

Zabtik Drolchok

Provisional draft practice text

for the Rigpa sangha

June 2016

Transliteration – English

Table of Contents

Garland of Utpalas.....	3
Zabtik Drolchok The Essence of the Two Accumulation Mandala Practice	
A. Elaborate Practice Instructions.....	5
Seven Branch Prayer.....	11
Prayer to Jetsün Tārā (insert).....	43
Additional Prayers (insert).....	45
B. Daily Practice.....	59
Prayer for the Long Life of Mayum-la Tsering Wangmo.....	91
Prayer for the Long Life of Sogyal Rinpoche.....	92

Garland of Utpalas

Prayer to the masters of the lineage of Zabtik Drolchok

chöku sherchin chomden kunzangmo

Dharmakāya prajñāpāramitā Baghavān Samantabhadri,

longchö yongdzok benza varahi

Sambhogakāya Vajravārāhī,

trulpé namrol jetsün drolma yum

Nirmānakāya-display—venerable mother Tārā,

solwa deb so choktün ngödrub tsol

Pray grant me the supreme and ordinary accomplishments!

sangye nyipa pema kara dang

Second buddha Padmākara,

sang ngak dzö dzin daki bum gyi jé

Chief of the hundred thousand ḍākinīs who hold
the treasury of secret mantra,

changchub sempa lhasé rolpa tsal

Bodhisattva prince Lhasé Rolpé Tsal,

solwa deb so choktün ngödrub tsol

Pray grant me the supreme and ordinary accomplishments!

zabter gojé chokgyur dechen ling

Chokgyur Dechen Lingpa who unraveled profound
termas,

kabab dün den dorjé ziji tsal

Dorjé Ziji Tsal master of the seven transmissions,

gyalten sal dzé pema gar gyi wang

Pema Garwang who clarified the teachings
of the Victorious One,

solwa deb so choktün ngödrub tsol

Pray grant me the supreme and ordinary accomplishments!

shyenyang zabgyé mindrol dzö dzinpé

And also holders of the treasury of ripening and liberating
transmissions of the profound and vast teachings,

tsa gyü lama pakma nyur dzé lha

Root teachers and masters of the lineage, goddess
of swift action,

tsa sum dorjé chösung gyatso la

Ocean of the deities of the Three Roots
and Vajradharma protectors,

solwa deb so choktün ngödrub tsol

Pray grant me the supreme and ordinary accomplishments!

ngepar jungwé lo gyü shyingsa len

Moisten the field of our mind streams with renunciation

lhaksam dakpé jang trung tsar du ngar

Where the beautifully arranged sprouts of excellent
intention may grow,

yeshe chenpö drebu yur zawé

And develop into gargantuan fruits
of great primordial wisdom

dön nyi lhün gyi drubpar dzé du sol

To accomplish the two benefits spontaneously!

This prayer was written by Manjugosha (Jamyang Khyentsé Wangpo).

Zabtik Drolchok

The Essence of the Two Accumulation Mandala Practice From the mind terma cycle called Profound Tilaka of Tārā

Namo Guru Arya Taré Yé

I pay homage to Tārā
Of extraordinary intention and activities,
The mother of the guides of the three times
and their heirs!
Now, I shall lay out the practice in accord
with Kriya and Caryā yoga.

Because this cycle, the Profound Tilaka, essentializes all the profound teachings, there is no need for much elaboration. However, the cycle contains the elaborations of a slightly detailed practice, and the concise activities of the daily practice, which are both presented here.

A. Elaborate Practice Instructions

Place a drawing or a statue of Venerable Tārā, and whatever supports of the Three Jewels you have. In front of them, upon a clean shelf set the seven offering bowls (the two waters and the other general offerings), the round white tormā, cleansing water, an offering mandala, blessing grains, and so on. If you can, perform the activities of bathing and cleansing. At least practice in the morning when you have not consumed meat and alcohol. Give rise to renunciation for the cycle of existence and bodhicitta as you take refuge and generate bodhicitta as follows.

Refuge and bodhicitta

Imagine:

**dün gyi namkhar jetsünma ngönsum du
shyukpar gyur**

The Noble Green Tārā appears in the sky in front of me.

namo, könchok kün ngö jetsünmar

Homage! Noble Tārā, the embodiment of
the Three Jewels,

dak sok dro kün kyab su chi

I and all sentient beings take refuge in you!

changchub mönpé semkyé né

I shall give rise to the bodhicitta in aspiration

zabmö lam la jukpar gyi

And accomplish the actions of the profound path!

3 times

Accumulations

To gather the accumulations:

jetsün pakma drolma dang

I pay homage to the noble, venerable Tārā,

chok chu dü sum shyukpa yi

Completely and sincerely,

gyalwa sé ché tamché la

And to all the victorious ones and their heirs

künné dangwé chak gyi o

Dwelling in the ten directions and the three times.

metok dukpö marmé dri

I offer flowers, incense, lamps, perfume,

shyalzé rolmo lasokpa

Food, music and so on

ngöjor yi kyi trul né bul

Both actual offerings and presents created by the mind.

pakmé tsok nam shyé su sol

Pray deities of Noble Tārā's mandala accept my offering!

tokma mé né daté bar

From time without beginning until now,

mi gé chu dang tsammé nga

I have been committing the ten negative deeds
and the five heinous crimes,

sem ni nyönmong wang gyurpé

My mind repressed by negative emotions—

dikpa tamché shakpar gyi

I confess all these negativities.

chok chur shyukpé sangye dang¹

nyentö ranggyal changchub sem

I rejoice in all the merit that

soso kyewo lasokpé

The śrāvakas, pratyekhabuddhas and bodhisattvas,

dü sum gewa chi sakpé

And also ordinary individuals

sönam la ni jé yi rang

Ever accumulate in the three times.

1 Additional line on Rigpa audio recording chanted by Sogyal Rinpoche.

semchen né kyi sampa dang

Please turn the wheel of the Dharma,

lo yi jedrak jitawar

Grant the teachings of the Hinayāna and Mahāyāna

chechung tünmong tekpa yi

To all sentient beings

chö kyi khorlo kor du sol

According to their intelligence and receptivity.

khorwa jisi matong bar

From now until saṃsāra is empty,

nya ngen mi da tukjé yi

Do not pass into nirvāṇa, but in your compassion

dukngal gyatsor jingwa yi

Consider all sentient beings

semchen nam la zik su sol

Who sink in the ocean of suffering,

dak gi sönam chi sakpa

May every merit I have accumulated

tamché changchub gyur gyur né

Become the cause of enlightenment for all;

ringpo mi tok drowa yi

May I quickly and without any delay,

drenpé pal du dak gyur chik

Become a glorious guide for beings.

Blessing of the offerings

To bless the offerings:

om benza amrita kundali hana hana hung phat

**om sobhawa shudha sarwa dharma sobhawa
shudho hang**

neyul pemo köpé shyang

The environment becomes the pure realm of Padma Kö,

yib dang gyen kö tsemepar

Its shape and ornaments immeasurable,

lhadzé tingdzin lé drubpé

Containing the unconceivable offerings

chödzé sam mi khyabpar gyur

Of divine articles manifested by samādhi.

**om benza argham | padam | pupe | dhupe | aloke |
gendhe | newite | shapta ah hung**

om benza sapha rana kham

Homage and offering to the Three Jewels in General

First homage and offering to the Three Jewels in general:

**chok chu dü shyi lama gyalwa sé dang chepa tamché
düün gyi namkhar benza samadza**

From the ten directions and four times all the lamas,
and the buddhas and their heirs gather in the sky in front
of me—Benza Samadza.

malü semchen kün gyi gön gyur ching

Protectors of every sentient being,

dü dé pung ché mizé jom dzé lha

Divine destroyers of the terrifying armies of demons,

ngö nam malü jishyin khyen gyurpé

Who know all just at it is,

chomden khor ché né dir shek su sol

Blessed ones please come here with your retinue.

pema kama layé stam

Seven Branch Prayer²

1. Prostration

jinyé su dak chok chü jikten na

To all the buddhas, the lions of the human race,

dü sum shekpa mi yi sengé kün

In all directions of the universe, through past
and present and future:

dak gi malü dedak tamché la

To every single one of you, I bow in homage;

lū dang ngak yi dangwé chak gyi o

Devotion fills my body, speech and mind.

zangpo chöpe mönlam tob dak gi

Through the power of this prayer,
aspiring to Good Action,

gyalwa tamché yi kyi ngönsum du

All the victorious ones appear, vivid here before my mind

shying gi dul nyé lū rab tüpa yi

And I multiply my body as many times as atoms
in the universe,

gyalwa kün la rabtu chaktsal lo

Each one bowing in prostration to all the buddhas.

2 Insert from Zangchö Mönlam, Samantabhadra's Prayer of Aspiration to Good Actions

2. Offering

dul chik teng na dul nyé sangye nam

In every atom preside as many buddhas as there are atoms,

sangye sé kyi ü na shyukpa dak

And around them, all their bodhisattva heirs:

detar chö kyi ying nam malüpa

And so I imagine them filling

tamché gyalwa dak gi gangwar mö

Completely the entire space of reality.

dedak ngakpa mizé gyatso nam

Saluting them with an endless ocean of praise,

yang kyi yenlak gyatsö dra kün gyi

With the sounds of an ocean of different melodies

gyalwa kün gyi yönten rab jö ching

I sing of the buddhas' noble qualities,

dewar shekpa tamché dak gi tö

And praise all those who have gone to perfect bliss.

metok dampa trengwa dampa dang

To every buddha, I make offerings:

silnyen nam dang jukpa duk chok dang

Of the loveliest flowers, of beautiful garlands,

marmé chok dang dukpö dampa yi

Of music and perfumed ointments, the best of parasols,

gyalwa dedak la ni chöpar gyi

The brightest lamps and finest incense.

naza dampa nam dang dri chok dang

To every buddha, I make offerings:

chema purma rirab nyampa dang

Exquisite garments and the most fragrant scents,

köpa khyepar pakpé chok kün gyi

Powdered incense, heaped as high as Mount Meru,

gyalwa dedak la ni chöpar gyi

Arranged in perfect symmetry.

chöpa gang nam lamé gya chewa

Then the vast and unsurpassable offerings—

dedak gyalwa tamché la yang mö

Inspired by my devotion to all the buddhas, and

zangpo chö la depé tob dak gi

Moved by the power of my faith in Good Actions—

gyalwa kün la chaktsal chöpar gyi

I prostrate and offer to all you victorious ones.

