

*

The Abbreviated Four Mandala Ritual to

Chittamani Tara



NOTE: Dharma books contain the teachings of the Buddha and have the power to point the way to Liberation -- therefore they should be treated with great respect. They should be kept off the floor or places where people sit. Dharma books should not be stepped over and objects should not be placed on top of them. Thank you for your consideration.

The Abbreviated Four Mandala Ritual to

Chittamani Tara

by Kyabje Gaden Trijang Rinpoche



*From the enlightened activities of all the Victorious Ones
The TAM syllable melts into a turquoise flow.
By the swirls of a musical show appears your youthful great body.
With respect, I pay homage to she who liberates
From the fears of existence and peace.
With your compassion, please take care of me.*

HOMAGE TO BUDDHA SHAKYAMUNI

Ton-pa chom-den-de de-zhin sheg-pa dra-chom-pa yang-dag-par dzog-pe
sang-gye rig-pa-dang zhab-su dan-pa de-war sheg-pa jig-ten kyen-pa kye-bu
dul-we kha-lo gyur-wa la-na me-pa lha-dang mi-nam-kyi ton-pa sang-gye
chom-den-de pal-gyal- wa sha-kya thub-pa-la chag-tsal-lo cho-do kyab-su
chi-wo (3 times)

Gang-tse gang-nyi tso-wo kyo-tam-che
Sa-chen di-la gom-pa dun-bor-na,
Nga-ni jig-ten di-na chog-che-sung
De-tse ke-pa kyo-la chag-tsa-lo

Nam-dag ku-nga chog-tu zug-zang-wa
Yes-she gya-tso ser-gyi lhun-po-dra
Drag-pa jig-ten sum-na lham-me-wa
Gon-po chog-nye kyo-la chag-tsal-lo

Tsen-chog dan-pa dri-me da-way-zhel
Ser-dog dra-wa kyo-la chag-tsa-lo
Dul-dral kyo-dra si-pa sum-ma-chi
Nyam-me kyen-chen kyo-la chag-tsal-lo

Gon-po thuk-je che-den-pa
Tam-che kyen-pe ton-pa-po
So-nam yon-ten gya-tso-zhing
De-zhin sheg-la chag-tsal-lo

Dag-pe do-chag dral-war-gyur
Ge-way ngan-song le-drol-zhing
Chig-tu don-dam chog-gyur-pa
Zhi-gyur cho-la chag-tsal-lo

Drol-ne dro-way lam-yang-ton
Lab-pa dag-la rab-tu-ne
Zhing-gi dam-pa yon-ten-den
Gen-dun la-yang chag-tsa-lo

Dig-pa chi-yang mi-ja-zhing
Ge-wa pun-sum tsog-par-gyur
Rang-gi sem-ni yong-su-dul
Di-ne sang-gye ten-pa-yen

Kar-ma rab-rim mar-me-dang
Gyu-ma zil-pa chu-bur-dang
Mi-lam log-dang drin-ta-bur
Du-je chci-nam di-tar-ta

So-nam di-yi tam-che zig-pa-yi
Go-pang tob-ne ken-tse dra-tul-te
Ka-dang na-dang chi-way lab-trug-ty
Si-pay tso-ly dro-wa drol-war-shog

HOMAGE TO BUDDHA SHAKYAMUNI

To the Founder, the Endowed Transcendent Destroyer, the One Gone Beyond, the Foedestroyer, the Completely Perfected. Fully-Awakened Being, perfect in knowledge and in good conduct. Sugata, Knower of the World, Supreme Guide of human beings to be tamed, Teacher of gods and human beings; to you, the Completely and Fully Awakened One, the Endowed Transcendent. Destroyer, the Glorious Conqueror, the Subduer from the Shakya clan, I prostrate, make offerings and go for refuge.

When, a supreme among humans, you were born on this earth,
You paced out seven strides,
Then said, "I am supreme in this world."
To you, who were wise then, I prostrate.

With pure bodies, form supremely pure;
Wisdom ocean, like a golden mountain:
Fame that blazes in the three worlds,
Winner of the best - Lord, to you I prostrate.

With the supreme signs, face like the spotless moon.
Colour like gold - to you, I prostrate.
You are immaculate, three worlds are not.
Incomparably wise one - to you, I prostrate.

The Saviour having great compassion,
The Founder having all understanding,
The field of merit with qualities like a vast ocean
To you, the One Gone to Thusness, I prostrate.

The purity which makes one free from attachment,
The virtue which frees one from the lower realms,
The one path, the sublime pure reality
To that Dharma which pacifies, I prostrate.

Those who are liberated and who also show the path to liberation,
The holy field qualified with realizations.
Who are devoted to the moral precepts
To you, the sublime community intending virtue, I prostrate.

Do not commit any non-virtuous actions.
Perform only perfect virtuous actions.
Subdue your mind thoroughly
This is the teaching of the Buddha.

A star, a mirage, a flame of a lamp,
An illusion, a drop of dew, or a bubble,
A dream, a flash of lightning, a cloud-
See conditioned things as such!

Through these merits may sentient beings
Attain the rank of all-seeing, subdue the foe of faults,
And be delivered from samsara's ocean,
Perturbed by waves of ageing, sickness and death.



Four Mandala Offerings to Chittamani Tara

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
Päl dân la ma dam pa nam la kyab su chhi wo
Dzog päi sang gyä chom dân dä nam la kyab su chhi wo
Dam päi chhö nam la kyab su chhi wo
Phag päi ge dün nam la kyab su chhi wo (3x)

Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la
Jang chhub bar du dag ni kyab su chhi
Dag gi jin sog gyi päi di dag gi
Dro la phän chhir sang gyä drub par shog (3x)

Special Generation of 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 (3x)

The Four Immeasurables

Sem chän tham chä de wa dang de wäi gyu dang dân par gyur chig
Sem chän tham chä dug ngäl dang dug ngäl gyi gyu dang dräl war gyur chig
Sem chän tham chä dug ngäl me päi de wa dang mi dräl war gyur chig
Sem chän tham chä nye ring chhag dang nyi dang dräl wäi tang nyom la nä par gyur chig (3x)

Self-Generation

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



Four Mandala Offerings to Chittamani Tara

Taking Refuge

I and all sentient beings as vast as space, from now until we reach the essence of
supreme enlightenment,
Go for refuge to the glorious pure Lamas;
Go for refuge to the perfectly enlightened Victorious Ones;
Go for refuge to the pure Dharma;
Go for refuge in the superior Sangha. (3x)

Taking Refuge and Generating Bodhichitta

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Sangha
By my practice of giving and other perfections,
May I become a buddha to benefit all sentient beings. (3x)

Special Generation of Bodhichitta

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 undertake
the yoga of venerable Arya Tara. (3x)

The Four Immeasurables

May all sentient beings have happiness and the causes of happiness.
May all sentient beings be free from suffering and the causes of suffering.
May all sentient beings be inseparable from the happiness that is free from suffering.
May all sentient beings abide in equanimity, free from desire for friends and hatred for enemies. (3x)

Self-Generation

In one instant I arise as venerable Arya Tara.

