful expression fiercely shakes,
 Rescuing the impoverished through the letter HUM.

Homage to you, Tara, whose crown is adorned
 With the crescent moon, wearing ornaments exceedingly bright
 From your hair knot the buddha Amitabha
 Radiates eternally with great beams of light.



Appendix 2

Praises to the Twenty-One Taras

(Literal English Translation)



OM Homage to the Venerable Arya Tara.

Homage to you, Tara, the swift heroine,
Whose eyes are like an instant flash of lightning,
Whose water-born face arises from the blooming lotus
Of Avalokiteshvara, protector of the three worlds.

Homage to you, Tara, whose face is like
One hundred full autumn moons gathered together,
Blazing with the expanding light
Of a thousand stars assembled.















Homage to you, Tara, born from a golden-blue lotus,
Whose hands are beautifully adorned with lotus flowers,
You who are the embodiment of giving, joyous effort, asceticism,
Pacification, patience, concentration, and all objects of practice.



Homage to you, Tara, the crown pinnacle of those thus gone,
Whose deeds overcome infinite evils,
Who have attained transcendent perfections without exception,
And upon whom the sons of the Victorious Ones rely.



Homage

Recite each stanza three times, prostrating each time, twelve prostrations in all.

-  Sang gyä tham chä dü päi ku
Your exalted body is the embodiment of all buddhas;
-  Dor je dzin päi ngo wo nyi
You are in the nature of vajra holder,
-  Kön chog sum gyi tsa wa te
The very root of the Three Rare and Sublime [Ones]:
-  La ma nam la chhag tshäl lo (3x)
I prostrate to all gurus. (3x)
-  Gön po thug je chhe dân pa
The savior having great compassion,
-  Tham chä khyen pa tôn pa po
The founder having all understanding,
-  Sö nam yön tän gya tshöi zhing
The field of merit with qualities like a vast ocean –
-  De zhin sheg la chhag tshäl lo (3x)
To you, the one gone to thusness, I prostrate. (3x)
-  Dag pä dö chhag dräl war gyur
The purity that frees one from attachment,
-  Ge wä ngän song lä dröl ching
The virtue that frees one from the lower realms,
-  Chig tu dön dam chhog gyur pa
The one path, the sublime pure reality –
-  Zhi gyur chhö la chhag tshäl lo (3x)
To the Dharma that pacifies, I prostrate. (3x)
-  Dröl nä dröl wäi lam yang tôn
Those who are liberated and who also show the path to liberation,
-  Lab pa dag la rab tu nä
The holy field qualified with realizations,

-  Zhing gi dam pa yön tän dän
Who are devoted to the moral precepts –
-  Tshog chog ge dün la chhag tshäl (3x)
To you, the sublime community intending virtue, I prostrate. (3x)

Offering to the Field of Merit

Strew flowers on the images. When you have sat down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.

Gyälwa gya tshöi chhö dzä lä drub päi
A host of oceans of drinking water from an ocean of realms*
 Zhing kam gya tshöi chhö yön* gya tshöi tsog
Composed of an ocean of offering substances of the Conquerors
 Yön tän gya tshöi gyäl wa khor chä la
I offer with an ocean of faith to the Conquerors and their
retinues
 Dä pa gya tshöi bül lo zhe su sö!¹
Who have oceans of qualities. Please accept it.¹

OM SARVA TATHAGATA SAPARIVARA ARGHAM (PADYAM, PUSHPE,
 DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM
 SVAHA

* (zhab sil, me tog, dug pö, nang säl, dri chab, zhäl zä, rö! mo)

* (bathing water, flowers, incense, light, perfume, food, music)

Present the inner offering by adding the three syllables: (offer with ring finger of left hand)

OM SARVA TATHAGATA SAPARIVARA OM AH HUM



Appendix 1

Mandala Offering in Twenty- Three Heaps

(English Translation)



Let us offer a buddha-field ...

OM vajra ground AH HUM, mighty golden ground. OM vajra fence
 AH HUM.

Outside it is encircled by a wall of iron mountains. At the center is Meru, king of mountains; the eastern continent, Videha (Tall-body Land), the southern, Jambudvipa (Rose-apple Land), the western, Godaniya (Cattle-gift Land), the northern, Kuru; [the eastern minor continents] Deha and Videha, [the southern], Chamara and Aparachamara (Chowrie-land and western Chowrie-land), [the western], Satha and Uttara-mantrin (Lands of the Deceitful and the Skilled in Mantra), [and the northern], Kuru and Kaurava.

In the east, the the precious elephant; in the south, the precious house-keeper, in the west, the precious horse; in the north, the precious queen.


In the southeast, the precious general; in the southwest, the precious wheel; in the northwest, the precious jewel; in the northeast, the great treasure vase. In the east, the sun; in the west, the moon.



Dro wa chig kyang ma lü pa
And lead all living beings, without exception,
 De yi sa la gö par shog
Into that enlightened state.

Verse of Auspiciousness

Pag sam shing dang nor bu bum zang zhin
Like a wish-fulfilling tree and a fortune-jeweled vase,
 Re kong dö gu jo wai yi zhin ter
You are the wish-fulfilling treasure granting all desires and
fulfilling all hopes.
 Gyäl yum dröl ma gyäl wa sä chä kyi
O conquerors' Mother Tara and all conquerors with your
children,

 Je zung ge tsän phäl wäi tra shi shog
Take care of me and grant the auspicious signs of increasing
virtue.

One may now turn to p. 317 and recite Special FPMT Dedication Prayers and prayers for the long lives of our teachers.




Author's Dedication

Due to the virtue of these efforts, may I and all migratory beings
 Be cared for by the supreme goddess, the mother of all conquerors.
 Without being discouraged, may I free migratory beings as far as the
 limits of space
 And realize the sphere of the glorious goddess.



The Seven Limbs

Gyäl wa sä chä nam la chhag tshäl lo
I prostrate to all the victorious ones and their children.
 Ngö sham yi trül chhö pa ma lü bül
I present clouds of every type of offering, actual and imagined;
 Thog me nä sag dig tung tham chä shag
I declare all my negative actions accumulated since beginningless
time
 Kye phag ge wa nam la je yi rang
And rejoice in the merit of all holy and ordinary beings.
 Khor wa ma tong bar du leg zhug nä
Please, remain until the end of cyclic existence
 Dro la chhö kyi khor lo kor wa dang
And turn the wheel of Dharma for living beings.
 Dag zhän ge nam jang chhub chhen por ngo
I dedicate my own merits and those of all others to the great
enlightenment.

To do the mandala offering in thirty-seven heaps, see p. 315.

Long Mandala Offering in Twenty-Three Heaps

Zhing kham ül war gyi wo ...
 OM vajra bhumi AH HUM / wang chhen ser gyi sa zhi

OM vajra rekhe AH HUM / chhi chag ri khor yug gi kor wäi ü su / rii
 gyäl po ri rab / shar lü phag po / lho dzam bu ling / nub ba lang chö
 / jang dra mi nyän / lü dang lü phag / nga yab dang nga yab zhän / yo
 dän dang lam chhog dro / dra mi nyän dang dra mi nyän gyi da

Shar du lang po rin po chhe / lhor kyin dag rin po
 chhe / nub tu ta rin po chhe / jang du tsün mo
 rin po chhe / shar lhor mag pön rin po chhe / lho
 nub tu khor lo rin po chhe / nub jang du nor bu
 rin po chhe / jang shar du ter chen pöi bum
 pa / nang gi shar du nyi ma / nub tu da wa



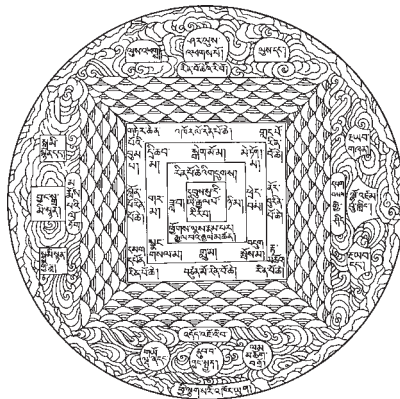
For the English translation of this mandala offering, see p. 189.