3. Confession

döchak shyedang timuk wang gi ni

Whatever negative acts I have committed,

lū dang ngak dang deshyin yi kyi kyang

While driven by desire, hatred and ignorance,

dikpa dak gi gyipa chi chipa

With my body, my speech and also with my mind,

dedak tamché dak gi sosor shak

Before you, I confess and purify each and every one.

4. Rejoicing

chok chü gyalwa kün dang sangye sé

With a heart full of delight, I rejoice at all the merits

ranggyal nam dang lob dang mi lob dang

Of buddhas and bodhisattvas,

drowa kün gyi sönam gangla yang

Pratyekabuddhas, those in training and
the arhats beyond training,

dedak kün gyi jesu dak yi rang

And every living being, throughout the entire universe.

5. Imploring the Buddhas to Turn the Wheel of Dharma

gang nam chok chü jikten drönma nam

You who are like beacons of light shining
through the worlds,

changchub rimpar sangye machak nyé

Who passed through the stages of enlightenment,
to attain buddhahood, freedom from all attachment,

gönpo dedak dak gi tamché la

I exhort you: all of you protectors,

khorlo lanamepar korwar kul

Turn the unsurpassable wheel of Dharma.

6. Requesting the Buddhas not to Enter Nirvāṇa

nya ngen da tön gang shyé dedak la

Joining my palms together, I pray

drowa kün la pen shying dewé chir

To you who intend to pass into nirvāṇa,

kalpa shying gi dul nyé shyukpar yang

Remain, for aeons as many as the atoms in this world,

dak gi talmo rab jar solwar gyi

And bring well-being and happiness to all living beings.

7. Dedication

chaktsalwa dang chö ching shakpa dang

What little virtue I have gathered through my homage,

jesu yi rang kul shying solwa yi

Through offering, confession, and rejoicing,

gewa chungzé dak gi chi sakpa

Through exhortation and prayer—all of it

tamché dak gi changchub chir ngo o

I dedicate to the enlightenment of all beings!

Offering the mandala

om ah hung ॐ dak dang tayé semchen gyi ॐ

Oṃ āḥ hūṃ! All the bodies, possessions and merit,

lū dang longchö gé tsok kün ॐ

Of myself and all sentient beings,

ling shyi rirab nyidar ché ॐ

The four continents and Mount Meru with the sun
and the moon,

lha mi longchö sam mikhyab ॐ

The inconceivable possessions of gods and men,

kunzang chöpé trinpung ché ॐ

The vast clouds of Samantabhadra offerings

gyün michepar trul jé té ॐ

Emanate ceaselessly;

könchok rinchen tsawa sum ॐ

This I offer to the precious Three Jewels
and the Three Roots,

chösong norlha gyatso la ॐ

And to the ocean of Dharma protectors and wealth deities,

güpe taktu bulwar gyi ॐ

With devotion, in a perpetual offering.

sönam tsokchen rabdzok né ॐ

May we perfect the great accumulation of all merit,

yeshe nangwa gyepar shok ॐ

May the experience of primordial wisdom blossom!

**om guru deva dakini sarwa ratna mandala pudza
megha ah hung ॐ**

Reciting thus, offer the mandala.

Requesting Accomplishment of Aspirations

namo གླ་ sangye chö dang gendün dang གླ་

Namo! To Buddha, Dharma, and Saṅgha,

lama yidam khandro dang གླ་

Lama, Yidam, and Ḍākinī,

chösung norlha ter gyi dak གླ་

Dharma protectors, wealth deities, guardians of the termas,

yeshe chik gi ngowo lé གླ་

Who all arise from the sole essence of primordial wisdom,

rangshyin magak chiryang tön གླ་

An unimpeded nature manifesting in all possible ways

tukjé trinlé mepoché གླ་

In wondrous compassionate activities,

dro kün kyab dang gön gyurpa གླ་

Refuge and protectors of all beings,

khyentsé daknyi khyé nam la གླ་

To you embodiments of wisdom and love,

chaktsal nying né kyab su chi གླ་

I pay homage, and take refuge in you from
the depth of my heart,

lū dang longchö chöpar bul གླ་

I give as an offering my body and possessions.

dak dang tayé semchen nam གླ་

Pray in your compassion

taktu tukjé kyab dzé sol གླ་

Protect us all relentlessly,

né dang nöpa shyiwa dang གླ་

Pacify all ills and harms,

tsé dang sönam pelwa dang ཨ

Increase our longevity and our merit,

sampé dön nam malü kün ཨ

Let all our wishes be fulfilled

chö shyin drubpar jingyi lob ཨ

In conformance with dharma—bless us we pray!

Say this prayer to ask the accomplishment of your aspirations.

Homage and offering to Tārā

Then, recite the specific offering to Tārā three times: the General Offerings (om, ngöjur yi lé) followed by the Specific Mandala Offering (om ah hung, kham sum nö chu), and the recitation of the Praises Tantra (om, nangwa tayé):

Visualization

rangnyi kechik dren dzok su ཨ

Perfect the moment I think of it,

jetsün pakmé kur salwé ཨ

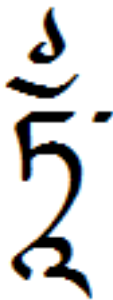
I appear instantly in the form of the noble,
venerable Tārā.

tukkar da teng tam jangu ཨ

In my heart, on a moon disc is a green tām

dé lé özer pakyé trö ཨ

It emanates infinite rays of light,



pakma namtrul nyerchik dang མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

Inviting in the sky in front of me

könchok gyatso trin trowa རྒྱལ་བ་ཀླུ་མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

The Noble Tārā in her twenty-one emanations,

dün gyi namkhar chendrang gyur རྒྱལ་བ་ཀླུ་མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

And the ocean of deities of the Three Jewels in vast clouds.

Inviting the Wisdom Deities

tam མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

Tām! Unborn, clear light expanse of dharmakāya,

gakmé pakmé yeshe kur མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

In an unobstructed wisdom body of the noble lady

gang dul gyutrul drawar shar མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

The illusory net manifesting to tame beings in every way manifests—

tsur shek arya taré dza མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

Come to this place Ārya Tāre Jah!

dak dang dro la tuk tsé chir མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

Because of your love and compassion for us all,

nyi kyi dzutrul tu yi ni མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

With your miraculous powers,

jisi chöpa dak gyipa མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

For as long as my offering lasts,

desi chomden shyuk su sol མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

Pray Blessed One remain here.

pema kama laye stam མཚན་མཁའ་འགྲུབ་ཀྱི་འཇམ་མགོན་པོ་འཕགས་པ་

General Offerings

om, ngöjor yi lé jungwa yi ॐ

Om! Actual offerings and those created by the mind,

kuntuzangpö chötrin gyi ॐ

In clouds of Samamtabhadra offerings

chöying gyepar kang jé té ॐ

Fill the expanse of dharmadhātu—

pakma drolma khor ché chö ॐ

I offer them to Noble Tārā and her retinue.

**om arya taré sapari wara benza argham | padam |
pupé | dhupé | aloké | gendhé | nevidé | shapta
pratitsa soha**

With these prayers, you invite the wisdom deities and make the general offerings.

Specific Mandala Offering

om ah hung ॐ kham sum nöchü paljor dang ॐ

Om āḥ hūṃ! The wealth of the environment and the inhabitants of the three realms,

dak lü longchö gé tsok kün ॐ

As well as my own body, possession, and merit,

tukjé daknyi nam la bul ॐ

I offer to the compassionate ones.

shyé né jingyi lab tu sol ॐ

Pray accept my offering and grant your blessings!

om sarwa tathagata ratna mandala pudza ho ॐ

Praises to Tārā [x2]

Having also made the Specific Mandala Offering (om ah hung, kham sum nō chu) say twice The Praises to the Twenty-one Tārās from the King of Praises Tantra³:

om jetsünma pakma drolma la chaktsal lo

Om! I prostrate to the noble transcendent liberator.

chaktsal taré nyurma pamo

Homage! *Tāre*, swift, heroic,

tuttara yi jikpa selma

Tuttāre oblit'rate all fears,

turé dōn kūn jinpé drolma

Ture fulfills all—Saviouress;

sohé yigé khyö la dü do

The word *Svāhā*'s homage to you!⁴

chaktsal drolma nyurma pamo

1. Homage! *Tārā*, swift, heroic!

chen ni kechik lok dang drama

Eyes like lightning instantaneous!

jikten sum gön chukyé shyal gyi

Sprung from op'ning stamens of the

gesar jewa lé ni jungma

Lord of three world's tear-born lotus!

3 English version for chanting: Based on Martin Willson's chantable translation of the Praises to the Twenty-one Tārās, this version was additionally checked against the Tibetan and for euphony by the staff of the FPMT Education Department with the assistance of Ven. George Churinoff, January 2001.