Blessing the Inner Offering

Cleanse with:

OM BENZA AMRITA KUNDALI HANA HANA HUNG PHAT

Purify into emptiness with:

OM SUBHAWA SHUDDHA SARWA DHARMA SUBHAWA 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

Consecrate the inner offering by reciting three times:

OM AH HUNG (3x)

Blessing the Outer Offerings

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

OM BENZA AMRITA KUNDALI HANA HANA HUNG PHAT

Purify into emptiness with:

OM SUBHAWA SHUDDHA SARWA DHARMA SUBHAWA SHUDDHO HAM

Tong pa nyi du gyur /

Tong päi ngang lä KAM lä tho päi nö nam kyi nang du / HUNG 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

OM ARGHAM AH HUNG (greeting water)

OM PADYAM AH HUNG (foot washing water)

OM BENZA PUSHPE AH HUNG (flowers)

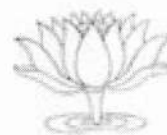
OM BENZA DHUPE AH HUNG. (incense)

OM BENZA ALOKE AH HUNG (light)

OM BENZA GANDHE AH HUNG (perfume)

OM BENZA NYUDAY AH HUNG (food offering)

OM BENZA SHAPTA AH HUNG (music)



Visualization of the Field of Merit

Dün gyi nam khar seng thri pä däi dân 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

Blessing the Inner Offering

Cleanse with:

OM VAJRA AMRITA KUNDALI HANA HANA HUNG PHAT

Purify into voidness with:

OM SUBHAWA SHUDDHA SARWA DHARMA SUBHAWA SHUDDHO HAM

All becomes empty.

From within emptiness, from YAM, 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 HUNG (3x)

Blessing the Outer Offerings

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

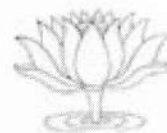
OM VAJRA AMRITA KUNDALI HANA HANA HUNG PHAT

Purify into emptiness with:

OM SUBHAWA SHUDDHA SARWA DHARMA SUBHAWA SHUDDHO HAM

They all become empty. From within emptiness, from KAM, skullcup vessels. Inside these, from HUNG 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 HUNG (greeting water)
OM PADYAM AH HUNG (foot washing water)
OM VAJRA PUSHPE AH HUNG (flowers)
OM VAJRA DHUPE AH HUNG (incense)
OM VAJRA ALOKE AH HUNG (light)
OM VAJRA GENDHE AH HUNG (perfume)
OM VAJRA NYUDAY AH HUNG (food offering)
OM VAJRA SHAPTA AH HUNG (music)



Visualization of the Field of Merit

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.

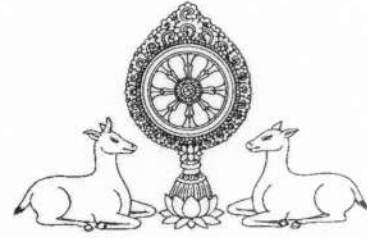
Homage

Sang gyä tham chä dü päi ku
Dor je dzin päi ngo wo nyi
Kön chog sum gyi tsa wa te
La ma nam la chhag tshäl lo (3x) or (7x)

Recite the following verses in sequence three times:

Gön po thug je chhe dân pa
Tham chä khyen päi tön pa po
Sö nam yön tän gya tso zhing
De zhin sheg la chhag tshäl lo

Dag pä dö chhag dräl war gyur
Ge wä ngän song lä dröl ching
Chig tu dön dam chhog gyur pa
Zhing gyur chhö la chhag tshäl lo



Dröl nä dröl wäi lam yang tön
Lab pa dag la rab tu nä
Zhing gi dam pa yön tän dân
Ge dun la yang chhag tshäl lo (3x)

Offering to the Field of Merit

Scatter flowers on Tara images. When you have sat down:

OM SARWA TATHAGATA SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE / GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM SARWA TATHAGATA SAPARAI WARA OM AH HUNG

The Seven Limbs

Gyäl wa sä chä nam la chhag tshäl lo
Ngö sham yi trül chhö pa ma lu bü
Thog me nä sag dig tung tham chä shag
Kye phag ge wa nam la je yi rang
Khor wa ma tong bar du leg zhug nä
Dro la chhö kyi khor lo kor wa dang
Dag zhän ge nam jang chhub chhen por ngo

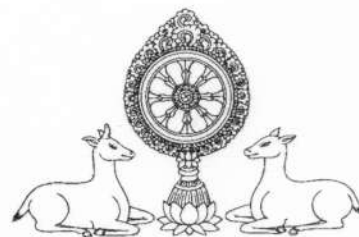
Homage

Your exalted body is the embodiment of all Buddhas;
You are in the nature of the Vajra holder,
The very root of the Three Rare and Sublime [Ones]:
I prostrate to all gurus. (3x) or (7x)

Recite the following verses in sequence three (3) times:

The savior having great compassion,
The founder having all understanding,
The field of merit with qualities like a vast ocean –
To you, the one gone to thusness, I prostrate.

The purity that frees one from attachment,
The virtue that frees one from the lower realms,
The one path, the sublime pure reality –
To the Dharma that pacifies, I prostrate.



Those who are liberated and who also show the path to liberation,
The holy field qualified with realizations,
Who are devoted to the moral precepts –
To you, the sublime community intending virtue, I prostrate. (3x)

Offering to the Field of Merit

Scatter flowers on Tara images. When you have sat down:

OM SARWA TATHAGATA SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE / GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM SARWA TATHAGATA SAPARAI WARA OM AH HUNG

The Seven Limbs

I prostrate to all the victorious ones and their children.
I present clouds of every type of offering, actual and imagined;
I declare all my negative actions accumulated since beginningless time
And rejoice in the merit of all holy and ordinary beings.
Please, remain until the end of cyclic existence
And turn the wheel of the Dharma for living beings.
I dedicate my own merits and those of all others to the great enlightenment.

Long Mandala Offering

Zhing kham ül war gyi wo –

OM BENZA bhumi AH HUNG / wang chhen ser gyi sa zhi

OM BENZA rekhe AH HUNG / 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 lu phag / nga
yab dang nga yab zhän / yo dân dang lam chhog dro / dra mi nyän dang dra mi nyiin gyi da /
rin po che ri wo / pak sam gyi shing / du jo ye ba / ma mu pa ye lo tok / kor lo rin po che /
nor bu rin po che / tsün mo rin po che / lon po rin po che / lang po rin po che / ta chok
rin po che / mak pön rin po che / ter chen po yi bum pa / geg ma / treng wa ma / lu ma /
gar ma / me tok ma / duk poi ma / nang sel ma / dri chab ma / nyi ma / da wa /
rin po che / duk chok le / nam par gyal way / gyel tsen / ü su lha dang / mi ye pal jor pun sum
tsok pa / ma tsang wa me pa / tsang shing yi du wong wa / di dak drin chen / tsa wa dang gyu
par che pay / pal den la ma dam pa nam dang / nya me sha kye gyal po / lha tsog khor dang / che
pa nam la / shing kam bul war gyi wo / tuk je dro way dun du she su sul / she ne dhak sok /
sem chen tham che la / thuk tse war / chen pö go ne / chok dang thun mong ge /
ngo drup ma lu pa / tsal du sol

Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram

Ri rab ling zhi nyi dä gyän pa di

Sang gyä zhing du mig te ul wa yi

Dro kün nam dag zhing la chö par shog

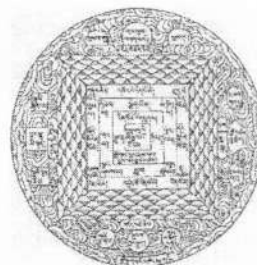
Request to Turn the Wheel of the Dharma

Je tsun lama dam pa kye nam kyi

Chö ku ka la kyen tse chu dzin trig

Ji tar tsam pe dul je dzin ma la

Sab gye chö kyi char pa ab tu söl



IDAM GURU RATNA MANDALA KAM NIRYA TAYA MI

Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la

Jang chhub bar du dag ni kyab su chhi

Dag gi jin sog gyi pa di dag gi

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

Prayer for the Desired Goal

Leg tshog kün gyi jung nä ge wäi she

Sam dang jor wä tshül zhin gü ten zhing

Gyäl wa gye päi lam gyi gyü jang nä

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

Long Mandala Offering

Let us offer a buddha-field –

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

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 Uttaramantrina (Lands of the Deceitful and the Skilled in Mantra), [and the northern], Kuru and Kaurava. In the east, the precious elephant; in the south, the precious housekeeper, 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.