Dag zhän lü ngag yi sum long chö du sum ge tshog chä
 My own and others' body, speech, and mind, wealth and
 virtues, of the three times,
 Rin chhen mandala zang po kün zang chhö päi tshog chä pa
 This pure, precious mandala and a mass of Samantabhadra
 offerings,
 Lo yi lang nä la ma yi dam kön chhog sum la bü!
 I mentally take and offer to my Guru-Yidam and the Three
 Precious Ones,
 Thug jei wang gi zhe nä dag la jin gyi lab tu söl
 Please accept them through compassion and bestow your
 inspiration

Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
 This ground, anointed with perfume, strewn with flowers,
 Ri rab ling zhi nyi dä gyän pa di
 Adorned with Mount Meru, four continents, the sun and the moon:
 Sang gyä zhing du mig te ül wa yi
 I imagine this as a buddha-field and offer it.
 Dro kün nam dag zhing la chö par shog
 May all living beings enjoy this pure land!



Lhag pa dang ni chhä pa dang
 Please also be patient
 Chho gäi yän lag nyam pa dang
 With the rituals
 Dag gi je ngä chi chhi pa
 I have performed incorrectly
 De yang zö par dzä du söl
 Or with omissions.

Requesting the Deity to Remain or Depart

If you have an image of the deity, request the deity to abide in it:

Dir ni ten dang lhän chig tu
 For the benefit of migratory beings
 Dro wäi dön du zhug nä kyang
 Please abide in this image,
 Nä me tshe dang wang chhug dang
 Granting wealth, highest goodness,
 Chhog nam leg par tsäl du söl
 And long life free from sickness.

OM SUPRATISHTHA VAJRAYE SVAHA

Toss flower petals or rice to the merit field

If you don't have an image, request the deity to depart:

Ye she pa rang zhin gyi nä su sheg
 The wisdom beings return to their natural abodes.
 Dam tshig pa rang nyi la thim par gyur
 The commitment beings absorb into me.

Dedicate the virtues and sing the auspicious verses in the following way.

Dedication Prayer

Ge wa di yi nyur du dag
 Through the merits of these virtuous actions
 Phag ma dröl ma drub gyur nä
 May I quickly attain the state of Arya Tara



Lam tso sum dang rim nyi kyi

Please grant your blessings that realizations of the three principles of the path

Nyam tog nyur du thar chhin dzö

And two stages may quickly be completed.

Di nä jang chhub nying pöi bar

From now until the essence of enlightenment

Khyö min kyab nä zhän me pä

I have no other refuge than you.

Bu chig po la ma yi zhin

Bless me and care for me

Je zung jin gyi lab tu söi

As a mother does for her only child.

Confession of Faults in the Recitation

Recite the hundred-syllable mantra:



OM PADMASATTVA SAMAYA MANUPALAYA / PADMASATTVA
TVENOPATISHTHA / DRIDHO ME BHAVA / SUTOSHYO ME
BHAVA / SUPOSHYO ME BHAVA / ANURAKTO ME BHAVA /
SARVA SIDDHIM ME PRAYACCHA / SARVA KARMA SUCHA ME /
CHITTAM SHRIYAM KURU HUM / HA HA HA HA HOH /
BHAGAVAN / SARVA TATHAGATA / PADMA MA ME MUNCHA /
PADMA BHAVA MAHA SAMAYA SATTVA AH HUM PHAT (1x)

And the prayers:

Ma nye yong su ma she dang

With all my actions performed here,

Gang yang nü pa ma chhi pa

With whatever I could not find

Dir ni ja wa gang gyi pa

Or was not able to do,

De kün khye kyi zö dzä rig

Please be patient.



*Heartfelt Request (Optional)*²

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes:

Je tsün la ma dam pa khye nam kyi

Please, holy jetsun Guru,

Chhö küi kha la khyen tsei trin thrig nä

From billowed clouds of compassion and wisdom in the sky of dharmakaya,

Je tar tsham päi düi jäi dzin ma la

Make rainfalls of profound and extensive teachings of whatever is suitable

Zab gyä chhö kyi chhar pa bab tu söi

For the ears of sentient beings, who are the objects to be subdued.

IDAM GURU RATNA MANDALAKAM NIRYATAMI

Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la

I go for refuge until I am enlightened.

Jang chhub bar du dag ni kyab su chhi

To the Buddha, the Dharma, and the Supreme Assembly.

Dag gi jin sog gyi pa di dag gi

By my practice of giving and other perfections,

Dro la phän chhir sang gyä drub par shog (3x)

I become a buddha to benefit all sentient beings. (3x)

Prayer for the Donor (Optional)

If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting, recite the following:

Kyab sum tham chä dü päi dag nyi je tsün phag ma dröl mäi lha tshog
khor dang chä pä jin dag [insert the name here] di dü ma yin par chhi päi
jig pa lä dröl / chhi me pa tshei rig dzin thob par jin gyi lab tu söi



I request venerable Arya Tara and the assembly of deities, who are embodiments of all the objects of refuge, to grant their blessings for the beneficiary (insert the name) to be free from the fear of untimely death and to achieve the state of immortality of a long life knowledge-holder.

Think that with a smile they accept your request.

Prayer for the Desired Goal

Leg tshog kün gyi jung nä ge wäi she

Please bless me to devote myself in thought and action

Sam dang jor wä tshül zhin gü ten zhing

To the virtuous teacher, the very source of all goodness.

Gyäl wa gye päi lam gyi gyü jang nä

By training in the path that pleases all the conquerors

La me jang chhub thob par dzä du söl (3x)

May I reach unsurpassed enlightenment. (3x)



Dag gi ji tar söl wäi dön

Of your non-referential compassion,

Geg me drub par jin gyi lob

So I may be able to fulfill all my wishes without obstacles.

Gyäl tän chi dang lo zang tän

Let the teachings and practice of the victorious ones in general

Shä dang drub pä chhog chur gyä

And the doctrine of Losang in particular spread to the ten directions.

Tän dzin ge dün de dang chä

Let the Sangha who uphold the doctrine be harmonious

Thug thün thrin lä phel war dzö

And may their enlightened activities increase.

Jong dir nä mug thrug tsö zhi

Please pacify conflicts, famine, and sickness in this country;

Chhö dang tra shi gong du phel

Increase the Dharma and good fortune;

Chhö dân gyäl pöi nga thang gyä

Expand the power of Dharma rulers;

Gyäl kham tha wü de war dzö

And grant happiness to the central and border areas.

Gyä dang chu drug jig chhen dang

Please protect us from temporary and ultimate fears,

Dön rim mi lam tshän tä ngän

Such as the eight and sixteen great fears,

Khor wa ngän song dug ngäl sog

Spirits, plagues, nightmares, and bad omens,

Nä kab thar thug jig lä kyob

As well as the sufferings of samsara, the unfortunate states, and so forth.

Tshe päi long chö sö nam phel

May life, prosperity, and merits increase;

Mi gei tog pa kün zhi zhing

May all negative thoughts be pacified.