4 This verse has been added based on the tradition practiced by Sogyal Rinpoche.

chaktsal tönké dawa kuntu

2. Homage! She whose face combines a

gangwa gya ni tsekpé shyalma

Hundred autumn moons at fullest!

karma tongtrak tsokpa nam kyi

Blazing with light rays resplendent

rabtu chewé ö rab barma

As a thousand star collection!

chaktsal ser ngo chu né kyé kyi

3. Homage! Golden-blue one, lotus

pemé chak ni nampar gyenma

Water born, in hand adorned!

jinpa tsöndrü katub shyiwa

Giving, effort, calm, austerities,

zöpa samten chöyul nyima

Patience, meditation her sphere!

chaktsal deshyin shekpé tsuktor

4. Homage! Crown of tathāgatas,

tayé nampar gyalwa chöma

Actions triumph without limit!

malü parol chinpa tobpé

Relied on by conquerors' children,

gyalwé sé kyi shintu tenma

Having reached ev'ry perfection!

chaktsal tuttara hung yigé

5. Homage! Filling with *Tuttāre*,

dō dang chok dang namkha gangma

Hūṃ, desire, direction, and space!

jikten dünpo shyab kyi nen té

Trampling with her feet the seven worlds,

lūpa mepar gukpar nūma

Able to draw forth all beings!

chaktsal gyajin melha tsangpa

6. Homage! Worshipped by the all-lords,

lunglha natsok wangchuk chōma

Shakra, Agni, Brahma, Marut!

jungpo rolang driza nam dang

Honored by the hosts of spirits,

nöjin tsok kyi dün né töma

Corpse-raisers, gandharvas, yakṣas!

chaktsal tré cheja dang pé kyi

7. Homage! With Her *traṭ* and *phaṭ* sounds

parol trulkhor rabtu jomma

Destroying foes' magic diagrams!

yé kum yön kyang shyab kyi nen té

Her feet pressing, left out, right in,

mé bar trukpa shintu barma

Blazing in a raging fire-blaze!

chaktsal turé jikpa chenpö

8. Homage! *Ture*, very dreadful!

dü kyi pawo nampar jomma

Destroyer of Mara's champion(s)!

chukyé shyal ni tronyer den dzé

She with frowning lotus visage

drawo tamché malü söma

Who is slayer of all enemies!

chaktsal könchok sum tsön chakgyé

9. Homage! At the heart her fingers,

sormö tukkar nampar gyenma

Adorn her with Three Jewel mudrā!

malü chok kyi khorlo gyenpé

Light-ray masses all excited!

rang gi ö kyi tsok nam trukma

All directions' wheels adorn her!

chaktsal rabtu gawa jipé

10. Homage! She so joyous, radiant,

ugyen ö kyi trengwa pelma

Crown emitting garlands of light!

shyepa rabshyé tuttara yi

Mirthful, laughing with *Tuttāre*,

dü dang jikten wang du dzema

Subjugating māras, devas!

chaktsal sashyi kyongwé tsok nam

11. Homage! She able to summon

tamché gukpar nüpa nyima

All earth-guardians' assembly!

tronyer yowé yigé hung gi

Shaking, frowning, with her *Hūṃ* sign

pongpa tamché nampar drolma

Saving from every misfortune!

chaktsal dawé dumbü ugyen

12. Homage! Crown adorned with crescent

gyenpa tamché shintu barma

Moon, all ornaments most shining!

ralpé trö né öpakmé lé

Amitābha in her hair-knot

takpar shintu ö rab dzema

Sending out much light eternal!

chaktsal kalpa tamé mé tar

13. Homage! She 'mid wreath ablaze like

barwé trengwé ü na nema

Eon-ending fire abiding!

yé kyang yön kum künné kor gé

Right stretched, left bent, joy surrounds you

dra yi pung ni nampar jomma

Troops of enemies destroying!

chaktsal sashyi ngö la chak gi

14. Homage! She who strikes the ground with

tīl gyi nūn ching shyab kyi dungma

Her palm, and with her foot beats it!

tronyer chen dzé yigé hung gi

Scowling, with the letter *Hūṃ* the

rimpa dūnpo nam ni gemma

Seven levels she does conquer!

chaktsal dema gema shyima

15. Homage! Happy, virtuous, peaceful!

nya ngen dé shyi chöyul nyima

She whose field is peace, nirvana!

soha om dang yangdak denpé

She endowed with *Om* and *Svāhā*,

dikpa chenpo jompa nyima

Destroyer of the great evil!

chaktsal künné kor rabgawé

16. Homage! She with joy surrounded

dra yi lü ni rabtu gemma

Tearing foes' bodies asunder,

yigé chupé ngak ni köpé

Frees with *Hūṃ* and knowledge mantra,

rigpa hung lé drolma nyima

Arrangement of the ten letters!

chaktsal turé shyab ni dabpé

17. Homage! *Ture!* With seed letter

hung gi nampé sabön nyima

Of the shape of syllable *Hūṃ!*

rirab mendara dang bikjé

By foot stamping shakes the three worlds,

jikten sum nam yowa nyima

Meru, Mandara, and Vindhya!

chaktsal lha yi tso yi nampé

18. Homage! Holding in her hand the

ridak takchen chak na namma

Deer-marked moon of deva-lake form!

tara nyi jö pé kyi yigé

With twice spoken *Tārā* and *Phaṭ*,

duk nam malüpar ni selma

Totally dispelling poison!

chaktsal lha yi tsok nam gyalpo

19. Homage! She whom gods and their kings,

lha dang mi'amchi yi tenma

And the kinnaras do honour!

künné gocha gawa ji kyi

Armoured in all joyful splendor,

tsö dang milam ngenpa selma

She dispels bad dreams and conflicts!

chaktsal nyima dawa gyepé

20. Homage! She whose two eyes bright with

chen nyipo la ö rabsalma

Radiance of sun and full moon!

hara nyi jö tuttara yi

With twice *Hara* and *Tuttāre*

shintu drakpö rimné selma

She dispels severe contagion!

chaktsal denyi sum nam köpé

21. Homage! Full of liberating

shyiwé tu dang yangdak denma

Pow'r by the set of three natures!

dön dang rolang nöjin tsok nam

Destroys hosts of spirits, yakṣas,

jompa turé rab chok nyima

And raised corpses! Supreme! *Ture!*

tsawé ngak kyi töpa di dang

These praises with the root mantras

chaktsalwa ni nyishu tsachik

And prostrations thus are twenty-one!

Praying to Tārā for Protection

Make the General Offerings (om, ngöjor yi lé) followed by the Specific Mandala Offering (om ah hung, kham sum nö chu) as before:

General Offerings

om ॐ ngöjor yi lé jungwa yi ॐ

Om! Actual offerings and those created
by the mind,

kuntuzangpö chötrin gyi ॐ

In clouds of Samantabhadra offerings

chöying gyepar kang jé té ॐ

Fill the expanse of dharmadhātu—

pakma drolma khor ché chö ॐ

I offer them to Noble Tārā and her retinue.

om arya taré sapari wara benza argham |

padam | pupé | dhupé | aloké | gendhé |

nevidé | shabta pratitsa soha

Specific Mandala Offering

om a hung ཨོཾ ཀམ་ལྷ་སྐྱེ་པའི་དང་ཨོཾ

Oṃ āḥ hūṃ! The wealth of the environment and the inhabitants of the three realms,

dak lü longchö gé tsok kün ཨོཾ

As well as my own body, possession, and merit,

tukjé daknyi nam la bul ཨོཾ

I offer to the compassionate ones.

shyé né jingyi lab tu sol ཨོཾ

Pray accept my offering and grant your blessings!

om sarva tathagata ratna mandala pudza ho ཨོཾ

Then recite:

chak yé chok jin chakgya nyi ཨོཾ

Tārā's right hand in the mudra of supreme generosity

kyab jin chakgyar gyurpé ok ཨོཾ

Changes to the mudra of granting refuge;

dak dang sungja kün tsü né ཨོཾ

Underneath I and all those to be protected gather,

jikpa kün lé ukyung gyur ཨོཾ

Relieved of all fears!

Recite the Praises to the Twenty-one Tārās three times.

om jetsünma pakma drolma la chaktsal lo

chaktsal taré nyurma pamo
tuttara yi jikpa selma
turé dön kün jinpé drolma
sohé yigé khyö la dü do

chaktsal drolma nyurma pamo
chen ni kechik lok dang drama
jikten sum gön chukyé shyal gyi
gesar jewa lé ni jungma

chaktsal tönké dawa küntu
gangwa gya ni tsekpé shyalma
karma tongtrak tsokpa nam kyi
rabtu chewé ö rab barma

chaktsal ser ngo chu né kyé kyi
pemé chak ni nampar gyenma
jinpa tsöndrü katub shyiwa
zöpa samten chöyul nyima

chaktsal deshyin shekpé tsuktor
tayé nampar gyalwa chöma
malü parol chinpa tobpé
gyalwé sé kyi shintu tenma

chaktsal tuttara hung yigé
dö dang chok dang namkha gangma
jikten dünpo shyab kyi nen té
lupa mepar gukpar nüma

chaktsal gyajin melha tsangpa
lunglha natsok wangchuk chöma
jungpo rolang driza nam dang
nöjin tsok kyi dün né töma

chaktsal tré cheja dang pé kyi
parol trulkhor rabtu jomma
yé kum yön kyang shyab kyi nen té
mé bar trukpa shintu barma

chaktsal turé jikpa chenpö
dü kyi pawo nampar jomma
chukyé shyal ni tronyer den dzé
drawo tamché malü söma

chaktsal könchok sum tsön chakgyé
sormö tukkar nampar gyenma
malü chok kyi khorlo gyenpé
rang gi ö kyi tsok nam trukma

chaktsal rabtu gawa jipé
ugyen ö kyi trengwa pelma
shyepa rabshyé tuttara yi
dü dang jikten wang du dzema

chaktsal sashyi kyongwé tsok nam
tamché gukpar nüpa nyima
tronyer yowé yigé hung gi
pongpa tamché nampar drolma

chaktsal dawé dumbü ugyen
gyenpa tamché shintu barma
ralpé trö né öpakmé lé
takpar shintu ö rab dzema