My own and others' body, speech, and mind, wealth and virtues, of the three times,
This pure, precious mandala and a mass of Samantabhadra offerings, I mentally take and offer to my guru-yidam and the Three Precious Ones. Please accept them through compassion and bestow your inspiration.

Short Mandala Offering

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon:
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

Request to turn the Wheel of the Dharma

O holy and venerable lama, from the clouds of compassion
That form in the skies of your dharmakaya wisdom,
Please release a rain of vast and profound Dharma,
Precisely in accordance with the needs of those to be trained.



IDAM GURU RATNA MANDALA KAM NIRYA TAYA MI

Taking Refuge and Generating Bodhichitta

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Sangha.
By my practice of giving and other perfections,
May I become a buddha to benefit all sentient beings. (3x)

Prayer for the Desired Goal

Please bless me to devote myself in thought and action
To the virtuous teacher, the very source of all goodness.
By training in the path that pleases all the Conquerors,
May I reach unsurpassed enlightenment. (3x)

First Round

Homage

Lha dang lha min chö pän gyi
Zhab kyi pä mo la tü ne
Phong pa kün lä dröl dzä ma
Dröl ma yum la chhag tshäl lo (7x) or (3x)

Offering to Tara

Scatter flowers on the image of Tara. When you have sat down, offer the outer offerings.

OM ARYA TARE SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE / GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM ARYA TARE SAPARAI WARA OM AH HUNG

The Seven Limbs

Je tsün dröl mäi zhab la gü chhag tshäl
Ngö sham yi trül chhö pa ma lü bü
Thog me nä sag dig tung tham chä shag
Kye phag ge wa nam la je yi rang
Khor wa ma tong bar du leg zhug nä
Dro la chhö kyi khor lo kor wa dang
Dag zhän ge nam jang chhub chhen por ngo

Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
Ri rab ling zhi nyi dä gyän pa di
Sang gyä zhing du mig te ul wa yi
Dro kün nam dag zhing la chö par shog

IDAM GURU RATNA MANDALA KAM NIRYA TAYA MI

Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la
Jang chhub bar du dag ni kyab su chhi
Dag gi jin sog gyi pa di dag gi
Dro la phän chhir sang gyä drub par shog (3x)



First Round

Homage

Devas and titans bow down
With their crowns at your lotus feet.
I prostrate to the liberating mother,
Who liberates from all misfortunes. (7x) or (3x)

Offering to Tara

Scatter flowers on the image of Tara. When you have sat down, offer the outer offerings.

OM ARYA TARE SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE / ALOKE /
GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM ARYA TARE SAPARAI WARA OM AH HUNG

The Seven Limbs

To Arya Tara's holy feet I prostrate.
I present clouds of every type of offering, actual and imagined;
I declare all my negative actions accumulated since beginningless time
And rejoice in the merit of all holy and ordinary beings.
Please, remain until the end of cyclic existence
And turn the wheel of Dharma for living beings.
I dedicate my own merits and those of all others to the great enlightenment.

Short Mandala Offering

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon:
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA KAM NIRYA TAYA MI
Guru-Yidam and Three Precious Ones, please accept this mandala through compassion and bestow
your inspiration.

Taking Refuge and Generating Bodhichitta

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Sangha
By my practice of giving and other perfections,
May I become a buddha to benefit all sentient beings. (3x)



Prayer

Chhag yä chhog jin chhag gya nyi
Kyab jin chhag gyar gyur wäi og
Dag dang sung ja kün tsü nä
Jig pa kün lä ug yung gyur

Praise to Tara

Recite the Twenty-one Homages to Tara two (2) times:

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

Chhag tshäl dröl ma nyur ma pa mo
Chän ni kä chig log dang dra ma
Jig ten sum gön chhu kye zhäl gyi
Ge sar je wa lä ni jung ma

Chhag tshäl tön käi da wa kün tu
Gang wa gya ni tseg päi zhäl ma
Kar ma tong thrag tshog pa nam kyi
Rab tu chhe wäi ö rab bar ma

Chhag tshäl ser ngo chhu nä kye kyi
Pä mä chhag ni nam par gyän ma
Jin pa tsön drü ka thub zhi wa
Zö pa sam tän chö yül nyi ma

Chhag tshäl de zhin sheg päi tsug tor
Tha yä nam par gyäl war chö ma
Ma lü pha röl chhin pa thob päi
Gyäl wäi sä kyi shin tu ten ma

Chhag tshäl TUTTARA HUNG yi ge
Dö dang chhog dang nam kha gang ma
Jig ten dün po zhab kyi nän te
Lü pa me par gug par nü ma

Chhag tshäl gya jin me lha tshang pa
Lung lha na tshog wang chhug chhö ma
Jung po ro lang dri za nam dang
Nö jin tshog kyi dün nä tö ma

Chhag tshäl TRAD che ja dang PHAT kyi
Pha röl thrül khor rab tu jom ma
Ä kum yön kyang zhab kyi nän te
Me bar thrug pa shin tu bar ma



Prayer

Let me and all those who need protection
Come under the supreme giving gesture of your right hand
As well as the refuge-granting gesture
That liberates from all fears.

Praise to Tara

Recite the Twenty-one Homages to Tara two (2) times:

OM! Homage to the venerable Arya Tara.

Homage! Tara, swift, heroic!
Eyes like lightning instantaneous!
Sprung from opening stamens of the
Lord of three world's tear-born lotus!

Homage! She whose face combines a
Hundred autumn moons at fullest!
Blazing with light rays resplendent
As a thousand star collection!

Homage! Golden-blue one, lotus
Water born, in hand adorned!
Giving, effort, calm, austerities,
Patience, meditation her sphere!

Homage! Crown of tathagatas,
Actions triumph without limit!
Relied on by Conquerors' children,
Having reached every perfection!

Homage! Filling with TUTTARE,
HUNG, desire, direction, and space!
Trampling with her feet the seven worlds,
Able to draw forth all beings!

Homage! Worshipped by the all-lords,
Shakra, Agni, Brahma, Marut!
Honored by the hosts of spirits,
Corpse-raisers, gandharvas, yakshas!

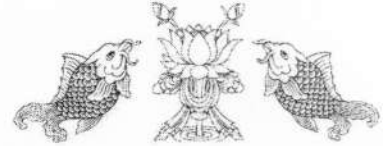
Homage! With Her TRAD and PHAT sounds
Destroying foes' magic diagrams!
Her feet pressing, left out, right in,
Blazing in a raging fire-blaze!



Chhag tshäl TURE jig pa chhen po
 Dü kyi pa wo nam par jom ma
 Chhu kye zhäl ni thro nyer dân dzä
 Dra wo tham chä ma lü sö ma

Chhag tshäl kön chhog sum tshön chhag gyäi
 Sor mö thug kar nam par gyän ma
 Ma lü chhog kyi khor lö gyän päi
 Rang gi ö kyi tshog nam thrug ma

Chhag tshäl rab tu ga wa ji päi
 U gyän ö kyi threng wa pel ma
 Zhe pa rab zhä TUTTARA yi
 Dü dang jig ten wang du dzä ma



Chhag tshäl sa zhi kyong wäi tshog nam
 Tham chä gug par nü ma nyi ma
 Thro nyer yo wäi yi ge HUNG gi
 Phong pa tham chä nam par dröl ma

Chhag tshäl da wäi dum bü u gyän
 Gyän pa tham chä shin tu bar ma
 Räl päi tro na ö pag me lä
 Tag par shin tu ö rab dzä ma

Chhag tshäl käl päi tha mäi me tar
 Bar wäi threng wäi ü na nä ma
 Ä kyang yön kum kün nä kor gäi
 Dra yi pung ni nam par jom ma

Chhag tshäl sa zhii ngö la chhag gi
 Thil gyi nün ching zhab kyi dung ma
 Thro nyer chän dzä yi ge HUNG gi
 Rim pa dün po nam ni gem ma

Chhag tshäl de ma ge ma zhi ma
 Nya ngän dä zhi chö yül nyi ma
 SOHA OM dang yang dag dân pä
 Dig pa chhen po jom pa nyi ma



Chhag tshäl kün nä kor rab ga wäi
 Dra yi lü ni nam par gem ma
 Yi ge chu päi ngag ni kö päi
 Rig pa HUNG lä dröl ma nyi ma

Homage! TURE, very dreadful!
 Destroyer of Mara's champion(s)!
 She with frowning lotus visage
 Who is slayer of all enemies!