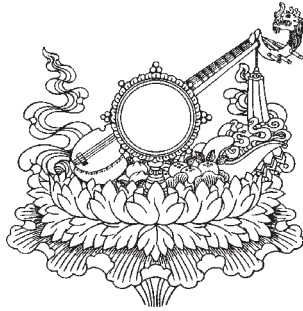
Offerings

Make offerings with:

OM ARYA TARE SAPARIVARA ARGHAM (PADYAM, PUSHPE, DHUPE,
ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

Present inner offerings by adding the three syllables: (offer with ring finger of left hand)

OM ARYA TARE SAPARIVARA OM AH HUM



Praise

- ☸ Lha dang lha min chö pän gyi
Devas and titans bow down
- ☸ Zhab kyi pä ma la tü de
With their crowns at your lotus feet.
- ☸ Phong pa kün lä dröl dzä ma
I prostrate to the liberating mother,
- ☸ Dröl ma yum la chhag tshäl tö
Who liberates from all misfortunes.

Prayers

Then, joining the palms of the hands:

- Je tsün phag ma khor dang chä
Venerable Arya and your retinue,
- Mig me thug je tser gong la
Please bless me with the affection



First Round

Homage

- ☸ Lha dang lha min chö pän gyi
Devas and titans bow down
- ☸ Zhab nyi pä mo la tü de
With their crowns at your lotus feet.
- ☸ Phong pa kün lä dröl dzä päi
I prostrate to the liberating mother,
- ☸ Dröl ma yum la chhag tshäl lo (7x with prostrations)
Who liberates from all misfortunes. (7x with prostrations)

Offering to Tara

Strew flowers on the images. After you sit down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.



Pag me sö nam thob lä jung wa yi
Arising from the power of unfathomable merit
 Pag me yon tän chö yön* gya tsho di
Oceans of drinking water which have unfathomable qualities*
 Pag me gyäl yum dröl mäi tsog la bul
*I offer to the unfathomable multitude of Victorious Mother
 Liberators*
 Pag me tsä tän yeshe ngö drub tsöl³
*Please grant the attainment of unfathomable life and
 transcendental wisdom.³*

* (zhab sil, me tog, dug pö, nang säl, dri chab, zhäl zä, röl mo)

* (bathing water, flowers, incense, light, perfume, food, music)

OM ARYA TARE SAPARIVARA ARGHAM (PAMYAM, PUSHPE,
 DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM
 SVAHA

And, adding the three syllables, the inner offering: (offer with ring finger of left hand)

OM ARYA TARE SAPARIVARA OM AH HUM

The Seven Limbs

Je tsün dröl mäi zhab la gü chhag tshäl
To Arya Tara's holy feet I prostrate.
 Ngö sham yi trül chhö pa ma lü bü
I present clouds of every type of offering, actual and imagined;
 Thog me nä sag dig tung tham chä shag
*I declare all my negative actions accumulated since beginningless
 time*
 Kye phag ge wa nam la je yi rang
And rejoice in the merit of all holy and ordinary beings.
 Khor wa ma tong bar du leg zhug nä
Please, remain until the end of cyclic existence



Then transform the tormas as the inner offering:

Offering the Torma

Cleanse with: (sprinkle the torma with inner offering using the left ring finger)

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
 SHUDDHO HAM

Tong pa nyi du gyur

Tong päi ngang lä YAM lä lung/ RAM lä me / AH lä ye she kyi ka pa la
 yang shing gya chhe wäi nang du sha nga dü tsi nga zhu wa lä jung wäi
 ye she kyi dü tsii gya tsho chhen por gyur

*Everything becomes emptiness only. While it is empty, from YAM
 appears wind; from RAM, fire; from AH, a transcendental wisdom
 skullcup, vast and big. In it, from the melting of the five meats
 and five nectars comes a huge ocean of transcendental wisdom
 nectar.*

Consecrate with:

OM AH HUM (3x)

Visualizing:

La ma je tsün mäi lha tshog nam kyi jag dor jei ö zer gyi bu gü drang te
 söl war gyur

*The gurus and hosts of deities [of the venerable Arya Tara] partake
 (of the torma) by drawing it up through the light straw of their
 vajra tongues:*

Offer it by saying three times:

OM ARYA TARE SAPARIVARA IDAM BALIM TA KHA KHA KHAHI
 KHAHI (3x)



Di lä chhe wa nyi ni thob ching
Thus, endowed with this greatness,
 Sang gyä go phang thar thug der dro
One will eventually reach the state of a buddha.

De yi dug ni drag po chhen po
If affected by the most terrible poison,
 Tän nä pa am zhän yang dro wa
Whether ingested, drunk, or from a living being,
 Zö pa dang ni thung pa nyi kyang
Just by remembering
 Drän pä rab tu sel wa nyi thob
Will one be thoroughly cleansed.

Dön dang rim dang dug gi zir wäi
If this prayer is recited two, three, or seven times,
 Dül ngäl tshog ni nam par pong te
It will pacify all the sufferings of torments
 Sem chän zhän pa nam la yang ngo
Caused by spirits, fevers, and poisons,
 Nyi sum dün du ngön par jö na
And by other beings as well.

Bu dö pä ni bu thob gyur zhing
If you wish for a child, you will get a child;
 Nor dö pä ni nor nam nyi thob
If you wish for wealth, you will receive wealth.
 Dö pa tham chä thob par gyur la
All your wishes will be fulfilled
 Geg nam me ching so sor jom gyur chig
And all obstacles pacified.



Dro la chhö kyi khor lo kor wa dang
And turn the wheel of Dharma for living beings.
 Dag zhän ge nam jang chhub chhen por ngo
I dedicate my own merits and those of all others to the great enlightenment.

To do the mandala offering in thirty-seven heaps, see. p. 315.

Long Mandala Offering in Twenty-Three Heaps

Zhing kham ül war gyi wo ...
 OM vajra bhumi AH HUM / wang chhen ser gyi sa zhi

OM vajra rekhe AH HUM / chhi chag ri khor yug gi kor wäi ü su / rii
 gyäl po ri rab / shar lü phag po / lho dzam bu ling / nub ba lang chö
 /jang dra mi nyän / lü dang lü phag / nga yab dang nga yab zhän / yo
 dän dang lam chhog dro / dra mi nyän dang dra mi nyän gyi da

Shar du lang po rin po chhe / lhor kyin dag rin po chhe / nub tu ta
 rin po chhe / jang du tsün mo rin po chhe / shar lhor mag pön rin po
 chhe / lho nub tu khor lo rin po chhe / nub jang du nor bu rin po
 chhe / jang shar du ter chen pöi bum pa
 Nang gi shar du nyi ma / nub tu da wa



Dag zhän lü ngag yi sum long chö du sum ge tshog chä
My own and others' body, speech, and mind, wealth and virtues, of the three times,
 Rin chhen mandala zang po kün zang chhö päi tshog chä pa
This pure, precious mandala and a mass of Samantabhadra's offerings,



Lo yi lang nä la ma yi dam kön chhog sum la bü!
 I mentally take and offer to my Guru-Yidam and the Three
 Precious Ones,
 Thug jei wang gi zhe nä dag la jin gyi lab tu sö!
 Please accept them through compassion and bestow your
 inspiration.

Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
 This ground, anointed with perfume, strewn with flowers,
 Ri rab ling zhi nyi dä gyän pa di
 Adorned with Mount Meru, four continents, the sun and the
 moon:
 Sang gyä zhing du mig te ül wa yi
 I imagine this as a buddha-field and offer it.
 Dro kün nam dag zhing la chö par shog
 May all living beings enjoy this pure land!