chaktsal kalpa tamé mé tar
barwé trengwé ü na nema
yé kyang yön kum künné kor gé
dra yi pung ni nampar jomma

chaktsal sashyi ngö la chak gi
til gyi nün ching shyab kyi dungma
tronyer chen dzé yigé hung gi
rimpa dünpo nam ni gemma

chaktsal dema gema shyima
nya ngen dé shyi chöyul nyima
soha om dang yangdak denpé
dikpa chenpo jompa nyima

chaktsal künné kor rabgawé
dra yi lü ni rabtu gemma
yigé chupé ngak ni köpé
rigpa hung lé drolma nyima

chaktsal turé shyab ni dabpé
hung gi nampé sabön nyima
rirab mendara dang bikjé
jikten sum nam yowa nyima

chaktsal lha yi tso yi nampé
ridak takchen chak na namma
tara nyi jö pé kyi yigé
duk nam malüpar ni selma

chaktsal lha yi tsok nam gyalpo
lha dang mi'amchi yi tenma
künné gocha gawa ji kyi
tsö dang milam ngenpa selma

chaktsal nyima dawa gyepé
chen nyipo la ö rabsalma
hara nyi jö tuttara yi
shintu drakpö rimné selma

chaktsal denyi sum nam köpé
shyiwé tu dang yangdak denma
dön dang rolang nöjin tsok nam
jompa turé rab chok nyima

tsawé ngak kyi töpa di dang
chaktsalwa ni nyishu tsachik

Receiving her Blessings

Again, recite the General Offerings (om, ngöjor yi lé) and Specific Mandala Offering (om ah hung, kham sum nö chu).

General Offerings

om ॐ ngöjor yi lé jungwa yi ॐ

Om! Actual offerings and those created
by the mind,

kuntuzangpö chötrin gyi ॐ

In clouds of Samantabhadra offerings

chöying gyepar kang jé té ॐ

Fill the expanse of dharmadhātu—

pakma drolma khor ché chö ॐ

I offer them to Noble Tārā and her retinue.

om arya taré sapari wara benza argham |

padam | pupé | dhupé | aloké | gendhé |

nevidé | shabta pratitsa soha

Specific Mandala Offering

om a hung ཨོཾ མཁའ་སྤྱན་དྲེད་པའི་དང་ཨོཾ

Oṃ āḥ hūṃ! The wealth of the environment and the inhabitants of the three realms,

dak lü longchö gé tsok kün ཨོཾ

As well as my own body, possession, and merit,

tukjé daknyi nam la bul ཨོཾ

I offer to the compassionate ones.

shyé né jingyi lab tu sol ཨོཾ

Pray accept my offering and grant your blessings!

om sarva tathagata ratna mandala pudza ho ཨོཾ

Then:

ku lé dütsi chugyün bab ཨོཾ

Her body floods down nectar.

rang dang sungjé chiwo né ཨོཾ

It enters the top of my head and the head of those to be protected

shyuk té lü kün gangwa yi ཨོཾ

Filling our bodies entirely,

jinlab malü shyukpar gyur ཨོཾ

And we receive all the blessings.

With devotion recite the Praises to the Twenty-one Tārās again.

om jetsünma pakma drolma la chaktsal lo

chaktsal taré nyurma pamo
tuttara yi jikpa selma
turé dön kün jinpé drolma
sohé yigé khyö la dü do

chaktsal drolma nyurma pamo
chen ni kechik lok dang drama
jikten sum gön chukyé shyal gyi
gesar jewa lé ni jungma

chaktsal tönké dawa küntu
gangwa gya ni tsekpé shyalma
karma tongtrak tsokpa nam kyi
rabtu chewé ö rab barma

chaktsal ser ngo chu né kyé kyi
pemé chak ni nampar gyenma
jinpa tsöndrü katub shyiwa
zöpa samten chöyul nyima

chaktsal deshyin shekpé tsuktor
tayé nampar gyalwa chöma
malü parol chinpa tobpé
gyalwé sé kyi shintu tenma

chaktsal tuttara hung yigé
dö dang chok dang namkha gangma
jikten dünpo shyab kyi nen té
lupa mepar gukpar nüma

chaktsal gyajin melha tsangpa
lunglha natsok wangchuk chöma
jungpo rolang driza nam dang
nöjin tsok kyi dün né töma

chaktsal tré cheja dang pé kyi
parol trulkhor rabtu jomma
yé kum yön kyang shyab kyi nen té
mé bar trukpa shintu barma

chaktsal turé jikpa chenpö
dü kyi pawo nampar jomma
chukyé shyal ni tronyer den dzé
drawo tamché malü söma

chaktsal könchok sum tsön chakgyé
sormö tukkar nampar gyenma
malü chok kyi khorlo gyenpé
rang gi ö kyi tsok nam trukma

chaktsal rabtu gawa jipé
ugyen ö kyi trengwa pelma
shyepa rabshyé tuttara yi
dü dang jikten wang du dzema

chaktsal sashyi kyongwé tsok nam
tamché gukpar nüpa nyima
tronyer yowé yigé hung gi
pongpa tamché nampar drolma

chaktsal dawé dumbü ugyen
gyenpa tamché shintu barma
ralpé trö né öpakmé lé
takpar shintu ö rab dzema

chaktsal kalpa tamé mé tar
barwé trengwé ü na nema
yé kyang yön kum künné kor gé
dra yi pung ni nampar jomma

chaktsal sashyi ngö la chak gi
til gyi nün ching shyab kyi dungma
tronyer chen dzé yigé hung gi
rimpa dünpo nam ni gemma

chaktsal dema gema shyima
nya ngen dé shyi chöyul nyima
soha om dang yangdak denpé
dikpa chenpo jompa nyima

chaktsal künné kor rabgawé
dra yi lü ni rabtu gemma
yigé chupé ngak ni köpé
rigpa hung lé drolma nyima

chaktsal turé shyab ni dabpé
hung gi nampé sabön nyima
rirab mendara dang bikjé
jikten sum nam yowa nyima

chaktsal lha yi tso yi nampé
ridak takchen chak na namma
tara nyi jö pé kyi yigé
duk nam malüpar ni selma

chaktsal lha yi tsok nam gyalpo
lha dang mi'amchi yi tenma
künné gocha gawa ji kyi
tsö dang milam ngenpa selma

chaktsal nyima dawa gyepé
chen nyipo la ö rabsalma
hara nyi jö tuttara yi
shintu drakpö rimné selma

chaktsal denyi sum nam köpé
shyiwé tu dang yangdak denma
dön dang rolang nöjin tsok nam
jompa turé rab chok nyima

tsawé ngak kyi töpa di dang
chaktsalwa ni nyishu tsachik

Benefits of the Praises to Tārā

Now, the benefits of the Praises to Tārā:

lhamo la gü yangdak denpé

Those who have genuine devotion for the goddess Tārā,

loden gang gi rab dang jö dé

And say this prayer with a clear mind

sö dang torang langpar jé né

At dusk or at dawn when rising

drenpé mi jik tamché rab ter

Paying attention to its meaning, are granted
all fearlessnesses,

dikpa tamché rabtu shyijé

All their negativities are pacified,

ngendro tamché jompa nyi do

And they are kept away from any evil destiny.

gyalwa jewa trak dün nam kyi

Seventy million victorious ones

nyurdu wang ni kurwar gyur la

Quickly grant them empowerments,

di lé chewa nyi ni tob ching

They achieve greatness

sangye gopang tartuk der dro

And fare to the ultimate shore of buddhahood.

dé yi duk ni drakpo chenpo

Even if they eat or drink

ten nepa am shyenyang drowa

Terrible poisons

zöpa dang ni tungpa nyi kyang

From rocks and plants or animals,

drenpé rabtu selwa nyi tob

They will be completely cleansed by remembering the goddess.

dön dang rim dang duk gi zirwé

Harms from negative influences, epidemics, poisons,

dukngal tsok ni nampar pang té

Are all eliminated,

semchen shyenpa nam la yang ngo

For other sentient beings too.

nyi sum dün du ngönpar jö na

By reciting it two, three or seven times,

bu döpe ni bu tob gyur shyng

Those who wish to have a child will have a child,

chö döpe ni chö tob gyur shyng

Those who want Dharma will have Dharma⁵.

nor döpe ni nor nam nyi tob

Those who want wealth will have wealth.

döpa tamché tobpar gyur la

All wishes will be fulfilled,

gek nam mé ching sosor jom gyur

There will be no obstacle, and all difficulties will be overcome.

This concludes the praise and homage to the Twenty-one Tārās.