Homage! At the heart her fingers,
 Adorn her with Three Jewel mudra!
 Light-ray masses all excited!
 All directions' wheels adorn her!

Homage! She so joyous, radiant,
 Crown emitting garlands of light!
 Mirthful, laughing with TUTTARE,
 Subjugating maras, devas!

Homage! She able to summon
 All earth-guardians' assembly!
 Shaking, frowning, with her HUNG sign
 Saving from every misfortune! Homage!

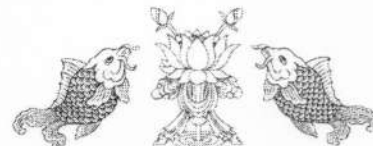
Crown adorned with crescent moon,
 All ornaments most shining!
 Amitabha in her hair-knot
 Sending out much light eternal!

Homage! She amid wreath ablaze like
 Eon-ending fire abiding!
 Right stretched, left bent, joy surrounds you
 Troops of enemies destroying!

Homage! She who strikes the ground with
 Her palm, and with her foot beats it!
 Scowling, with the letter HUNG the
 Seven levels she does conquer!

Homage! Happy, virtuous, peaceful!
 She whose field is peace, nirvana!
 She endowed with OM and SOHA,
 Destroyer of the great evil!

Homage! She with joy surrounded
 Tearing foes' bodies asunder,
 Frees with HUNG and knowledge mantra,
 Arrangement of the ten letters!



Chhag tshal TURE zhab ni dab pä
 HUNG gi nam päi sa bön nyi ma
 Ri rab Mandha ra dang big je
 Jig ten sum nam yo wa nyi ma

Chhag tshäl lha yi tsho yi nam päi
 Ri dag tag chän chhag na nam ma
 TARA nyi jö PHAT kyi yi ge
 Dug nam ma lü pa ni sel ma

Chhag tshäl lha yi tshog nam gyäl po
 Lha dang mi ham chi yi ten ma
 Kün nä go chha ga wäi ji gyi
 Tsö dang mi lam ngän pa sel ma

Chhag tshäl nyi ma da wa gyä päi
 Chän nyi po la ö rab säi ma
 HARA nyi jö TUTTARA yi
 Shin tu drag pöi rim nö sel ma

Chhag tshal de nyi sum nam kö pä
 Zhi wäi thü dang yang dag dân ma
 Dön dang ro lang nö jin tshog nam
 Jam pa TURE rab chhog nyi ma

Tsa wäi ngag kyi tö pa di dang
 Chhag tshäl wa ni nyi shu tsa chig (2x)



Short Tara Praise

If time is short, the following verse can be recited in place of the 21 Homages to Tara:

OM Je tsun ma phak ma dol ma la chhag tshäl lo
 Chhag tshäl dröl ma TARE päi mo
 TUTTARA yi jig kün sel ma
 TURE dön nam tham cha ter ma
 SOHA yi ge chig la rab du

Request

Thug jei ter chhen phag ma je tsün mä
 Kha nyam dro nam tän dei drong khyer du
 De lag drö päi bar chha kün zhi zhing
 Thün kyen ma lü phel war jin gyi lob (3x)

Homage! TURE! With seed letter
Of the shape of syllable HUNG!
By foot stamping shakes the three worlds,
Meru, Mandara, and Vindhya!

Homage! Holding in her hand the
Deer-marked moon of deva-lake form!
With twice-spoken TARA and PHAT,
Totally dispelling poison!

Homage! She whom gods and their kings,
And the kinnaras do honour!
Armoured in all joyful splendor,
She dispels bad dreams and conflicts!

Homage! She whose two eyes bright with
Radiance of sun and full moon!
With twice HARA and TUTTARE
She dispels severe contagion!

Homage! Full of liberating
Power by the set of three natures!
Destroys hosts of spirits, yakshas,
And raised corpses! Supreme! TURE!

These praises with the root mantras
And prostrations thus are twenty-one!



Short Tara Praise

If time is short, the following verse can be recited in place of the 21 Homages to Tara:

OM I prostrate to the goddess foe destroyer, liberating lady Tara,
Homage to TARE, saviouress, heroine,
With TUTTARE dispelling all fears,
Granting all benefits with TURE,
To her with sound SOHA, I bow.

Request

Venerable Arya, great treasure of compassion,
Grant your blessings to increase all favorable conditions
And to clear away every obstacle
That all migratory beings may swiftly enter the city of eternal joy. (3x)

Second Round

Homage

Lha dang lha min chö pän gyi
Zhab kyi pä mo la tü ne
Phong pa kün lä dröl dzä ma
Dröl ma yum la chhag tshäl lo (7x) or (3x)

Offering to Tara

Scatter flowers on the image of Tara. When you have sat down, offer the outer offerings.

OM ARYA TARE SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

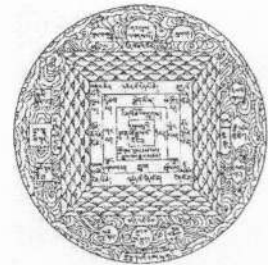
OM ARYA TARE SAPARAI WARA OM AH HUNG

The Seven Limbs

Je tsün dröl mäi zhab la gü chhag tshäl
Ngö sham yi trül chhö pa ma lü bül
Thog me nä sag dig tung tham chä shag
Kye phag ge wa nam la je yi rang
Khor wa ma tong bar du leg zhug nä
Dro la chhö kyi khor lo kor wa dang
Dag zhän ge nam jang chhub chhen por ngo

Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
Ri rab ling zhi nyi dä gyän pa di
Sang gyä zhing du mig te ul wa yi
Dro kün nam dag zhing la chö par shog



IDAM GURU RATNA MANDALA KAM NIRYA TAYA MI

Taking Refuge and Generating Bodhichitta

Sang gya chhö dang tshog kyi chhog nam la
Jang chhub bar du dag ni kyab su chhi
Dag gi jin sog gyi pa de dag gi
Dro la phän chhir sang gyä drub par shog (3x)

Second Round

Homage

Devas and titans bow down
With their crowns at your lotus feet.
I prostrate to the liberating mother,
Who liberates from all misfortunes. (7x) or (3x)

Offering to Tara

Scatter flowers on the image of Tara. When you have sat down, offer the outer offerings.

OM ARYA TARE SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM ARYA TARE SAPARAI WARA OM AH HUNG

The Seven Limbs

To Arya Tara's holy feet I prostrate.
I present clouds of every type of offering, actual and imagined;
I declare all my negative actions accumulated since beginningless time
And rejoice in the merit of all holy and ordinary beings.
Please, remain until the end of cyclic existence
And turn the wheel of Dharma for living beings.
I dedicate my own merits and those of all others to the great enlightenment.