Heartfelt Request (Optional)²

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes:

Gang ri ra wä kor wäi zhing kham dir
 In the land encircled by snow mountains
 Phän dang de wa ma lü jung wäi nä
 You are the source of all happiness and good;
 Chän rä zig wang tän dzin gya tsho yi
 All-powerful Chenrezig, Tenzin Gyatso,
 Zhab pä si thäi bar du tän gyur chig
 Please remain until samsara ends.

IDAM GURU RATNA MANDALAKAM NIRYATAMI



HARA nyi jö TUTTARA yi
 With twice HARA and TUTTARE
 Shin tu drag pöi rim nä sel ma
 She dispels severe contagion!

Chhag tshäl de nyi sum nam kö pä
 Homage! Full of liberating
 Zhi wäi thü dang yang dag dän ma
 Pow'r by the set of three natures!
 Dön dang ro lang nö jin tshog nam
 Destroys hosts of spirits, yakshas,
 Jom pa TURE rab chhog nyi ma
 And raised corpses! Supreme! TURE!

Tsa wäi ngag kyi tö pa di dang
 These praises with the root mantras
 Chhag tshäl wa ni nyi shu tsa chig
 And prostrations thus are twenty-one!

Prayer of the Benefits

Lha mo la gü yang dag dän päi
 Whoever is endowed with devotion for the goddess
 Lo dän gang gi rab dä jö de
 And recites this with supreme faith,
 Sö dang tho rang lang par jä nä
 Remembering it at dawn upon waking and in the evenings,
 Drän pä mi jig tham chä rab ter
 Will be granted all fearlessness,
 Dig pa tham chä rab tu zhi wa
 Will perfectly pacify all negativities,
 Ngän dro tham chä jom pa nyi thob
 And will eliminate all unfortunate migrations.

Gyäl wa je wa thrag dün nam kyi
 The multitudes of conquerors
 Nyur du wang ni kur war gyur la
 Will quickly grant initiation:



Yi ge chu päi ngag ni kö päi
Frees with HUM and knowledge mantra,
 Rig pa HUM lä dröl ma nyi ma
Arrangement of the ten letters!

Chhag tshäl TURE zhab ni deb pä
Homage! TURE! With seed letter
 HUM gi nam päi sa böñ nyi ma
Of the shape of syllable HUM!
 Ri rab Mandhara dang big je
By foot stamping shakes the three worlds,
 Jig ten sum nam yo wa nyi ma
Meru, Mandara, and Vindhya!

Chhag tshäl lha yi tsho yi nam päi
Homage! Holding in her hand the
 Ri dag tag chän chhag na nam ma
Hare-marked moon of deva-lake form!
 TARA nyi jö PHAT kyi yi ge
With twicespoken TARA and PHAT,
 Dug nam ma lü pa ni sel ma
Totally dispelling poison!

Chhag tshäl lha yi tshog nam gyäl po
Homage! She whom gods and their kings,
 Lha dang mi am chi yi ten ma
And the kinnaras do honor!
 Kün nä go chha ga wäi ji gyi
Armored in all joyful splendor,
 Tsö dang mi lam ngän pa sel ma
She dispels bad dreams and conflicts!

Chhag tshäl nyi ma da wa gyä päi
Homage! She whose two eyes bright with
 Chän nyi po la ö rab säl ma
Radiance of sun and full moon!



Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la
I go for refuge until I am enlightened.
 Jang chhub bar du dag ni kyab su chhi
To the Buddha, the Dharma, and the Supreme Assembly.
 Dag gi jin sog gyi pa di dag gi
By my practice of giving and other perfections,
 Dro la phän chhir sang gyä drub par shog (3x)
I become a buddha to benefit all sentient beings. (3x)

Prayer

Chhag yä chhog jin chhag gya nyi
Let me and all those who need protection
 Kyab jin chhag gyar gyur wäi og
Come under the supreme giving gesture of your right hand,
 Dag dang sung ja kün tsü nä
As well as the refuge-granting gesture
 Jig pa kün lä ug yung gyur
That liberates from all fears.

Then recite **two times** the Praise to Twenty-One Taras. For a literal English translation of the praises, see p. 192.

The Praises

OM je tsün ma phag ma dröl ma la chhag tshäl lo
OM I prostrate to the noble transcendent liberator.

Chhag tshäl dröl ma nyur ma pa mo
Homage! Tara, swift, heroic!
 Chän ni kä chig log dang dra ma
Eyes like lightning instantaneous!
 Jig ten sum gön chhu kye zhäl gyi
Sprung from op'ning stamens of the
 Ge sar je wa lä ni jung ma
Lord of three world's tear-born lotus!



Chhag tshäl tön käi da wa kün tu
Homage! She whose face combines a
 Gang wa gya ni tseg päi zhäl ma
Hundred autumn moons at fullest!
 Kar ma tong thrag tshog pa nam kyi
Blazing with light rays resplendent
 Rab tu chhe wäi ö rab bar ma
As a thousand star collection!

Chhag tshäl ser ngo chhu nä kye kyi
Homage! Golden-blue one, lotus
 Pä mä chhag ni nam par gyän ma
Water born, in hand adorned!
 Jin pa tsön drü ka thub zhi wa
Giving, effort, calm, austerities,
 Zö pa sam tän chö yül nyi ma
Patience, meditation her sphere!

Chhag tshäl de zhin sheg päi tsug tor
Homage! Crown of tathagatas,
 Tha yä nam par gyäl war chö ma
Actions triumph without limit
 Ma lü pha röl chhin pa thob päi
Relied on by conquerors' children,
 Gyäl wäi sä kyi shin tu ten ma
Having reached ev'ry perfection!

Chhag tshäl TUTTARA HUM yi ge
Homage! Filling with TUTTARE,
 Dö dang chhog dang nam kha gang ma
HUM, desire, direction, and space!
 Jig ten dün po zhab kyi nän te
Trampling with her feet the seven worlds,
 Lü pa me par gug par nü ma
Able to draw forth all beings!



Räl päi khur na ö pag me lä
Amitabha in her hair-knot
 Tag par shin tu ö rab dzä ma
Sending out much light eternal!

Chhag tshäl käl päi tha mäi me tar
Homage! She 'mid wreath ablaze like
 Bar wäi threng wäi ü na nä ma
Eon-ending fire abiding!
 Yä kyang yön kum kün nä kor gäi
Right stretched, left bent, joy surrounds you
 Dra yi pung ni nam par jom ma
Troops of enemies destroying!

Chhag shäl sa zhii ngö la chhag gi
Homage! She who strikes the ground with
 Thil gyi nün ching zhab kyi dung ma
Her palm, and with her foot beats it!
 Thro nyer chän dzä yi ge HUM gi
Scowling, with the letter HUM the
 Rim pa dün po nam ni gem ma
Seven levels she does conquer!

Chhag tshäl de ma ge ma zhi ma
Homage! Happy, virtuous, peaceful!
 Nya ngän dä zhi chö yül nyi ma
She whose field is peace, nirvana!
 SVAHA OM dang yang dag dän pä
She endowed with OM and SVAHA,
 Dig pa chhen po jom pa nyi ma
Destroyer of the great evil!

Chhag tshäl kün nä kor rab ga wäi
Homage! She with joy surrounded
 Dra yi lü ni nam par gem ma
Tearing foes' bodies asunder,



Chhu kye zhäl ni thro nyer dän dzä
She with frowning lotus visage
 Dra wo tham chä ma lü sö ma
Who is slayer of all enemies!

Chhag tshäl kön chhog sum tshön chhag gyäi
Homage! At the heart her fingers,
 Sor mö thug kar nam par gyän ma
Adorn her with Three Jewel mudra!
 Ma lü chhog kyi khor lö gyän päi
Light-ray masses all excited!
 Rang gi ö kyi tshog nam thrug ma
All directions' wheels adorn her!