5 This line has been added based on the tradition practiced by Sogyal Rinpoche

Prayer to Jetsün Tārā⁶

jetsün chomden dema tukjé chen

Noble and compassionate Tārā, we pray to you:

dak dang tayé semchen tamché kyi

May I and all sentient beings, infinite in number,

drib nyi jang shying tsok nyi nyur dzok né

Purify the two obscurations and swiftly perfect
the two accumulations,

dzokpé sangye tobpar dzé du sol

And in so doing may we gain perfect enlightenment.

dé matob kyi tserab küntu yang

Until then, in all our lives,

lha dang mi yi dewa chok tob né

May we find supreme happiness among gods
and human beings,

tamché khyenpa drubpar jepa la

And may all obstacles to the attainment of omniscience,

barché dön gek rim dang né lasok

As well as harmful influences and disease,

dümin chiwar gyurpa natsok dang

All that brings untimely death,

milam ngen dang tsenma ngenpa dang

All bad dreams and evil omens,

jikpa gyé sok nyewar tsewa nam

The eight major fears and all forms of harm,

6 Additional text chanted by Sogyal Rinpoche on audio recording.

nyurdu shyi shying mepar dzé du sol

All be swiftly pacified and eliminated.

jikten jikten lé ni depa yi

May auspiciousness, happiness and prosperity,

tashi delek pünsum tsokpa nam

Both worldly and transcendent,

pel shying gyepé dön nam malüpa

Flourish and expand, and may all our wishes

bemé lhün gyi drubpar dzé du sol

Be effortlessly and spontaneously fulfilled.

drub la tsön shying damchö pelwa dang

May we endeavour in the practice, may the
Dharma spread,

taktu khyé drub shyal chok tongwa dang

May we always meditate on you, and behold
your perfect face,

tongnyi dön tok changsem rinpoche

May we realize the nature of emptiness, and

yarngö da tar pel shying gyepar dzö

May precious bodhicitta develop and expand,
just like the waxing moon.

by Jetsün Drakpa Gyaltsen

Additional Prayers⁷

gyalwé kyilkhör zang shyang gawa der

Born there in a beautiful lotus flower,

pemo dampa shintu dzé lé kyé

In that excellent and joyous buddha realm,

nangwa tayé gyalwé ngönsum du

May the Buddha Amitābha himself

lungtenpa yang dak gi der tob shok

Grant me the prophecy foretelling my enlightenment!

from Samantabhadra's Aspiration to Good Actions

dak gi tserab ngön né drupé lha

You are the deity on whom we have meditated
in lives gone by,

dü sum sangye kün gyi trinlema

The enlightened activity of all buddhas, past,
present, and future,

ngo jang shyal chik chak nyi nyur shyipa

Swift bringer of peace, turquoise in colour,
with one face and two hands,

yum gyur utpal nampé tashi shok

Mother of the buddhas, holder of the utpala flower,
let everything be auspicious!

by Pakpa Rinpoche

7 Additional text chanted by Sogyal Rinpoche on audio recording.

gyalyum drolma khyé ku chindra dang

Ārya Tārā,

khör dang kutsé tsé dang shyingkham dang

May we become exactly like you in every way,

khyé kyī tsen chok zangpo chindrawa

With form, retinue, lifespan, and pure land
similar to yours,

dendra khonar dak sok gyurwar shok

And may we take on all your perfect attributes!

from the sūtras

khyö la tö ching solwa tabpé tü

Through the power of these, our praises and prayers to you,

dak sok gang na nepé sachok su

For us and all others, wherever they may be,

né dön ulpong tabtsö shyiwa dang

May disease, harmful influences, poverty and war
be pacified,

chö dang tashi pelwar dzé du sol

And may the Dharma and auspiciousness flourish
and spread!

spoken by the Dharma-king Trisong Detsen

Torma Offering

om benza amrita kundali hana hana hung phat

**om sambhawa shudha sarwa dharma sambhawa
shudho hang**

tongpé ngang lé om yik lé ॐ

Out of the empty state appears a letter om

rinchen nö chok yangpé nang ॐ

From which arises the vast, excellent precious vessel.

dru sum lé jung torma ni ॐ

Inside, the three syllable om āḥ hūṃ manifest the torma

zakmé yeshe dütsir gyur ॐ

Transforming into untainted primordial wisdom nectar.

om ah hung | om ah hung | om ah hung

**om aryataré sapariwara yidam balingta kha kha
kha hi kha hi**

Recite this mantra three times to make the offering to the main deity.

**om akaro mukham sarwa dharma nam adya
nutpanen titta om ah hung phat soha**

Recite this mantra three times to make the offering to all the guests.

Request

om ॐ chöjin torma dampa di ॐ

Om! This pure torma we offer,

yeshe chenpö jé gong la ॐ

In your great primordial wisdom,

dewa chenpor shyé né kyang ॐ

Enjoy it as great bliss!

ngödrub malü tsal du sol ॐ

And grant us all the accomplishments.

Make your request in this way.

Offerings

Then give the offerings with the following mantra:

**om aryatare sapariwara benza argham | padam |
pushpe | dhupe | aloke | gendhe | newite | shapta
pratitsa soha**

Praise

om ཨྌ nangwa tayé pemé rik ཨྌ

Om! Born on Lokeshvara's face,

jikten wangchuk shyal lé jung ཨྌ

In the lotus family of Amitābha

sangye kün gyi triné dak ཨྌ

Embodying the enlightened activities of all buddhas.

pakma drolmar chaktsal tö ཨྌ

Noble Tārā, I offer you homage and praise!

töpar öpa tamché la

To all those worthy of praise,

shyinge dul kün gyi drang nyé kyi

I offer homage

lū tüpa yi namkün tu

With bodies as numerous as the grains in the universe,

chok tu depé töpar gyi

And with excellent devotion at heart I offer these praises.

Specific Prayer for the Accomplishment of your Wishes

Fold your hands, and say:

jetsün pakma khor dangché

Venerable, noble Tārā and your retinue

mikmé tukjé tser gong la

In your compassion and love free of thought,

dak gi jitar solwé dön

Grant your blessings for the unimpeded

gekmé drubpar jingyi lob

Accomplishment of my prayers!

sangye tenpa dar shying gyé

May the teachings of the Buddha spread and flourish!

tendzin tuktün shyabpé ten

May all the holders of the teachings
be in harmony and live long!

nyertsé barché kün shyi shying

Pacify obstacles that may harm them,

shedrub trlné pelwar dzö

Increase their knowledge, realization
and activities for the Dharma!

né muk truksö shyiwa dang

Pacify all illness, famine, fighting and dispute,

chöden paljor gong du pel

Increase the possessions of the followers of the Dharma,

chökyong gyalpö ngatang gyé

Increase the power of the kings who protect the Dharma,

gyalkham ta ü dewar dzö

Bring happiness to all central and border lands.

jikpa chudruk dümin chi

Protect us from the sixteen fears and untimely death,

milam tsen té ngenpa dang

From bad dreams, negative signs and evil omens,

khorma ngensong dukngal sok

From the suffering in saṃsāra and the
lower realms and so on—

nekaḥ tartuk jik lé kyob

Guard us from present fears and
grant us the ultimate protection.

tsesö wangtang nyamtok pel

Increase our longevity, merit, wealth,
meditative experience and realization.

mi gé tokpa minjung shyang

Do not let negative thoughts arise,

changchub sem nyi tsolmé kyé

But let us effortlessly give rise to the two bodhicittas,

samdön chö shyin drubpar dzö

Let all our wishes be accomplished
in accordance with the Dharma!

di né changchub nyingpö bar

From now until enlightenment.

bu chikpo la ma shyindu

Look continually upon me with eyes of compassion,

dralmé tukjé chen gyi zik

Like a mother upon her only child—

nyi dang yermé dzé du sol

Pray may I be inseparable from you!

Make this specific prayer for the accomplishment of your wishes.

Invocation of Tārā's Blessings

Then invoke Tārā's wisdom mind and promise:

dünkyé ö shyu rang la tim ཨ

The deities in the front visualization melt
into light that dissolves into me—

yermé nyi du jinlab pé ཨ

Now inseparable from me,

rangnyi pakma drolmé ku ཨ

I appear with the body of Noble Tārā,

nang la rangshyin mepar gyur ཨ

Devoid of inherent nature.

Recite this, holding in your mind the visualization while maintaining the vajra pride of being Ārya Tārā. Recite the ten syllable mantra as much as you can, then recite the hundred-syllable mantra.

om taré tuttaré turé soha



Say the Hundred-syllable mantra.

**om benza sato samaya | manupalaya | benza
sato tenopa tishta dridho mé bhava |
sutokhayo mé bhava | supokhayo mé bhava |
anurakto mé bhava | sarva siddhi mé
prayaccha | sarva karma su tsa mé | tsittam
shreyang | kuru hung | ha ha ha ha ho |
bhagavan | sarva tatagata benza ma mé muntsa
benzi bhava maha samaya sato ah**

Confession

ma nyé yongsu ma tsang dang
For incompleteness and failure to provide,
gangyang nüpa machipa
For whatever I could not do,
dir ni gyiwa gang nongpa
And for whatever mistakes I have made,
dé kün khyö kyi zö dzé rik
Please forgive them all!

Say this prayer to confess mistakes and faults.

Hundred-syllable mantra.⁸

8 Additional mantra chanted by Sogyal Rinpoche on audio recording.

*Rabné—Request for the Deities to Remain
in the Images⁹*

om, dir ni ten dang lhenchik tu

Om! Remain here, one with these images
and objects,

khorma si du shyuk né kyang

Until saṃsāra comes to an end;

nemé tsé dang wangchuk dang

Grant us freedom from illness, and grant us long
life, power and prosperity, and

chok nam lekpar tsal du sol

Make everything supremely auspicious—we pray!

om supratita benza yé soha

Inviting the Deities to Go Back to their Places

om, khyé kyi semchen dön kün dzé

Om! You who benefit sentient beings in every way,

jesu tünpe ngödrub tsol

Grant your blessings which do just that,

sangye yul du shek su sol

And return to your Buddha land,

lar yang jönpa dzé du sol

Only to come back to us.

benza mu

Say this prayer to invite the deities to leave.

9 Additional text chanted by Sogyal Rinpoche on audio recording.

Dissolution

lha dang rangsem yermé pa ॐ

The deity and my mind become inseparable.

chöying nyukmé ngang du shyak ॐ

I rest in the natural state of dharmadhatu.

Maintain the view of nature of things.

Dedication and Aspirations

gewa di yi nyurdu dak

Through the positivity and merit of this, may I swiftly

pakma drolma drub gyur né

Attain the realization of Noble Tārā, and thereby

drowa chik kyang malüpa

Every single sentient being

dé yi sa la göpar shok

Reach her state of perfection.

Say this prayer to dedicate and make aspirations.

*Mantra of the Essence of Interdependent
Origination*¹⁰

**om yé dharma hetu prabhava hetun teshan
tatagato hyavadat | teshan tsa yo nirodha evam
vadi maha shramana soha**

All dharmas originate from a cause. The Tathāgata has taught this cause. That which brings the cause to cessation—this too, has been taught by the Great Śramaṇaḥ.