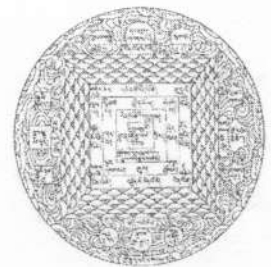
Short Mandala Offering

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon:
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

IDAM GURU RATNA MANDALA KAM NIRYA TAYA MI

Taking Refuge and Generating Bodhichitta

I go for refuge until I am enlightened
To the Buddha, the Dharma, and the Sangha
By my practice of giving and other perfections,
May I become a buddha to benefit all sentient beings. (3x)



Prayer

Chhag yä chhog jin chhag gya nyi
Kyab jin chhag gyar gyur wäi og
Dag dang sung ja kün tsü nä
Jig pa kün la ug yung gyur

Praise

Recite the Twenty-one Homages to Tara three (3) times. (See page 11.)

If time is short, the following verse can be recited in place of the 21 Homages to Tara:

OM Je tsün ma phak ma dol ma la chhag tshäl lo
Chhag tshäl dröl ma TARE päi mo
TUTTARA yi jig kün sel ma
TURE dön nam tham cha ter ma
SOHA yi ge chig la rab du



Request

Thug jei ter chhen phag ma je tsün mä
Kha nyam dro nam täi dei drong khyer du
De lag drö päi bar che kün zhi zhing
Thün kyen ma lü phel war jin gyi lob (3x)

Third Round

Homage

Lha dang lha min chö pän gyi
Zhab nyi pä mo la tü ne
Phong pa kün lä dröl dzä ma
Dröl ma yum la chhag tshäl lo (7x) or (3x)

Offering to Tara

Scatter flowers on the image of Tara. When you have sat down, offer the outer offerings.

OM ARYA TARE SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE / GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM ARYA TARE SAPARAI WARA OM AH HUNG

Prayer

Let me and all those who need protection
Come under the supreme giving gesture of your right hand,
As well as the refuge-granting gesture
That liberates from all fears.



Praise

Recite the Twenty-one Homages to Tara three (3) times. (See page 12.)

If time is short, the following verse can be recited in place of the 21 Homages to Tara:

OM I prostrate to the goddess foe destroyer, liberating lady Tara,
Homage to TARE, saviouress, heroine,
With TUTTARE dispelling all fears,
Granting all benefits with TURE,
To her with sound SOHA, I bow (3x)

Request

Venerable Arya, great treasure of compassion,
Grant your blessings to increase all favorable conditions
And to clear away every obstacle
That all migratory beings may swiftly enter the city of eternal joy. (3x)

Third Round

Homage

Devas and titans bow down
With their crowns at your lotus feet.
I prostrate to the liberating mother,
Who liberates from all misfortunes. (7x) or (3x)

Offering to Tara

Scatter flowers on the image of Tara. When you have sat down, offer the outer offerings.

OM ARYA TARE SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE / GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM ARYA TARE SAPARAI WARA OM AH HUNG

The Seven Limbs

Je tsün dröl mäi zhab la gü chhag tshäl
Ngö sham yi trül chhö pa ma lü bül
Thog me nä sag dig tung tham chä shag
Kye phag ge wa nam la je yi rang
Khor wa ma tong bar du leg zhug nä
Dro la chhö kyi khor lo kor wa dang
Dag zhän ge nam jang chhub chhen por ngo

Long Mandala Offering

Zhing kham ül war gyi wo –

OM BENZA bhumi AH HUNG / wang chhen ser gyi sa zhi

OM BENZA rekhe AH HUNG / 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 lu phag / nga
yab dang nga yab zhän / yo dân dang lam chhog dro / dra mi nyän dang dra mi nyiin gyi da /
rin po che ri wo / pak sam gyi shing / du jo ye ba / ma mu pa ye lo tok / kor lo rin po che /
nor bu rin po che / tsün mo rin po che / lon po rin po che / lang po rin po che / ta chok
rin po che / mak pön rin po che / ter chen po yi bum pa / geg ma / treng wa ma / lu ma /
gar ma / me tok ma / duk poi ma / nang sel ma / dri chab ma / nyi ma / da wa /
rin po che / duk chok le / nam par gyal way / gyel tsen / ü su lha dang / mi ye pal jor pun sum
tsok pa / ma tsang wa me pa / tsang shing yi du wong wa / di dak drin chen / tsa wa dang gyu
par che pay / pal den la ma dam pa nam dang / kye par du yang je tsun ma / phak ma drol mi /
lha tsog khor dang / che pa nam la / shing kam bul war gyi wo / tuk je dro way dun du she su
sul / she ne dhak sok / sem chen tham che la / thuk tse war / chen pö go ne / chok dang thun
mong ge / ngo drup ma lu pa / tsal du sol

Short Mandala Offering

Sa zhi pö kyi jug shing me tog tram
Ri rab ling zhi nyi dä gyän pa di
Sang gyä zhing du mig te ul wa yi
Dro kün nam dag zhing la chö par shog

Prayer

Kye wa kun du yang dhak la ma dang
Dral me choi kye pe la long chod ching
Sa dang lam kye youn ten rab zok nä
Dorje chang gi go phang ngur thop shog

IDAM GURU RATNA MANDALA KAM NIRYA TAYA MI



The Seven Limbs

To Arya Tara's holy feet I prostrate.
I present clouds of every type of offering, actual and imagined;
I declare all my negative actions accumulated since beginningless time
And rejoice in the merit of all holy and ordinary beings.
Please, remain until the end of cyclic existence
And turn the wheel of Dharma for living beings.
I dedicate my own merits and those of all others to the great enlightenment.

Long Mandala Offering

Let us offer a buddha-field –
OM vajra ground AH HUNG, mighty golden ground. OM vajra fence AH HUNG.

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, Jambudvīpa (Rose-apple Land), the western, Godāniya (Cattle-gift Land), the northern, Kuru; [the eastern minor continents] Deha and Videha, [the southern], Chamara and Aparā-chamara (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 precious elephant; in the south, the precious housekeeper, 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.

My own and others' body, speech, and mind, wealth and virtues, of the three times,
This pure, precious mandala and a mass of Samantabhadra offerings,
I mentally take and offer to my guru-yidam and the Three Precious Ones,
Please accept them through compassion and bestow your inspiration.

Short Mandala Offering

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, the sun and the moon:
I imagine this as a buddha-field and offer it.
May all living beings enjoy this pure land!

Prayer

In all future lives may I never be parted
From the perfect gurus or the pure ways of the Dharma.
May I gain every experience of the paths and stages
And quickly attain the stage of Holder of Diamond Knowledge.

IDAM GURU RATNA MANDALA KAM NIRYA TAYA MI

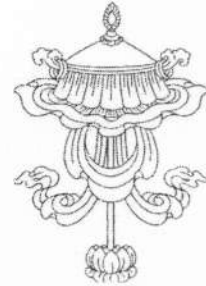


Taking Refuge and Generating Bodhichitta

Sang gyä chhö dang tshog kyi chhog nam la
Jang chhub bar du dag ni kyab su chhi
Dag gi jin sog gyi pa de dag gi
Dro la phän chhir sang gyä drub par shog (3x)

Prayer

Chhag yä chhog jin chhag gya nyi
Kyab jin chhag gyar gyur wäi og
Dag dang sung ja kün tsü nä
Jig pa kün lä ug yung gyur



Visualization

Ku lä dü tsii chhu gyün bab
Rang dang sung jäi chi wo nä
Zhug te lü kün gang wa yi
Jin lab ma lü zhug par gyur

Praise

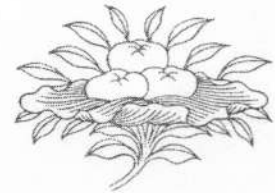
Recite the Twenty-one Homages to Tara seven (7) times. (See page 11.)
If time is short, the following verse can be recited in place of the 21 Homages to Tara:

OM Je tsun ma phak ma dol ma la chhag tshäl lo
Chhag tshäl dröl ma TARE päl mo
TUTTARA yi jig kün sel ma
TURE dön nam tham cha ter ma
SOHA yi ge chig la rab dü (7x)

Prayer of the Benefits

Lha mo la gü yang dag dân päi
Lo dân gang gi rab dä jö de

Sö dang tho rang lang par jä nä
Drän pä mi jig tham chä rab ter
Dig pa tham chä rab tu zhi wa
Ngän dro tham chä jom pa nyi thob



Gyäl wa je wa thrag dün nam kyi
Nyur du wang ni kur war gyur la
Di lä chhe wa nyi ni thob ching
Sang gyä go phang thar thug der dro

De yi dug ni drag po chhen po
Tän nä pa am zhän yang dro wa
Zö pa dang ni thung pa nyi kyang
Drän pä rab tü sel wa nyi thob

Taking Refuge and Generating Bodhichitta

To the Buddha, the Dharma, and the Supreme Assembly
I go for refuge until I am enlightened.
By this practice of giving and other perfections,
May I become a buddha in order to benefit all sentient beings. (3x)

Prayer

Let me and all those who need protection
Come under the supreme giving gesture of your right hand
As well as the refuge-granting gesture
That liberates from all fears.

Visualization

From her exalted body, a stream of nectar flows
And enters the crown of the beneficiary and myself,
Completely filling our bodies
And granting all blessings.

Praise

Recite the Twenty-one Homages to Tara seven (7) times. (See page 12.)
If time is short, the following verse can be recited in place of the 21 Homages to Tara:

OM I prostrate to the goddess foe destroyer, liberating lady Tara,
Homage to TARE, saviouress, heroine,
With TUTTARE dispelling all fears,
Granting all benefits with TURE,
To her with sound SOHA, I bow.

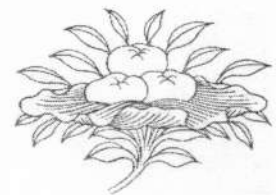
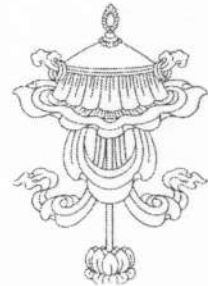
Prayer of the Benefits

Whoever is endowed with devotion for the goddess
And recites this with supreme faith,

Remembering it at dawn upon waking and in the evenings,
Will be granted all fearlessness,
Will perfectly pacify all negativities,
And will eliminate all unfortunate migrations.

The multitudes of Conquerors
Will quickly grant initiation:
Thus, endowed with this greatness,
One will eventually reach the state of a buddha.

If affected by the most terrible poison,
Whether ingested, drunk, or from a living being,
Just by remembering
Will one be thoroughly cleansed.



Dön dang rim dang dug gi zir wai
Dül ngäl tshog ni nam par pong te
Sem chän zhän pa nam la yang ngo
Nyi sum dün du ngön par jö na

Bu dö pä ni bu thob gyur zhing
Nor dö pä ni nor nam nyi thob
Dö pa tham chä thob par gyur la
Geg nam me ching so sor jom gyur chig

Praise

Jet sün chom den de ma thuk je chen
Dak dang tha ye sem chen tam che kyi
Dib nee chang ching tsok nee nyur dzok te
Dzok pe sang gye töp par zed du sol

De ma töp kee tse rap kun tu yöng
Lha dang me ye de way chok töp nye
Tam che khen pa dup par che pa la
Par che dün geg rim tang nye la sok

Tu min che wa kyur pa na tsog dang
Me lam nin tang tse ma nyin pa dang
Jik pa gey sok nye war tse wa nam
Nyur du she shing me par zed du sol

Jig ten jig ten lay ni de pa yi
Ta shi de lek phun sum tsog pa nam
Pel ching gey pey tön nam ma lü pa
Be me lhun key dhup par zed du söl

Dhup la tsön ching tam cho pel wa thang
Dhak tu kyod dup shal chok tong wa dang
Tong nee don tok chang sem rin po che
Yar ngo da dar pel shing gey par zö

Gyal way kil khor sang shing ga wa ter
Pe mo tam pa shing tu zeh leh kye
Nyang wa tha ye gyal way ngon sum du
Lung ten pa yöng da kyi ter töp shog

Da kyi tse rap kun tu dhup pe lha
Tyü sum sang gye kun kye trin lay ma
Ngö jang shal chig chak nge ngur shing ma
Yum gyur ut pal nam pe ta shi shok

Gyal yum dol ma khe ku che da dang
Khor dang ku tse tshed tang shing kam dang
Khe key tsen chok sang po chi da wa
Den da kho nar dak sok gyur wa shok



If this prayer is recited two, three, or seven times,
It will pacify all the sufferings of torments
Caused by spirits, fevers, and poisons,
And by other beings as well.

~~OM ARYA TARE [SAPARIVARA] ** OM AH HUM~~

If you wish for a child, you will get a child;
If you wish for wealth, you will receive wealth.
All your wishes will be fulfilled
And all obstacles pacified

Praise

O compassionate and venerable subduing Goddesses,
May the infinite beings, including myself,
Soon purify the two obscurations and complete both collections
So that we may attain full and perfect enlightenment.

For all my lifetimes, until I reach this stage,
May I know the sublime happiness of humans and gods
And so may I become fully omniscient,
Please pacify quickly all obstacles, spirits

Obstructions, epidemics, diseases and so forth,
The various causes of untimely death,
Bad dreams and omens, the eight fears and other afflictions,
And make it so that they no longer exist.

May the mundane and supermundane collections
Of all excellent auspicious qualities and happiness
Increase and develop, and may all wishes
Be fulfilled naturally and effortlessly, without exception.

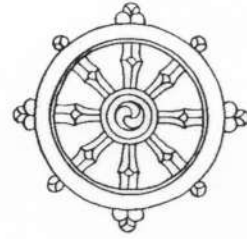
May I strive to realize and increase the sacred Dharma,
Accomplishing your stage and beholding your sublime face;
May my understanding of emptiness and the precious
Mind of enlightenment increase like the moon waxing full.

May I be reborn from an extremely beautiful and holy lotus
In the joyous and noble mandala of the Conqueror,
And may I attain whatever prophesy I receive
In the presence of Amitabha, Buddha of Infinite Light.

O Deity, whom I have accomplished from previous lifetimes -
The enlightened action of the three times Buddhas,
Blue-green, one face and two arms, the swift pacifier -
O Mother holding an utpala flower, may you be auspicious !

Whatever your body, O Mother of Conquerors,
Whatever your retinue, your life span and pure land,
Whatever your name, most noble and holy-
May I and all others attain only these.

Khe la tūd ching söl wa tob pe twei
Dhak sok gäng du nye pe sa cho sü
Nye dang ül pong thap tsod shi wa dang
Chö dang ta shi pel war zed du söl



Offering the Torma

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

OM BENZA AMRITA KUNDALI HANA HANA HUNG PHAT

Purify into voidness with:

OM SUBHAWA SHUDDHA SARWA DHARMA SUBHAWA 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 dü sha nga dü tsi nga zhu wa lä jung wäi ye she kyi dü tsii gya tsho chhen por gyur

Consecrate with:

OM AH HUNG (3x)

Visualizing:

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

Offer it by saying three times:

OM ARYA TARE SAPARAI WARA IDAM BALIM TA KHA KHA (3x)

KHAHI KHAHI (1x)

Offering to Tara

Scatter flowers on the image of Tara. When you have sat down, offer the outer offerings.