Chhag tshäl rab tu ga wa ji päi
Homage! She so joyous, radiant,
 U gyän ö kyi threng wa pel ma
Crown emitting garlands of light!
 Zhe pa rab zhä TUTTARA yi
Mirthful, laughing with TUTTARE,
 Dü dang jig ten wang du dzä ma
Subjugating maras, devas!

Chhag tshäl sa zhi kyong wäi tshog nam
Homage! She able to summon
 Tham chä gug par nü ma nyi ma
All earth-guardians' assembly!
 Thro nyer yo wäi yi ge HUM gi
Shaking, frowning, with her HUM sign
 Phong pa tham chä nam par dröl ma
Saving from every misfortune!

Chhag tshäl da wäi dum bü u gyän
Homage! Crown adorned with crescent
 Gyän pa tham chä shin tu bar ma
Moon, all ornaments most shining!



Chhag tshäl gya jin me lha tshang pa
Homage! Worshipped by the all-lords,
 Lung lha na tshog wang chhug chhö ma
Shakra, Agni, Brahma, Marut!
 Jung po ro lang dri za nam dang
Honored by the hosts of spirits,
 Nö jin tshog kyi dün nä tö ma
Corpse-raisers, gandharvas, yakshas!

Chhag tshäl TRAD che ja dang PHAT kyi
Homage! With her TRAD and PHAT sounds
 Pha röl thrül khor rab tu jom ma
Destroying foes' magic diagrams!
 Yä kum yön kyang zhab kyi nän te
Her feet pressing, left out, right in,
 Me bar thrug pa shin tu bar ma
Blazing in a raging fire-blaze!

Chhag tshäl TURE jig pa chhen po
Homage! TURE, very dreadful!
 Dü kyi pa wo nam par jom ma
Destroyer of Mara's champion(s)!
 Chhu kye zhäl ni thro nyer dän dzä
She with frowning lotus visage
 Dra wo tham chä ma lü sö ma
Who is slayer of all enemies!

Chhag tshäl kön chhog sum tshön chhag gyäi
Homage! At the heart her fingers,
 Sor mö thug kar nam par gyän ma
Adorn her with Three Jewel mudra!
 Ma lü chhog kyi khor lö gyän päi
Light-ray masses all excited!
 Rang gi ö kyi tshog nam thrug ma
All directions' wheels adorn her!



Chhag tshäl rab tu ga wa ji päi
Homage! She so joyous, radiant,
 U gyän ö kyi threng wa pel ma
Crown emitting garlands of light!
 Zhe pa rab zhä TUTTARA yi
Mirthful, laughing with TUTTARE,
 Dü dang jig ten wang du dzä ma
Subjugating maras, devas!

Chhag tshäl sa zhi kyong wäi tshog nam
Homage! She able to summon
 Tham chä gug par nü ma nyi ma
All earth-guardians' assembly!
 Thro nyer yo wäi yi ge HUM gi
Shaking, frowning, with her HUM sign
 Phong pa tham chä nam par dröl ma
Saving from every misfortune!

Chhag tshäl da wäi dum bü u gyän
Homage! Crown adorned with crescent
 Gyän pa tham chä shin tu bar ma
Moon, all ornaments most shining!
 Räl päi khur na ö pag me lä
Amitabha in her hair-knot
 Tag par shin tu ö rab dzä ma
Sending out much light eternal!

Chhag tshäl käl päi tha mäi me tar
Homage! She 'mid wreath ablaze like
 Bar wäi threng wäi ü na nä ma
Eon-ending fire abiding!
 Yä kyang yön kum kün nä kor gäi
Right stretched, left bent, joy surrounds you
 Dra yi pung ni nam par jom ma
Troops of enemies destroying!



Ma lü pha röl chhin pa thob päi
Relied on by conquerors' children,
 Gyäl wäi sä kyi shin tu ten ma
Having reached ev'ry perfection!

Chhag tshäl TUTTARA HUM yi ge
Homage! Filling with TUTTARE,
 Dö dang chhog dang nam kha gang ma
HUM, desire, direction, and space!
 Jig ten dün po zhab kyi nän te
Trampling with her feet the seven worlds,
 Lü pa me par gug par nü ma
Able to draw forth all beings!

Chhag tshäl gya jin me lha tshang pa
Homage! Worshipped by the all-lords,
 Lung lha na tshog wang chhug chhö ma
Shakra, Agni, Brahma, Marut!
 Jung po ro lang dri za nam dang
Honored by the hosts of spirits,
 Nö jin tshog kyi dün nä tö ma
Corpse-raisers, gandharvas, yakshas!

Chhag tshäl TRAD che ja dang PHAT kyi
Homage! With her TRAD and PHAT sounds
 Pha röl thrül khor rab tu jom ma
Destroying foes' magic diagrams!
 Yä kum yön kyang zhab kyi nän te
Her feet pressing, left out, right in,
 Me bar thrug pa shin tu bar ma
Blazing in a raging fire-blaze!

Chhag tshäl TURE jig pa chhen po
Homage! TURE, very dreadful!
 Dü kyi pa wo nam par jom ma
Destroyer of Mara's champion(s)!



The Praises

OM je tsün ma phag ma dröl ma la chhag tshäl lo
 OM I prostrate to the noble transcendent liberator.

Chhag tshäl dröl ma nyur ma pa mo
Homage! Tara, swift, heroic!
 Chän ni kä chig log dang dra ma
Eyes like lightning instantaneous!
 Jig ten sum gön chhu kye zhäl gyi
Sprung from op'ning stamens of the
 Ge sar je wa lä ni jung ma
Lord of three world's tear-born lotus!

Chhag tshäl tön käi da wa kün tu
Homage! She whose face combines a
 Gang wa gya ni tseg päi zhäl ma
Hundred autumn moons at fullest!
 Kar ma tong thrag tshog pa nam kyi
Blazing with light rays resplendent
 Rab tu chhe wäi ö rab bar ma
As a thousand star collection!

Chhag tshäl ser ngo chhu nä kye kyi
Homage! Golden-blue one, lotus
 Pä mä chhag ni nam par gyän ma
Water born, in hand adorned!
 Jin pa tsön drü ka thub zhi wa
Giving, effort, calm, austerities,
 Zö pa sam tän chö yül nyi ma
Patience, meditation her sphere!

Chhag tshäl de zhin sheg päi tsug tor
Homage! Crown of tathagatas,
 Tha yä nam par gyäl war chö ma
Actions triumph without limit



Chhag tshäl sa zhii ngö la chhag gi
Homage! She who strikes the ground with
 Thil gyi nün ching zhab kyi dung ma
Her palm, and with her foot beats it!
 Thro nyer chän dzä yi ge HUM gi
Scowling, with the letter HUM the
 Rim pa dün po nam ni gem ma
Seven levels she does conquer!

Chhag tshäl de ma ge ma zhi ma
Homage! Happy, virtuous, peaceful!
 Nya ngän dä zhi chö yül nyi ma
She whose field is peace, nirvana!
 SVAHA OM dang yang dag dän pä
She endowed with OM and SVAHA,
 Dig pa chhen po jom pa nyi ma
Destroyer of the great evil!

Chhag tshäl kün nä kor rab ga wäi
Homage! She with joy surrounded
 Dra yi lü ni nam par gem ma
Tearing foes' bodies asunder,
 Yi ge chu päi ngag ni kö päi
Frees with HUM and knowledge mantra,
 Rig pa HUM lä dröl ma nyi ma
Arrangement of the ten letters!