Prayer of Auspiciousness

yishyin nor dang bumpa zangpo tar

Like the wish-fulfilling jewel or the bountiful vase

sampé dön kün tokmé tsol dzepa

You grant all wishes unrestrained;

jetsün drolma gyalwa sé ché kyi

Arya Tārā, victorious ones and your heirs,

mindral tukjé kyongwé tashi shok

To ever be with you in your compassionate care,
may all be auspicious!

Make auspicious prayers such as this one, and scatter flowers.

10 Additional mantra chanted by Sogyal Rinpoche on audio recording.

B. Daily Practice

Second, when performing the daily practice, if you have supports for practicing Arya Tārā, that is excellent, but you can simply meditate without them. Arrange the mandala and other offerings.

Refuge and bodhicitta

Imagine:

**dün gyi namkhar jetsünma ngönsum du
shyukpar gyur**

The Noble Green Tārā appears in the sky in front of me.

namo, könchok kün ngö jetsünmar

Homage! Noble Tārā, the embodiment of
the Three Jewels,

dak sok dro kün kyab su chi

I and all sentient beings take refuge in you!

changchub mönpé semkyé né

I shall give rise to the bodhicitta in aspiration

zabmö lam la jukpar gyi

And accomplish the actions of the profound path!

3 times

Accumulations

To gather the accumulations:

jetsün pakma drolma dang

I pay homage to the noble, venerable Tārā,

chok chu dü sum shyukpa yi

Completely and sincerely,

gyalwa sé ché tamché la

And to all the victorious ones and their heirs

künné dangwé chak gyi o

Dwelling in the ten directions and the three times.

metok dukpö marmé dri

I offer flowers, incense, lamps, perfume,

shyalzé rolmo lasokpa

Food, music and so on

ngöjor yi kyi trul né bul

Both actual offerings and presents created by the mind.

pakmé tsok nam shyé su sol

Pray deities of Noble Tārā's mandala accept my offering!

tokma mé né daté bar

From time without beginning until now,

mi gé chu dang tsammé nga

I have been committing the ten negative deeds
and the five heinous crimes,

sem ni nyönmong wang gyurpé
My mind repressed by negative emotions—
dikpa tamché shakpar gyi
I confess all these negativities.

chok chur shyukpé sangye dang¹¹
nyentö ranggyal changchub sem
I rejoice in all the merit that
soso kyewo lasokpé
The śrāvakas, pratyekhabuddhas and bodhisattvas,
dü sum gewa chi sakpé
And also ordinary individuals
sönam la ni jé yi rang
Ever accumulate in the three times.

semchen né kyi sampa dang
Please turn the wheel of the Dharma,
lo yi jedrak jitawar
Grant the teachings of the Hinayāna and Mahāyāna
chechung tünmong tekpa yi
To all sentient beings
chö kyi khorlo kor du sol
According to their intelligence and receptivity.

11 Additional line on Rigpa audio recording chanted by Sogyal Rinpoche.

khorwa jisi matong bar

From now until saṃsāra is empty,

nya ngen mi da tukjé yi

Do not pass into nirvāṇa, but in your compassion

dukngal gyatsor jingwa yi

Consider all sentient beings

semchen nam la zik su sol

Who sink in the ocean of suffering,

dak gi sönám chi sakpa

May every merit I have accumulated

tamché changchub gyur gyur né

Become the cause of enlightenment for all;

ringpo mi tok drowa yi

May I quickly and without any delay,

drenpé pal du dak gyur chik

Become a glorious guide for beings.

Blessing of the offerings

To bless the offerings:

om benza amrita kundali hana hana hung phat

**om sobhawa shudha sarwa dharma sobhava
shudho hang**

neyul pemo köpé shying

The environment becomes the pure realm of Padma Kö,

yib dang gyen kö tsemepar

Its shape and ornaments immeasurable,

lhadzé tingdzin lé drubpé

Containing the unconceivable offerings

chödzé sam mi khyabpar gyur

Of divine articles manifested by samādhi.

**om benza argham | padam | pupe | dhupe | aloke |
gendhe | newite | shapta ah hung**

om benza sapha rana kham

Visualization

rangnyi kechik dren dzok su ཨ

Perfect the moment I think of it,

jetsün pakmé kur salwé ཨ

I appear instantly in the form
of the noble, venerable Tārā.

tukkar da teng tam jangu ཨ

In my heart, on a moon disc
is a green tām

dé lé özer pakyé trö ཨ

It emanates infinite rays of light,

pakma namtrul nyerchik dang ཨ

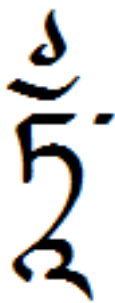
Inviting in the sky in front of me

könchok gyatso trin trowa ཨ

The Noble Tārā in her twenty-one emanations,

dün gyi namkhar chendrang gyur ཨ

And the ocean of deities of the Three Jewels in vast clouds.



*Inviting the Wisdom Deities*¹²

tam ཁྱེལ་མེ་འོས་ཅོལྱེ་ཡིག་ ཁྱེ

Tām! Unborn, clear light expanse of dharmakāya,

gakmé pakmé yeshe kur ཁྱེ

In an unobstructed wisdom body of the noble lady

gang dul gyutrul drawar shar ཁྱེ

The illusory net manifesting to tame beings in
every way manifests—

tsur shek arya taré dza

Come to this place Ārya Tāre Jah!

dak dang dro la tuk tsé chir ཁྱེ

Because of your love and compassion for us all,

nyi kyi dzutrul tu yi ni ཁྱེ

With your miraculous powers,

jisi chöpa dak gyipa ཁྱེ

For as long as my offering lasts,

desi chomden shyuk su sol ཁྱེ

Pray Blessed One remain here.

pema kamala yé stam ཁྱེ

12 On Rigpa audio recording chanted by Sogyal Rinpoche.

Then repeat the Offerings, Mandala, and Praises three times.

General Offerings

om, ngöjor yi lé jungwa yi ॐ

Om! Actual offerings and those created by the mind,

kuntuzangpö chötrin gyi ॐ

In clouds of Samantabhadra offerings

chöying gyepar kang jé té ॐ

Fill the expanse of dharmadhātu—

pakma drolma khor ché chö ॐ

I offer them to Noble Tārā and her retinue.

om arya taré sapari wara benza argham | padam |

pupé | dhupé | aloké | gendhé | nevidé | shapta

pratitsa soha

With these prayers, you invite the wisdom deities and make the general offerings.

Specific Mandala Offering

om ah hung ॐ kham sum nöchü paljor dang ॐ

Om āḥ hūṃ! The wealth of the environment and the inhabitants of the three realms,

dak lü longchö gé tsok kün ॐ

As well as my own body, possession, and merit,

tukjé daknyi nam la bul ॐ

I offer to the compassionate ones.

shyé né jingyi lab tu sol ॐ

Pray accept my offering and grant your blessings!

om sarva tathagata ratna mandala pudza ho ॐ

*VERSE INSERT*¹³

chak yé chok jin chakgya nyi ཨ

Tārā's right hand in the mudra of supreme
generosity

kyab jin chakgyar gyurpé ok ཨ

Changes to the mudra of granting refuge;

dak dang sungja kün tsü né ཨ

Underneath I and all those to be protected gather,

jikpa kün lé ukyung gyur ཨ

Relieved of all fears!

13 This verse has been added based on the tradition practiced by Sogyal Rinpoche.

Praises to Tārā

om jetsünma pakma drolma la chaktsal lo

chaktsal taré nyurma pamo
tuttara yi jikpa selma
turé dön kün jinpé drolma
sohé yigé khyö la dü do

chaktsal drolma nyurma pamo
chen ni kechik lok dang drama
jikten sum gön chukyé shyal gyi
gesar jewa lé ni jungma

chaktsal tönké dawa küntu
gangwa gya ni tsekpé shyalma
karma tongtrak tsokpa nam kyi
rabtu chewé ö rab barma

chaktsal ser ngo chu né kyé kyi
pemé chak ni nampar gyenma
jinpa tsöndrö katub shyiwa
zöpa samten chöyul nyima

chaktsal deshyin shekpé tsuktor
tayé nampar gyalwa chöma
malü parol chinpa tobpé
gyalwé sé kyi shintu tenma

chaktsal tuttara hung yigé
dö dang chok dang namkha gangma
jikten dünpo shyab kyi nen té
lüpa mepar gukpar nüma

chaktsal gyajin melha tsangpa
lunglha natsok wangchuk chöma
jungpo rolang driza nam dang
nöjin tsok kyi dün né töma

chaktsal tré cheja dang pé kyi
parol trulkhor rabtu jomma
yé kum yön kyang shyab kyi nen té
mé bar trukpa shintu barma

chaktsal turé jikpa chenpö
dü kyi pawo nampar jomma
chukyé shyal ni tronyer den dzé
drawo tamché malü söma

chaktsal könchok sum tsön chakgyé
sormö tukkar nampar gyenma
malü chok kyi khorlo gyenpé
rang gi ö kyi tsok nam trukma

chaktsal rabtu gawa jipé
ugyen ö kyi trengwa pelma
shyepa rabshyé tuttara yi
dü dang jikten wang du dzema

chaktsal sashyi kyongwé tsok nam
tamché gukpar nüpa nyima
tronyer yowé yigé hung gi
pongpa tamché nampar drolma

chaktsal dawé dumbü ugyen
gyenpa tamché shintu barma
ralpé trö né öpakmé lé
takpar shintu ö rab dzema

chaktsal kalpa tamé mé tar
barwé trengwé ü na nema
yé kyang yön kum künné kor gé
dra yi pung ni nampar jomma

chaktsal sashyi ngö la chak gi
til gyi nün ching shyab kyi dungma
tronyer chen dzé yigé hung gi
rimpa dünpo nam ni gemma

chaktsal dema gema shyima
nya ngen dé shyi chöyul nyima
soha om dang yangdak denpé
dikpa chenpo jompa nyima

chaktsal künné kor rabgawé
dra yi lü ni rabtu gemma
yigé chupé ngak ni köpé
rigpa hung lé drolma nyima

chaktsal turé shyab ni dabpé
hung gi nampé sabön nyima
rirab mendara dang bikjé
jikten sum nam yowa nyima

chaktsal lha yi tso yi nampé
ridak takchen chak na namma
tara nyi jö pé kyi yigé
duk nam malüpar ni selma

chaktsal lha yi tsok nam gyalpo
lha dang mi'amchi yi tenma
künné gocha gawa ji kyi
tsö dang milam ngenpa selma

chaktsal nyima dawa gyepé
chen nyipo la ö rabsalma
hara nyi jö tuttara yi
shintu drakpö rimné selma

chaktsal denyi sum nam köpé
shyiwé tu dang yangdak denma
dön dang rolang nöjin tsok nam
jompa turé rab chok nyima

tsawé ngak kyi töpa di dang
chaktsalwa ni nyishu tsachik

*VERSE INSERT*¹⁴

ku lé dütsi chugyün bab མཎྜ

Her body floods down nectar.

rang dang sungjé chiwo né མཎྜ

It enters the top of my head and the head
of those to be protected

shyuk té lü kün gangwa yi མཎྜ

Filling our bodies entirely,

jinlab malü shyukpar gyur མཎྜ

And we receive all the blessings.