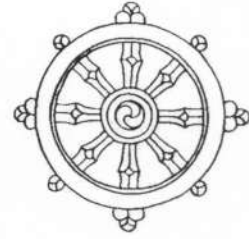
OM ARYA TARE SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE / GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM ARYA TARE SAPARAI WARA OM AH HUNG

Praise

Lha dang lha min chö pän gyi
Zhab kyi pä ma la tü de
Phong pa kün lä dröl dzä ma
Dröl ma yum la chhag tshäl tö



Offering the Torma

Cleanse with (sprinkle the torma with inner offering using the left ring finger):
OM VAJRA AMRITA KUNDALI HANA HANA HUNG PHAD

Purify into voidness with:
OM SUBHAWA SHUDDHA SARWA DHARMA SUBHAWA SHUDDHO HAM

All becomes empty.
From within emptiness, from YAM, 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 HUNG (3x)

Visualizing:
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 SAPARAI WARA IDAM BALIM TA KHA KHA (3x)
KHAHI KHAHI (1x)

Offering to Tara

Scatter flowers on the image of Tara. When you have sat down, offer the outer offerings.

OM ARYA TARE SAPARAI WARA ARGHAM / PADYAM / PUSHPE / DHUPE /
ALOE / GANDHE / NYUDAY / SHAPTA TRATI TSA HUNG SOHA

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

OM ARYA TARE SAPARAI WARA OM AH HUNG

Praise

Devas and titans bow down
With their crowns at your lotus feet.
I prostrate to the liberating mother,
Who liberates from all misfortunes.

Prayers

Then, joining the palms of the hands:

Je tsün phag ma khor dang chä
Mig me thug je tser gong la
Dag gi ji tar söl wäi dön
Geg me drub par jin gyi lob

Gyäl tän chi dang lo zang tän
Shä dang drub pä chhog chur gyä
Tän dzin ge dün de dang chä
Thug thün thrin lä phel war dzö

Jong dir nä mug thrug tsö zhi
Chhö dang tra shi gong du phel
Chhö dân gyäl pöi nga thang gyä
Gyäl kham tha wü de war dzö

Gya dang chu drug jig chhen dang
Don rim mi lam tshan ta ngan
Khor wa ngan song dug ngal sog
Na kab thar thug jig la kyob

Tshe päl long chö sö nam phel
Mi gei tog pa kün zhi zhing
Lam tso sum dang rim nyi kyi
Nyam tog nyur du thar chhin dzö

Di nä jang chhub nying pöi bar
Khyö min kyab nä zhän me pä
Bu chig po la ma yi zhin
Je zung jin gyi lab tu söl



Confession of Faults in the Recitation

Recite the hundred-syllable mantra:

OM PEMA-SATTU SAMAYA MANU-PALA YA PEMA-SATTU TENO-PA TIRTHA-
DIRDHO MEBHA-WA SUTO-KHAYO MEBHA-WA SUPO-KHAYO MEBHA-WA
ANU-RAKTO MEBHA-WA SARWA SIDDHI META-YATSA SARWA-KARMA
SUTSA-ME CHITTAM SHRI-YAM KURU HUNG HA HA HA HA HOH BHAGAWAN
SARWA TATHAGATA PEMA MAME MUTSA PEMI-BHAWA MAHA SAMAYA SATTU
AH HUNG PHAD

Prayers

Then, joining the palms of the hands:

Venerable Arya and your retinue,
Please bless me with the affection
Of your non-referential compassion,
So I may be able to fulfill all my wishes without obstacles.

Let the teachings and practice of the victorious ones in general
And the doctrine of Losang in particular spread to the ten directions.
Let the Sangha who uphold the doctrine be harmonious
And may their enlightened activities increase.

Please pacify conflicts, famine, and sickness in this country;
Increase the Dharma and good fortune;
Expand the power of Dharma rulers;
And grant happiness to the central and border areas.

Please protect us from temporary and ultimate fears,
Such as the eight and sixteen great fears,
Spirits, plagues, nightmares, and bad omens,
As well as the sufferings of samsara, the unfortunate states, and so forth.

May life, prosperity, and merits increase;
May all negative thoughts be pacified.
Please grant your blessings that realizations of the three principles of the path
And two stages may quickly be completed.

From now until the essence of enlightenment
I have no other refuge than you.
Bless me and care for me
As a mother does for her only child.



Confession of Faults in the Recitation

Recite the hundred-syllable mantra:

OM PEMA-SATTU SAMAYA MANU-PALA YA PEMA-SATTU TENO-PA TIRTHA-
DIRDHO ME BHAWA SUTO-KHAYO MEBHA-WA SUPO-KHAYO MEBHA-WA
ANU-RAKTO MEBHA-WA SARWA SIDDHI META-YATSA SARWA-KARMA
SUTSA-ME CHITTAM SHRI-YAM KURU HUNG HA HA HA HA HOH BHAGAWAN
SARWA TATHAGATA PEMA MAME MUTSA PEMI-BHAWA MAHA SAMAYA SATTU
AH HUNG PHAD

And the prayers:

Ma nye yong su ma she dang
Gang yang nū pa ma chhi pa
Dir ni ja wa gang gyi pa
De kün khye kyī zö dzä rig

Lhag pa dang ni chhä pa dang
Chho gäi yän lag nyam pa dang
Dag gi je ngä chi chhi pa
De yang zö par dzä du sol

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

Dir ni ten dang lhän chig tu
Dro wäi dön du zhug nä kyang
Nä me tshe dang wang chhug dang
Chhog nam leg par tsäl du söl

OM SUTTA TITHA BENZA YE SOHA *(toss flower petals or rice to the merit field)*

Dedication Prayer

Ge wa di yi nyur du dag
Phag ma dröl ma drub gyur nä
Dro wa chig kyang ma lü pa
De yi sa la gö par shog

Verse of Auspiciousness

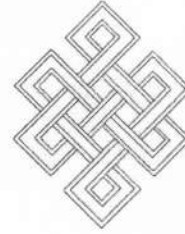
Pag sam shing dang nor bu bum zang zhin
Re kong dö gu jo wai yi zhin ter
Gyäl yum dröl ma gyäl wa sä chä kyī
Je zung ge tsän phäl wäi tra shi shög



And the prayers:

With all my actions performed here,
With whatever I could not find
Or was not able to do,
Please be patient.

Please also be patient
With the rituals
I have performed incorrectly
Or with omissions.



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

For the benefit of migratory beings,
Please abide in this image,
Granting wealth, highest goodness,
And long life free from sickness.

OM SUTTA TITHA BENZA YE SOHA *(toss flower petals or rice to the merit field)*
(OM Firmly Abiding Vajra One SOHA)

Dedication Prayer

Through the merits of these virtuous actions
May I quickly attain the state of Arya Tara
And lead all living beings, without exception,
Into that enlightened state.

Verse of Auspiciousness

Like a wish-fulfilling tree and a fortune-jeweled vase,
You are the wish-fulfilling treasure granting all desires and fulfilling all hopes.
O Conquerors' Mother Tara and all Conquerors with your children,
Take care of me and grant the auspicious signs of increasing virtue.



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.

Colophon

Composed by 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.