Chhag tshäl TURE zhab ni deb pä
Homage! TURE! With seed letter
 HUM gi nam päi sa bön nyi ma
Of the shape of syllable HUM!
 Ri rab Mandhara dang big je
By foot stamping shakes the three worlds,
 Jig ten sum nam yo wa nyi ma
Meru, Mandara, and Vindhya!



Chhag tshäl lha yi tsho yi nam päi
Homage! Holding in her hand the
 Ri dag tag chän chhag na nam ma
Hare-marked moon of deva-lake form!
 TARA nyi jö PHAT kyi yi ge
With twicespoken TARA and PHAT,
 Dug nam ma lü pa ni sel ma
Totally dispelling poison!

Chhag tshäl lha yi tshog nam gyäl po
Homage! She whom gods and their kings,
 Lha dang mi am chi yi ten ma
And the kinnaras do honor!
 Kün nä go chha ga wäi ji gyi
Armored in all joyful splendor,
 Tsö dang mi lam ngän pa sel ma
She dispels bad dreams and conflicts!

Chhag tshäl nyi ma da wa gyä päi
Homage! She whose two eyes bright with
 Chän nyi po la ö rab säl ma
Radiance of sun and full moon!
 HARA nyi jö TUTTARA yi
With twice HARA and TUTTARE
 Shin tu drag pöi rim nä sel ma
She dispels severe contagion!

Chhag tshäl de nyi sum nam kö pä
Homage! Full of liberating
 Zhi wäi thü dang yang dag dân ma
Pow'r by the set of three natures!
 Dön dang ro lang nö jin tshog nam
Destroys hosts of spirits, yakshas,
 Jom pa TURE rab chhog nyi ma
And raised corpses! Supreme! TURE!



Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la
I go for refuge until I am enlightened.
 Jang chhub bar du dag ni kyab su chhi
To the Buddha, the Dharma, and the Supreme Assembly.
 Dag gi jin sog gyi pa di dag gi
By my practice of giving and other perfections,
 Dro la phän chhir sang gyä drub par shog (3x)
May I become a buddha to benefit all sentient beings. (3x)

Visualization

Ku lä dü tsii chhu gyün bab
From her exalted body, a stream of nectar flows
 Rang dang sung jäi chi wo nä
And enters the crown of the beneficiary and myself,
 Zhug te lü kün gang wa yi
Completely filling our bodies
 Jin lab ma lü zhug par gyur
And granting all blessings.

Then recite the Praise to the Twenty-One Taras seven times. If time is short, the following verse can be recited in place of some of the petitions. The full Praises start on the next page.

OM chom dân dä ma lha mo dröl ma la chhag tshäl lo
OM I prostrate to the goddess foe destroyer, liberating lady Tara,
 Chhag tshäl dröl ma TARE päl mo
Homage to TARE, savioress, heroine,
 TUTTARA yi jig kün sel ma
With TUTTARE dispelling all fears,
 TURE dön nam tham chä ter ma
Granting all benefits with TURE,
 SVAHA yi ger chä la rab dü
To her with sound SVAHA, I bow.



Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
This ground, anointed with perfume, strewn with flowers,
 Ri rab ling zhi nyi dä gyän pa di
Adorned with Mount Meru, four continents, the sun and the moon:

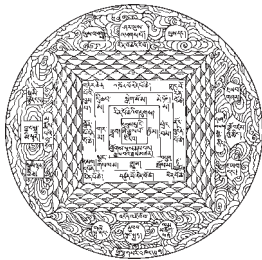
Sang gyä zhing du mig te ül wa yi
I imagine this as a buddha-field and offer it.
 Dro kün nam dag zhing la chö par shog
May all living beings enjoy this pure land!

Heartfelt Request (Optional)²

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes:

Dag sog nam kyi chhö dang thün pe dön
Please bless myself and others to accomplish all our
 Ji tar sam pa yi zhing drub pa dang
Purposes in accordance with the Dharma just as we wish.
 Ne dön geg sog bar dü chhö päi tsog
And to pacify immediately the group of hindrances
 Nye war zhi wa jin gyi lab tu sö!
Such as sicknesses, harm by spirits and other obstacles.

IDAM GURU RATNA MANDALAKAM NIRYATAMI



Tsa wäi ngag kyi tö pa di dang
These praises with the root mantras
 Chhag tshäl wa ni nyi shu tsa chig
And prostrations thus are twenty-one!

With your head at Tara's feet, make the following request:

Request

Thug jei ter chhen phag ma je tsün mä
Venerable Arya, great treasure of compassion,
 Kha nyam dro nam tän dei drong khyer du
Grant your blessings to increase all favorable conditions
 De lag drö päi bar chha kün zhi zhing
And to clear away every obstacle
 Thün kyen ma lü phel war jin gyi lob (3x)
That all migratory beings may swiftly enter the city of eternal joy. (3x)

Prayer for the Donor (Optional)

If you wish to request on behalf of someone who is sick (or in need), at the moment of requesting, recite the following:

Kyab sum tham chä dü päi dag nyi je tsün phag ma dröl mäi lha tshog
 khor dang chä pä jin dag [insert the name here] di dü ma yin par chhi päi
 jig pa lä dröl / chhi me pa tshei rig dzin thob par jin gyi lab tu sö!

I request venerable Arya Tara and the assembly of deities, who are embodiments of all the objects of refuge, To grant their blessings for the beneficiary [insert the name here] to be free from the fear of untimely death and to achieve the state of immortality of a long life knowledge-holder.

Think that with a smile they accept your request.





Second Round

Homage

- ☸ Lha dang lha min chö pän gyi
Devas and titans bow down
- ☸ Zhab nyi pä mo la tü de
With their crowns at your lotus feet.
- ☸ Phong pa kün lä dröl dzä päi
I prostrate to the liberating mother,
- ☸ Dröl ma yum la chhag tshäl lo (7x with prostrations)
Who liberates from all misfortunes. (7x with prostrations)

Offering to Tara

Strew flowers on the images. After you sit down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.



Dag zhän ge nam jang chhub chhen por ngo
I dedicate my own merits and those of all others to the great
enlightenment.

To do the mandala offering in thirty-seven heaps, see. p. 315.

Long Mandala Offering in Twenty-Three Heaps

Zhing kham ül war gyi wo ...

OM vajra bhumi AH HUM / wang chhen ser gyi sa zhi

OM vajra rekhe AH HUM / chhi chag ri khor yug gi kor wäi ü su / rii
gyäl po ri rab / shar lü phag po / lho dzam bu ling / nub ba lang chö /
jang dra mi nyän / lü dang lü phag / nga yab dang nga yab zhän / yo
dän dang lam chhog dro / dra mi nyän dang dra mi nyän gyi da

Shar du lang po rin po chhe / lhor kyin dag rin po chhe / nub tu ta
rin po chhe / jang du tsün mo rin po chhe / shar lhor mag pön rin po
chhe / lho nub tu khor lo rin po chhe / nub jang du nor bu rin po
chhe / jang shar du ter chen pöi bum pa
Nang gi shar du nyi ma / nub tu da wa

Dag zhän lü ngag yi sum long chö du sum ge tshog chä
My own and others' body, speech, and mind, wealth and
virtues, of the three times,
Rin chhen mandala zang po kün zang chhö päi tshog chä pa
This pure, precious mandala and a mass of Samantabhadra's
offerings
Lo yi lang nä la ma yi dam kön chhog sum la bül
I mentally take and offer to my Guru-Yidam and the Three
Precious Ones,
Thug jei wang gi zhe nä dag la jin gyi lab tu söi
Please accept them through compassion and bestow your
inspiration.