14 This verse has been added based on the tradition practiced by Sogyal Rinpoche.

The Twenty-one Praises of Tārā (x7)

*In the language of India: Ārya tāre mantramūla stotra namaskara-
ekaviṃśatika nāma*

*In the language of Tibet: Pakma drolmé tsawé ngak ki tö ching chaktsalwa
nyishu tsachikpa shechawa*

*In the English language: The Twenty-one Homages and Praises with the Root
Mantra of Noble Lady Tārā*

om jetsünma pakma drolma la chaktsal lo
Om! Homage to the noble Jetsün Tārā!

chaktsal taré nyurma pamo
Homage to Tārā, swift and courageous,
tuttara yi jikpa selma
Who dispels all fears with the mantra tuttāre,
turé dön kūn jinpé drolma
And liberates by fulfilling all wishes with turé.
sohé yigé khyö la dü do
With the syllable svāhā I bow before you!

chaktsal drolma nyurma pamo
Homage to Tārā, swift and courageous,
chen ni kechik lok dang drama
Whose gaze is quick as lightning.
jikten sum gön chukyé shyal gyi
As the protector of the triple world shed a tear
gesar jewa lé ni jungma
You appeared from the pistils of a lotus.

chaktsal tönké dawa kuntu

Homage to her whose face is like

gangwa gya ni tsekpé shyalma

A hundred full autumnal moons.

karma tongtrak tsokpa nam kyi

Like a cluster of a thousand stars

rabtu chewé ö rab barma

You radiate a brilliant, revealing light.

chaktsal ser ngo chu né kyé kyi

Homage to her, turquoise and gold,

pemé chak ni nampar gyenma

Whose hand is adorned with a water-born lotus.

jinpa tsöndrü katub shyiwa

You act with generosity, diligence, austerity,

zöpa samten chöyul nyima

Peace, endurance and samādhi.

chaktsal deshyin shekpé tsuktor

Homage to her, the crown jewel of the tathāgatas,

tayé nampar gyalwa chöma

Who enjoys complete and boundless victory.

malü parol chinpa tobpé

Obtaining all the transcendent virtues,

gyalwé sé kyi shintu tenma

The bodhisattvas take you as their support.

chaktsal tuttara hung yigé

Homage to her who fills with tuttāra and hūṃ

dö dang chok dang namkha gangma

All of space in every direction, throughout the realm of desire.

jikten dünpo shyab kyi nen té

Pressing the seven worlds under your feet,

lūpa mepar gukpar nūma

You are able to summon all without exception.

chaktsal gyajin melha tsangpa

Homage to her to whom Indra, Agni and Brahmā,

lunglha natsok wangchuk chöma

Vāyu and the various gods make offerings.

jungpo rolang driza nam dang

Jungpo demons, zombies, gandharvas

nöjin tsok kyi dün né töma

And yakṣas all give praise before you.

chaktsal tré cheja dang pé kyi

Homage to her who with traṭ and phaṭ

parol trulkhor rabtu jomma

Conquers the machinations of all adversaries.

yé kum yön kyang shyab kyi nen té

Pressing down with your right leg drawn in and the left extended,

mé bar trukpa shintu barma

You are completely ablaze amidst a turbulent, raging fire.

chaktsal turé jikpa chenpö

Homage to Turé—the swift one, great and fearsome,

dü kyi pawo nampar jomma

Who destroys the most warrior-like demons.

chukyé shyal ni tronyer den dzé

With your lotus face scowling in wrath,

drawo tamché malü söma

You annihilate all enemies without exception.

chaktsal könchok sum tsön chakgyé

Homage to her who displays the mudrā of the Three Jewels,

sormö tukkar nampar gyenma

With fingers forming an ornament at the heart.

malü chok kyi khorlo gyenpé

You make each and every direction tremble,

rang gi ö kyi tsok nam trukma

With the mass of light from the wheel in your hand.

chaktsal rabtu gawa jipé

Homage to her, resplendent with joy,

ugyen ö kyi trengwa pelma

Spreading garlands of light from her crown.

shyepa rabshyé tuttara yi

With the sound of your laughter and tuttāra,

dü dang jikten wang du dzema

You bring demons and the world under your control.

chaktsal sashyi kyongwé tsok nam

Homage to her who has the power to summon

tamché gukpar nüpa nyima

All the protectors gathered on the earth.

tronyer yowé yigé hung gi

With the syllable hūṃ and your wrathful scowl

pongpa tamché nampar drolma

You completely free us all from poverty.

chaktsal dawé dumbü ugyen

Homage to her whose crown bears a crescent moon,

gyenpa tamché shintu barma

And whose ornaments all blaze in splendour.

ralpé trö né öpakmé lé

From the Amitābha upon your plaited hair

takpar shintu ö rab dzema

A bright light continually shines.

chaktsal kalpa tamé mé tar

Homage to her who sits amidst a garland of flames,

barwé trengwé ü na nema

Like the fire at the end of an aeon.

yé kyang yön kum künné kor gé

With your right leg extended and the left drawn in,

dra yi pung ni nampar jomma

You destroy the enemies of those who delight in the Dharma.

chaktsal sashyi ngö la chak gi

Homage to her who strikes the earth with her palm,

til gyi nün ching shyab kyi dungma

And tramples it under her feet.

tronyer chen dzé yigé hung gi

With the syllable hūṃ and your wrathful scowl,

rimpa dünpo nam ni gemma

You subdue the seven levels of the underworld.

chaktsal dema gema shyima

Homage to her, the blissful, the virtuous, the peaceful,

nyangen dé shyi chöyul nyima

Whose domain is the peace beyond all sorrow.

soha om dang yangdak denpé

Endowed with om and svāhā,

dikpa chenpo jompa nyima

You conquer the greatest misdeeds.

chaktsal künné kor rabgawé

Homage to her who completely subdues

dra yi lü ni rabtu gemma

The body of enemies of those who delight in Dharma.

yigé chupé ngak ni köpé

You liberate with the ten syllable mantra of awareness,

rigpa hung lé drolma nyima

Arranged together with hūṃ.

chaktsal turé shyab ni dabpé

Homage to her, swiftly stamping her feet,

hung gi nampé sabön nyima

Whose seed syllable is hūṃ.

rirab mendara dang bikjé

You shake Mount Meru, Mandara and Vindhya,

jikten sum nam yowa nyima

And all of the three worlds.

chaktsal lha yi tso yi nampé

Homage to her who holds a moon, shaped like a heavenly lake

ridak takchen chak na namma

And bearing the mark of a deer.

tara nyi jö pé kyi yigé

By reciting phaṭ with the second Tārā mantra,

duk nam malüpar ni selma

You completely dispel all poisons.

chaktsal lha yi tsok nam gyalpo

Homage to her upon whom the king of the gods

lha dang mi'amchi yi tenma

And all the gods and non-humans rely.

künné gocha gawa ji kyi

Protected by the armour of resplendent joy,

tsö dang milam ngenpa selma

You dispel all disputes and bad dreams.

chaktsal nyima dawa gyepé

Homage to her whose two eyes are wide open

chen nyipo la ö rabsalma

Like the sun or the moon, bright and luminous.

hara nyi jö tuttara yi

With the two haras and tuttāra,

shintu drakpö rimné selma

You dispel even the most severe of diseases.

chaktsal denyi sum nam köpé

Homage to her who is endowed with the power to pacify

shyiwé tu dang yangdak denma

Through the display of the three syllables of suchness.

dön dang rolang nöjin tsok nam

Conquering the hosts of döns, zombies and harmful spirits,

jompa turé rab chok nyima

You are Turé, swift and supreme!

tsawé ngak kyi töpa di dang

These are the praises with the root mantra—

chaktsalwa ni nyishu tsachik

The twenty-one-fold homage.

Repeat the Praises to the Twenty-One Tārā seven times, before you recite the Benefits section.