DEDICATION PRAYERS

Dag-gi ji-nye sag-pe ge-wa di
 Ten-dang dro-wa kun-la gang-pen dang
 Kye-par je-tsun losang-Dragpa yi
 Ten-pe nying-po ring-du sel-je shog

Long-life Prayer for His Holiness the Dalai Lama
 Gang-ri ra-way kor-way zhing-kam-dir
 Pen-dang de-wa ma-lu jung-wai-ney
 Chen-re-zig-wang ten-dzin gya-tso-yi
 Shab-peh si-teh bar-du ten-gyur-chik

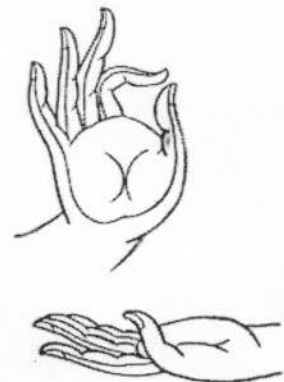
Request to Develop Bodhicitta
 Jang-chub sem-chog rinpoche
 Ma-kye pa-nam kye-gyur chig
 Kye-pa nyam-pa me-pa yang
 Gong-ne gong-du pel-war shog

Jam-pal pa-wo ji-tar kyen-pa dang
 Kun-tu sang-po de-yang de-zhin te
 De-dag kun-gyi je-su dag-lop chir
 Ge-wa di-dag tam-che rab-tu ngo

Du-sum sheg-pe gyal-wa tam-che kyi
 Ngo-wa gang-la chog-tu ngag-pa der
 Dag-gi ge-we tsa-wa di-kun kyang
 Sang-po cho-chir rab-tu ngo-war gyi

TEA OFFERING

Lha dang lha men chod pen chen
 Shap kyi pe mo la tud nay
 Phong pa kun la dro dze ma
 Dol ma yum la chod pa phul.





DEDICATION PRAYERS

I dedicate whatever virtues I have ever collected
 For the benefit of the teachings and of sentient beings,
 And in particular for the essential teachings
 Of venerable, Losang Dragpa to shine forever!

Long Life Prayer for His Holiness the Dalai Lama

In the land encircled by snowy mountains
 You are the source of all happiness and good
 All-powerful Ch_ezig Tenzin Gyatso,
 Please remain until cyclic existence is ended.

Request to develop Bodhicitta

May the supreme jewel bodhicitta
 That has not arisen, arise and grow;
 And may that which has arisen not diminish
 But increase more and more

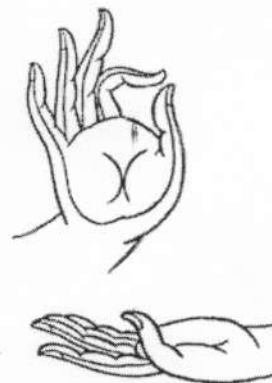
Just as the brave Manjushri, and Samantabhadra too,
 Realized things as they are.

Also I dedicate all these merits in the best way,
 That I may follow their perfect example

I dedicate all these roots of virtue
 With the dedication praised as the best
 By the victorious thus-gone-ones of the three times
 So that I might perform the noble bodhisattvas' deeds

TEA OFFERING

Worldly gods and non-worldly gods
 Bow their crowns at your lotus feet
 You who liberate from all poverty
 Mother Tara, to you I offer.



Buddha Maitreya's Prayer

བྱམས་སྤྱོན་།

Jam-pai ku-zug phul-jung zhen-pa-la
Tun-kyen drub-par je-pai lu-chan nam
Je-tziin jam-pa gon-poi shab-drung-du
Teg-chog cho-kyi pal-la cho-par-shog

Nam-shig dor-je dan-gyi ri-wo por
Jam-gon nyi-je wang-po shar-wai tse
Dag-gi lo-dro pe-mo kha-che ne
Kal-sang bung-wai tsog-nam tsim-che shog

De-tse gyal-wa jam-pa rab-tu gye
Chag-ya dag-gi go-la shag-shin du
La-me jang-chub chog-tu lung-ten ne
Dro-kun don-du sang-gye nyur-tob shog

Jang-chub drub-pai tse-rab kun-tu yang
Du-sum gyal-wa se-chi tham-che kyi
Lab-chen cho-pa ji-nye chi-pa kun
Chig-tu du-na tsul-shin dom-par shog

Leg-sha ri-mo tra-wai lung-gi go
Nam-cho ser-gyi yu-wa la-ten ching
Lab-sum nor-bu tog-gi rab-tsan pai
Ten-pai gyal-tsan chog-chur tsung-par shog

Phen-dei jung-ne tan-pa dar-shing gye
Ten-zin kye-bu tham-cha ku-kham sang
Lu-chen kun-la de-kyi jung-wai ne
Sang-gye ten-pa tak-tu gye-gyur chig

Tag-tu jam-pa nam-sum gom-pai tu
Du-de jam-pai pung-gi jom-pa dang
Dro-kun jam pai tob-kyi kyong-je-pai
Gyal-wa jam-pa gon-poi tra-shi shog

De-ter gyi-pai so-nam pag-me-yi
Nyal-wa yi-dag dun-dro lha-ma-yin
Ne-ngan log-pa de-dag pong-gyur-ne
Gyal-wa jam-pai shab-drung-du kye-war shog



Buddha Maitreya's Prayer

བུམ་ས་སྐྱོན་།

May all beings who have provided helpful conditions
In making this magnificent form of Maitreya,
Come to enjoy the excellent Mahayana teachings
At the feet of the Venerable Lord Maitreya.

When the brilliant sun of Lord Maitreya
Shines from the peak of Bodhgaya,
May I come to satisfy the swarm of fortunate bees
Through the blossoming of the lotus of my intelligence.

Delighted by this, the Victorious Maitreya
Will place his right hand on my head
And predict the time of my Enlightenment.
May I quickly attain it for the sake of all beings.

Integrating into one, all the glorious deeds
Of the Buddhas and Bodhisattvas of the three times,
May I practice this essence meticulously
Through all my lives until Buddhahood.

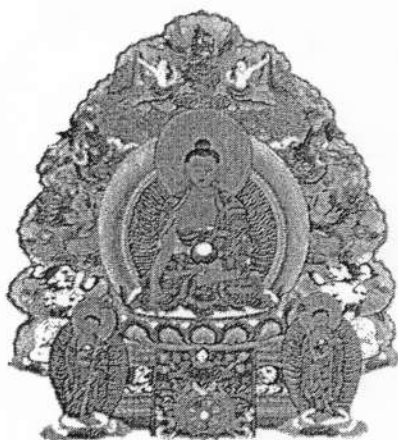
May I establish in all the ten directions
The victory emblem of the Doctrine,
With its beautifully patterned banner
Of eloquent scriptural teachings
Upraised by the golden handle of discriminating Wisdom,
And crowned by the jewel pinnacle of the three higher trainings.

May the precious Doctrine, the source of peace,
Be firmly established; May all who uphold the Doctrine have excellent health;
And may the Doctrine of the Buddha,
The source of joy and happiness to all embodied beings,
Forever increase.

May there prevail the good fortune of Maitreya,
Who, through constant practice of the three types of love,
Overcomes the hosts of mar as by love,
And cares for sentient beings with love.

From the immeasurable merits performed in this way,
May all beings of the hell,
Hungry ghost, animal and anti-god realms
Abandon their miserable migrations,
And be reborn at the feet of Victorious Maitreya,





Tea Offering:

DAK-SOK KHOR-CHE TSE-RAB THAM-CHE DU,
 KON-CHOK SUM-DANG NAM-YANG ME-DAL SHING
 KON-CHOK SUM-PO JEN-DU CHOD-PA TANG,
 KON-CHOK SUM-KEY JEN-LAB JUK-PAR SHOK

May I and all sentient beings,
 May never be separate from the three Jewels,
 May I always make offerings to the three Jewels,
 And receive the blessings of the three Jewels.

Food Offering:

TON-PA LA-ME SAN-GAY RINPO-CHE
 KYO-PA LA-ME DAM-CHOE RINPO-CHE
 DREN-PA LA-ME GE-DUN RINPO-CHE
 KYAB-NE KON-CHOG SUM-LA CHO-PA PHUL

To the unsurpassed teacher, the precious Buddha,
 To the unsurpassed, the precious holy Dharma,
 To the unsurpassed guide, the precious Sangha,
 This offering is made to the three Jewels.