Chö ying nam dag ye she rang zhin lä
 From the nature, the existence-sphere pure transcendental
 wisdom (dharmakaya),
 Gyü lu nang töl pag mo chö yön* me
 The illusory transformed goddess, the female offering drinking water,*
 Chom den drol mä lha sog nye chir bül⁵
 I offer in order to please the Destroyer Qualified Tara's multitude
 of deities;⁵
 She näi chhog thün ngo drub tsäl du sol
 Please accept this and bestow upon me the common and
 uncommon attainments.

*(zhab sil, me tog, dug pö, nang säl, dri chab, zhäl zä, röl mo)

*(bathing water, flowers, incense, light, perfume, food, music)

OM ARYA TARE [SAPARIVARA]** ARGHAM (PADYAM, PUSHPE,
 DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA) PRATICCHA HUM
 SVAHA

Adding the three syllables, the inner offering: (offer with ring finger of left hand)

OM ARYA TARE SAPARIVARA OM AH HUM

The Seven Limbs

Je tsün dröl mäi zhab la gü chhag tshäl
 To Arya Tara's holy feet I prostrate.
 Ngö sham yi trül chhö pa ma lü bül
 I present clouds of every type of offering, actual and imagined;
 Thog me nä sag dig tung tham chä shag
 I declare all my negative actions accumulated since beginningless
 time
 Kye phag ge wa nam la je yi rang
 And rejoice in the merit of all holy and ordinary beings.
 Khor wa ma tong bar du leg zhug nä
 Please, remain until the end of cyclic existence
 Dro la chhö kyi khor lo kor wa dang
 And turn the wheel of Dharma for living beings.



Sö nam zhing du shub bi sang gye la
 To the Buddhas abiding in the field of merit
 Nang la rang zhin me päi chö yön* di
 This offering of drinking water* which appears but doesn't have
 nature
 Nang tong yer me sem kyi bül lag na
 Is offered with a mind understanding the offering to be the
 inseparability of appearance and emptiness
 Nang tong de chhen tug kyi zhe su sö!⁴
 Please accept it with the holy mind that experiences the offering
 as appearance and emptiness in the nature of great bliss.⁴

*(zhab sil, me tog, dug pö, nang säl, dri chab, zhäl zä, röl mo)

*(bathing water, flowers, incense, light, perfume, food, music)

OM ARYA TARE SAPARIVARA ARGHAM
 (PADYAM, PUSHPE, DHUPE, ALOKE, GANDHE,
 NAIVIDYA, SHAPTA) PRATICCHA HUM SVAHA

Adding the three syllables, the inner offering:
 (offer with ring finger of left hand)

OM ARYA TARE SAPARIVARA

OM AH HUM

The Seven Limbs

Je tsün dröl mäi zhab la gü chhag tshäl
 To Arya Tara's holy feet I prostrate.
 Ngö sham yi trül chhö pa ma lü bül
 I present clouds of every type of offering, actual and imagined;
 Thog me nä sag dig tung tham chä shag
 I declare all my negative actions accumulated since
 beginningless time
 Kye phag ge wa nam la je yi rang
 And rejoice in the merit of all holy and ordinary beings.





Khor wa ma tong bar du leg zhug nä
Please, remain until the end of cyclic existence
 Dro la chhö kyi khor lo kor wa dang
And turn the wheel of Dharma for living beings.
 Dag zhän ge nam jang chhub chhen por ngo
I dedicate my own merits and those of all others to the great enlightenment.

To do the mandala offering in thirty-seven heaps, see. p. 315.

Long Mandala Offering in Twenty-Three Heaps

Zhing kham ül war gyi wo ...
 OM vajra bhumi AH HUM / wang chhen ser gyi sa zhi

OM vajra rekhe AH HUM / chhi chag ri khor yug gi kor wäi ü su / rii
 gyäl po ri rab / shar lü phag po / lho dzam bu ling / nub ba lang chö /
 jang dra mi nyän / lü dang lü phag / nga yab dang nga yab zhän / yo
 dân dang lam chhog dro / dra mi nyän dang dra mi nyän gyi da

Shar du lang po rin po chhe / lhor kyin dag rin po chhe / nub tu ta
 rin po chhe / jang du tsün mo rin po chhe / shar lhor mag pön rin po
 chhe / lho nub tu khor lo rin po chhe / nub jang du nor bu rin po
 chhe / jang shar du ter chen pöi bum pa
 Nang gi shar du nyi ma / nub tu da wa

Dag zhän lü ngag yi sum long chö du sum ge tshog chä
*My own and others' body, speech, and mind, wealth and
 virtues, of the three times,*
 Rin chhen mandala zang po kün zang chhö päi tshog chä pa
*This pure, precious mandala and a mass of Samantabhadra's
 offerings*
 Lo yi lang nä la ma yi dam kön chhog sum la büi
*I mentally take and offer to my Guru-Yidam and the Three
 Precious Ones,*
 Thug jei wang gi zhe nä dag la jin gyi lab tu söl
*Please accept them through compassion and bestow your
 inspiration.*



Third Round

Homage

- ☸ Lha dang lha min chö pän gyi
Devas and titans bow down
- ☸ Zhab nyi pä mo la tü de
With their crowns at your lotus feet.
- ☸ Phong pa kün lä dröl dzä päi
I prostrate to the liberating mother,
- ☸ Dröl ma yum la chhag tshäl lo (7x with prostrations)
Who liberates from all misfortunes. (7x with prostrations)

Offering to Tara

Strew flowers on the images. After you sit down, present the following offerings in an extensive way using the following verse, reciting the verse once for each offering – changing the name of the offering being presented as appropriate. If there is no time, you can present the offerings in an abbreviated way by omitting recitation of the verse.



Tsa wäi ngag kyi tö pa di dang
These praises with the root mantras
 Chhag tshäl wa ni nyi shu tsa chig
And prostrations thus are twenty-one!

Request

Thug jei ter chhen phag ma je tsün mä
Venerable Arya, great treasure of compassion,
 Kha nyam dro nam tän dei drong khyer du
Grant your blessings to increase all favorable conditions
 De lag drö päi bar chha kün zhi zhing
And to clear away every obstacle
 Thün kyen ma lü phel war jin gyi lob (3x)
That all migratory beings may swiftly enter the city of
eternal joy. (3x)



Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
This ground, anointed with perfume, strewn with flowers,
 Ri rab ling zhi nyi dä gyän pa di
Adorned with Mount Meru, four continents, the sun and the
moon:
 Sang gyä zhing du mig te ül wa yi
I imagine this as a buddha-field and offer it.
 Dro kün nam dag zhing la chö par shog
May all living beings enjoy this pure land!

Heartfelt Request (Optional)²

Recite this special heartfelt requesting prayer to Tara while imagining that you are clinging on to Tara's toes:

Je tsün la mä ku tshe rab tän ching
May my venerable lama's life be firm,
 Nam kar thrin lä chhog chur gyä pa dang
His white divine actions spread in the ten directions
 Lo zang tän päi drön me sa sum gyi
May the torch of the teachings of Losang always remain,
 Dro wäi mün sel tag tu nä gyur chig
Dispelling the darkness of all beings in the three realms.

IDAM GURU RATNA MANDALAKAM NIRYATAMI





Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la

I go for refuge until I am enlightened.

Jang chhub bar du dag ni kyab su chhi

To the Buddha, the Dharma, and the Supreme Assembly.

Dag gi jin sog gyi pa di dag gi

By my practice of giving and other perfections,

Dro la phän chhir sang gyä drub par shog (3x)

May I become a buddha to benefit all sentient beings. (3x)

Prayer

Chhag yä chhog jin chhag gya nyi

Let me and all those who need protection

Kyab jin chhag gyar gyur wäi og

Come under the supreme giving gesture of your right hand,

Dag dang sung a kün tsü nä

As well as the refuge-granting gesture

Jig pa kün lä ug yung gyur

That liberates from all fears.