Benefits of the Praises to Tārā

lhamo la gü yangdak denpé

Those who have genuine devotion for the goddess Tārā,

loden gang gi rab dang jö dé

And say this prayer with a clear mind

sö dang torang langpar jé né

At dusk or at dawn when rising

drenpé mi jik tamché rab ter

Paying attention to its meaning, are granted all
fearlessnesses,

dikpa tamché rabtu shyijé

All their negativities are pacified,

ngendro tamché jompa nyi do

And they are kept away from any evil destiny.

gyalwa jewa trak dün nam kyi

Seventy million victorious ones

nyurdu wang ni kurwar gyur la

Quickly grant them empowerments,

di lé chewa nyi ni tob ching

They achieve greatness

sangye gopang tartuk der dro

And fare to the ultimate shore of buddhahood.

dé yi duk ni drakpo chenpo

Even if they eat or drink

ten nepa am shyenyang drowa

Terrible poisons

zöpa dang ni tungpa nyi kyang

From rocks and plants or animals,

drenpé rabtu selwa nyi tob

They will be completely cleansed by remembering the goddess.

dön dang rim dang duk gi zirwé

Harms from negative influences, epidemics, poisons,

dukngal tsok ni nampar pang té

Are all eliminated,

semchen shyenpa nam la yang ngo

For other sentient beings too.

nyi sum dün du ngönpar jö na

By reciting it two, three or seven times,

bu döpe ni bu tob gyur shyng

Those who wish to have a child will have a child,

chö döpe ni chö tob gyur shyng

Those who want Dharma will have Dharma¹⁵.

nor döpe ni nor nam nyi tob

Those who want wealth will have wealth.

döpa tamché tobpar gyur la

All wishes will be fulfilled,

gek nam mé ching sosor jom gyur

There will be no obstacle, and all difficulties will be overcome.

This concludes the praise and homage to the Twenty-one Tārās.

15 This line has been added based on the tradition practiced by Sogyal Rinpoche

*Praise*¹⁶

om ཨ nangwa tayé pemé rik ཨ

Om! Born on Lokeshvara's face,

jikten wangchuk shyal lé jung ཨ

In the lotus family of Amitābha

sangye kün gyi triné dak ཨ

Embodying the enlightened activities
of all buddhas.

pakma drolmar chaktsal tö ཨ

Noble Tārā, I offer you homage and praise!

töpar öpa tamché la

To all those worthy of praise,

shying dul kün gyi drang nyé kyi

I offer homage

lū tüpa yi namkün tu

With bodies as numerous as the grains
in the universe,

chok tu depé töpar gyi

And with excellent devotion at heart
I offer these praises.

16 On Rigpa audio recording chanted by Sogyal Rinpoche.

Specific Prayer for the Accomplishment of your Wishes

After, if you wish, you can make prayers such as the Specific Prayer for the Accomplishment of your Wishes, but you don't have to.

jetsün pakma khor dangché

Venerable, noble Tārā and your retinue

mikmé tukjé tser gong la

In your compassion and love free of thought,

dak gi jitar solwé dön

Grant your blessings for the unimpeded

gekmé drubpar jingyi lob

Accomplishment of my prayers!

sangye tenpa dar shyang gyé

May the teachings of the Buddha spread and flourish!

tendzin tuktün shyabpé ten

May all the holders of the teachings be in harmony and live long!

nyertsé barché kün shyi shyang

Pacify obstacles that may harm them,

shedrub triné pelwar dzö

Increase their knowledge, realization and activities for the Dharma!

né muk truktsö shyiwa dang

Pacify all illness, famine, fighting and dispute,

chöden paljor gong du pel

Increase the possessions of the followers of the Dharma,

chökyong gyalpö ngatang gyé

Increase the power of the kings who protect the Dharma,

gyalkham ta ü dewar dzö

Bring happiness to all central and border lands.

jikpa chudruk dümin chi

Protect us from the sixteen fears and untimely death,

milam tsen té ngenpa dang

From bad dreams, negative signs and evil omens,

khorwa ngensong dukngal sok

From the suffering in saṃsāra and the lower realms
and so on—

nekab tartuk jik lé kyob

Guard us from present fears and grant us
the ultimate protection.

tsesö wangtang nyamtok pel

Increase our longevity, merit, wealth, meditative
experience and realization.

mi gé tokpa minjung shying

Do not let negative thoughts arise,

changchub sem nyi tsolmé kyé

But let us effortlessly give rise to the two bodhicittas,

samdön chö shyin drubpar dzö

Let all our wishes be accomplished in accordance
with the Dharma!

di né changchub nyingpö bar

From now until enlightenment.

bu chikpo la ma shyindu

Look continually upon me with eyes of compassion,

dralmé tukjé chen gyi zik

Like a mother upon her only child—

nyi dang yermé dzé du sol

Pray may I be inseparable from you!

Invocation of Tārā's Blessings

Then invoke Tārā's wisdom mind and promise:

dünkyé ö shyu rang la tim མཚོ

The deities in the front visualization melt into light
that dissolves into me—

yermé nyi du jinlab pé མཚོ

Now inseparable from me,

rangnyi pakma drolmé ku མཚོ

I appear with the body of Noble Tārā,

nang la rangshyin mepar gyur མཚོ

Devoid of inherent nature.

Recite this, holding in your mind the visualization while maintaining the vajra pride of being Ārya Tārā. Recite the ten syllable mantra as much as you can, then recite the hundred-syllable mantra.

om taré tuttaré turé soha



Say the Hundred-syllable mantra.

**om benza sato samaya | manupalaya | benza
sato tenopa tishta dridho mé bhava |
sutokhayo mé bhava | supokhayo mé bhava |
anurakto mé bhava | sarva siddhi mé
prayaccha | sarva karma su tsa mé | tsittam
shreyang | kuru hung | ha ha ha ha ho |
bhagavan | sarva tatagata benza ma mé muntsa
benzi bhava maha samaya sato ah**

Confession

ma nyé yongsu ma tsang dang
For incompleteness and failure to provide,
gangyang nüpa machipa
For whatever I could not do,
dir ni gyiwa gang nongpa
And for whatever mistakes I have made,
dé kün khyö kyi zö dzé rik
Please forgive them all!

Say this prayer to confess mistakes and faults.

Recite the Hundred-syllable mantra.¹⁷

17 Additional mantra chanted by Sogyal Rinpoche on audio recording.

Dissolution

The "Request to Depart" is not necessary. Instead, say:

lha dang rangsem yermé pa ॐ

The deity and my mind become inseparable.

chöying nyukmé ngang du shyak ॐ

I rest in the natural state of dharmadhatu.

Maintain the view of nature of things.

Dedication and Aspirations

gewa di yi nyurdu dak

Through the positivity and merit of this, may I swiftly

pakma drolma drub gyur né

Attain the realization of Noble Tārā, and thereby

drowa chik kyang malüpa

Every single sentient being

dé yi sa la göpar shok

Reach her state of perfection.

Say this prayer to dedicate and make aspirations.

*Mantra of the Essence of Interdependent Origination*¹⁸

**om yé dharma hetu prabhava hetun teshan tatagato
hyavadat | teshan tsa yo nirodha evam vadi maha
shramana soha**

All dharmas originate from a cause. The Tathāgata has taught this cause. That which brings the cause to cessation—this too, has been taught by the Great Śramaṇaḥ.

Prayer of Auspiciousness

yishyin nor dang bumpa zangpo tar

Like the wish-fulfilling jewel or the bountiful vase

sampé dön kün tokmé tsol dzepa

You grant all wishes unrestrained;

jetsün drolma gyalwa sé ché kyi

Arya Tārā, victorious ones and your heirs,

mindral tukjé kyongwé tashi shok

To ever be with you in your compassionate care,
may all be auspicious!

Make auspicious prayers such as this one, and scatter flowers.

This Tārā arrangement

Extracted from the Zabtik mind terma of Chokling

Was written by Guna. May the merit of publishing it

*Take all sentient beings in number as vast as space to the level
of the noble lady.*

Translated by Gyurmé Avertin, 2014.

18 Additional mantra chanted by Sogyal Rinpoche on audio recording.

Prayer for the Long Life of Mayum-la Tsering Wangmo

by Kyabjé Trulshik Rinpoche

om svasti, tubwang tsuktor nampar gyal lasok

Oṃ svasti! Through the blessings of Śākyamuni,
Uṣṇīṣavijayā and the rest

sangye changsem tselhé jinlab kyi

The buddhas, bodhisattvas and long-life deities,

pema tsering wangmo shyabpé ten

May the life of Padma Tsering Wangmo remain secure,

shyedön lhün gyi drubpar solwa deb

And may all her aspirations be spontaneously fulfilled.

In response to requests made together with the support of white offering scarves by the nuns of Lerab Ling, Ngawang Sangyé, Damchö and Samten, the Buddhist monk called Ngawang Chökyi Lodrö wrote this on the first day of the fifth month of the Water Sheep year (30 June 2003) at the Dharma centre of Lerab Ling. Virtue!

Prayer for the Long Life of Sogyal Rinpoche

by Kyabjé Dilgo Khyentsé Rinpoche

om svasti, sönam yeshe tsok nyi chuter lé

om svasti merit wisdom accumulation two ocean from

Oṃ svasti! From the accumulations of merit and wisdom,
as vast as the ocean, “treasure of the sea”,

lek trung dampé kyechok dütsi ter

good born noble supreme-being nectar treasure

This supreme incarnation is born, and like the moon,
“treasure of nectar”,

ten drö pendé kumü shyepa yi

teaching being benefit-well-being water-lily opening of

That brings the water-lily to blossom, he spreads benefit
and well-being for the Dharma and beings,

tubten gyaltzen dzin shyin shyabten sol

buddha's-teaching victory-banner uphold like feet-stable may

And raises high the victory banner of the Buddha's
teachings; may his life be forever secure and long!

*“Written by the old man Mangala in response to many enthusiastic requests.
May its meaning be truly realized!”*

This long-life prayer for Tertön Sogyal Rinpoche, 'Gathering of Clouds of Blessings', was composed by Padmasambhava's successor, the great Kyabjé Dilgo Khyentsé Rinpoche, during the empowerments of the Rinchen Terdzö, which he conferred at Mindroling Monastery in India in the Earth Horse year of the sixteenth cycle.

*On account of the Dharma it contains, this booklet should be treated with respect.
If you should wish to dispose of it, please burn it, rather than throw it away.*