Then recite **three times** the Praise to the Twenty-One Taras. For a literal English translation of the Praises, see p. 192.

The Praises

OM je tsün ma phag ma dröl ma la chhag tshäl lo

OM I prostrate to the noble transcendent liberator.

Chhag tshäl dröl ma nyur ma pa mo

Homage! Tara, swift, heroic!

Chän ni kä chig log dang dra ma

Eyes like lightning instantaneous!

Jig ten sum gön chhu kye zhäl gyi

Sprung from op'ning stamens of the

Ge sar je wa lä ni jung ma

Lord of three world's tear-born lotus!



Chhag tshäl lha yi tsho yi nam päi

Homage! Holding in her hand the

Ri dag tag chän chhag na nam ma

Hare-marked moon of deva-lake form!

TARA nyi jö PHAT kyi yi ge

With twicespoken TARA and PHAT,

Dug nam ma lü pa ni sel ma

Totally dispelling poison!

Chhag tshäl lha yi tshog nam gyäl po

Homage! She whom gods and their kings,

Lha dang mi am chi yi ten ma

And the kinnaras do honor!

Kün nä go chha ga wäi ji gyi

Armored in all joyful splendor,

Tsö dang mi lam ngän pa sel ma

She dispels bad dreams and conflicts!

Chhag tshäl nyi ma da wa gyä päi

Homage! She whose two eyes bright with

Chän nyi po la ö rab säl ma

Radiance of sun and full moon!

HARA nyi jö TUTTARA yi

With twice HARA and TUTTARE

Shin tu drag pöi rim nä sel ma

She dispels severe contagion!

Chhag tshäl de nyi sum nam kö pä

Homage! Full of liberating

Zhi wäi thü dang yang dag dân ma

Pow'r by the set of three natures!

Dön dang ro lang nö jin tshog nam

Destroys hosts of spirits, yakshas,

Jom pa TURE rab chhog nyi ma

And raised corpses! Supreme! TURE!



Chhag tshäl sa zhii ngö la chhag gi
Homage! She who strikes the ground with
 Thil gyi nün ching zhab kyi dung ma
Her palm, and with her foot beats it!
 Thro nyer chän dzä yi ge HUM gi
Scowling, with the letter HUM the
 Rim pa dün po nam ni gem ma
Seven levels she does conquer!

Chhag tshäl de ma ge ma zhi ma
Homage! Happy, virtuous, peaceful!
 Nya ngän dä zhi chö yül nyi ma
She whose field is peace, nirvana!
 SVAHA OM dang yang dag dän pä
She endowed with OM and SVAHA,
 Dig pa chhen po jom pa nyi ma
Destroyer of the great evil!

Chhag tshäl kün nä kor rab ga wäi
Homage! She with joy surrounded
 Dra yi lü ni nam par gem ma
Tearing foes' bodies asunder,
 Yi ge chu päi ngag ni kö päi
Frees with HUM and knowledge mantra,
 Rig pa HUM lä dröl ma nyi ma
Arrangement of the ten letters!

Chhag tshäl TURE zhab ni deb pä
Homage! TURE! With seed letter
 HUM gi nam päi sa böñ nyi ma
Of the shape of syllable HUM!
 Ri rab Mandhara dang big je
By foot stamping shakes the three worlds,
 Jig ten sum nam yo wa nyi ma
Meru, Mandara, and Vindhya!



Chhag tshäl tön käi da wa kün tu
Homage! She whose face combines a
 Gang wa gya ni tseg päi zhäl ma
Hundred autumn moons at fullest!
 Kar ma tong thrag tshog pa nam kyi
Blazing with light rays resplendent
 Rab tu chhe wäi ö rab bar ma
As a thousand star collection!

Chhag tshäl ser ngo chhu nä kye kyi
Homage! Golden-blue one, lotus
 Pä mä chhag ni nam par gyän ma
Water born, in hand adorned!
 Jin pa tsön drü ka thub zhi wa
Giving, effort, calm, austerities,
 Zö pa sam tän chö yül nyi ma
Patience, meditation her sphere!

Chhag tshäl de zhin sheg päi tsug tor
Homage! Crown of tathagatas,
 Tha yä nam par gyäl war chö ma
Actions triumph without limit
 Ma lü pha röl chhin pa thob päi
Relied on by conquerors' children,
 Gyäl wäi sä kyi shin tu ten ma
Having reached ev'ry perfection!

Chhag tshäl TUTTARA HUM yi ge
Homage! Filling with TUTTARE,
 Dö dang chhog dang nam kha gang ma
HUM, desire, direction, and space!
 Jig ten dün po zhab kyi nän te
Trampling with her feet the seven worlds,
 Lü pa me par gug par nü ma
Able to draw forth all beings!



Chhag tshäl gya jin me lha tshang pa
Homage! Worshipped by the all-lords,
 Lung lha na tshog wang chhug chhö ma
Shakra, Agni, Brahma, Marut!
 Jung po ro lang dri za nam dang
Honored by the hosts of spirits,
 Nö jin tshog kyi dün nä tö ma
Corpse-raisers, gandharvas, yakshas!

Chhag tshäl TRAD che ja dang PHAT kyi
Homage! With her TRAD and PHAT sounds
 Pha röl thrül khor rab tu jom ma
Destroying foes' magic diagrams!
 Yä kum yön kyang zhab kyi nän te
Her feet pressing, left out, right in,
 Me bar thrug pa shin tu bar ma
Blazing in a raging fire-blaze!

Chhag tshäl TURE jig pa chhen po
Homage! TURE, very dreadful!
 Dü kyi pa wo nam par jom ma
Destroyer of Mara's champion(s)!
 Chhu kye zhäl ni thro nyer dän dzä
She with frowning lotus visage
 Dra wo tham chä ma lü sö ma
Who is slayer of all enemies!

Chhag tshäl kön chhog sum tshön chhag gyäi
Homage! At the heart her fingers,
 Sor mö thug kar nam par gyän ma
Adorn her with Three Jewel mudra!
 Ma lü chhog kyi khor lö gyän päi
Light-ray masses all excited!
 Rang gi ö kyi tshog nam thrug ma
All directions' wheels adorn her!



Chhag tshäl rab tu ga wa ji päi
Homage! She so joyous, radiant,
 U gyän ö kyi threng wa pel ma
Crown emitting garlands of light!
 Zhe pa rab zhä TUTTARA yi
Mirthful, laughing with TUTTARE,
 Dü dang jig ten wang du dzä ma
Subjugating maras, devas!

Chhag tshäl sa zhi kyong wäi tshog nam
Homage! She able to summon
 Tham chä gug par nü ma nyi ma
All earth-guardians' assembly!
 Thro nyer yo wäi yi ge HUM gi
Shaking, frowning, with her HUM sign
 Phong pa tham chä nam par dröl ma
Saving from every misfortune!

Chhag tshäl da wäi dum bü u gyän
Homage! Crown adorned with crescent
 Gyän pa tham chä shin tu bar ma
Moon, all ornaments most shining!
 Räl päi khur na ö pag me lä
Amitabha in her hair-knot
 Tag par shin tu ö rab dzä ma
Sending out much light eternal!

Chhag tshäl käl päi tha mäi me tar
Homage! She 'mid wreath ablaze like
 Bar wäi threng wäi ü na nä ma
Eon-ending fire abiding!
 Yä kyang yön kum kün nä kor gäi
Right stretched, left bent, joy surrounds you
 Dra yi pung ni nam par jom ma
Troops of enemies destroying!