

# Green Tara Sadhana



*Online Retreat  
with Paula Chichester  
1-4 April 2021*

***His Holiness Dalai Lama's Daily Prayer Excerpt from Shantideva's Way of the Bodhisattva***

May all beings everywhere  
Plagued by sufferings of body and mind  
Obtain an ocean of happiness and joy  
By virtue of my merits.

May no living creature suffer,  
Commit evil, or ever fall ill.  
May no one be afraid or belittled,  
With a mindweighed down by depression.

May the blind see forms  
And the deaf hear sounds,  
May those whose bodies are worn with toil  
Be restored on finding repose.

May the naked find clothing,  
The hungry find food;  
May the thirsty findwater  
And delicious drinks.

May the poor find wealth,  
Those weak with sorrow find joy  
May the forlorn find hope,  
Constant happiness, and prosperity.

May there be timely rains  
And bountiful harvests;  
May all medicines be effective  
And wholesome prayers bear fruit.

May all who are sick and ill  
Quickly be freed from their ailments.  
Whatever diseases there are in the world,  
May they never occur again.

May the frightened cease to be afraid  
And those bound be freed;  
May the powerless find power,  
And may people think of benefiting each other.

For as long as space remains,  
For as long as sentient beings remain,  
Until then may I too remain  
To dispel the miseries of the world.

### ***Taking Refuge***

DAG DANG DRO WA NAM KHE THA DANG NYAM PEI SEM  
CHEN THAM CHE DÜ DI NE ZUNG TE YI SI YANG CHHUB  
NYING PO LA CHHI KYI BAR DU /  
PAL DEN LA MA DAM PA NAM LA KYAB SU CHI WO /  
DZOG PEI SANG GYE CHOM DEN DE NAM LA KYAB SU CHI WO /  
DAM PEI CHÖ NAM LA KYAB SU CHI WO /  
PHAG PEI GE DÜN NAM LA KYAB SU CHI WO (3x)

I and all sentient beings, as vast as space,  
from now until reach the essence of supreme enlightenment,  
Go for refuge to the glorious pure lamas.  
Go for refuge to the perfectly enlightened victorius ones.  
Go for refuge to the pure Dharma.  
Go for refuge to the Arya Sangha. (3x)

***Taking Refuge and Generating Bodhicitta***

SANG GYE CHÖ DANG TSHOG KYI CHOG NAM LA  
YANG CHUB BAR DU DAG NI KYAB SU CHI  
DAG GI YIN SOG GYI PÄI TSHOG NAM KYI  
DRO LA PHÄN CHIR SANG GYÄ DRUB PAR SHOG (3x)

I go for refuge until I am enlightened  
To the Buddha, the Dharma, and the Supreme Assembly.  
By my merits of generosity and so forth,  
May I become a buddha to benefit all sentient beings. (3x)

***Special Generation of Bodhicitta***

KHYÄ PAR MA SEM CHÄN THAM CHE KYI DÖN DU NYUR  
WA NYUR WAR YANG DAG PAR DZOG PÄI SANG GYE KYI  
GO PHANG RIN PO CHHE CHI NÄ KYANG THOB PAR YA /  
DEI CHHIR DU YE TSÜN MA PHAG MA DRÖL MÄI NÄL JOR  
NYAM SU LANG WAR GYI WO

Especially, 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.

***Four Immeasurables***

SEM CHÄN THAM CHÄ DE WA DANG DE WÄI GYU DANG DÄN PAR GYUR CHIG  
SEM CHÄN THAM CHÄ 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

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 never be separated from the happiness that knows no suffering.

May all sentient beings abide in equanimity, free of attachment and hatred for those held close and distant.

### ***Visualization of the Field of Merits***

DÜN GYI NAM KHAR SENG THRI PÄ DÄI DÄN LA TSA WÄI  
LA MA DANG YER ME PÄI SENG DENG NAG DRÖL GYI  
TENG DU YO WO JE SOG LA MA NAM DANG THA KOR DU  
DRÖL MA NYER CHIG SOG YI DAM SANG GYÄ YANG SEM  
NYÄN RANG KA DÖ DANG CHÄ PA ZHUG PAR GYUR

In the space before me, on a lion throne, lotus and a moon disk,  
sits Khadiravani Tara, who is inseparable from my Root Guru.

Above her is Venerable Atisha and the other lineage Gurus ,  
and she is surrounded by the twenty-one Taras and so forth, the Yidams, Buddhas,  
Bodhisattvas, hearers, self-realizers, and the oath-bound protectors.

### ***The Seven Limbs Prayer***

GO SUM GÜ PÄI GO NÄ CHHAG TSHÄL LO  
NGÖ SHAM YI TRÜL CHHÖ TRIN MA LÜ BÜL  
THOG ME NÄ SAG DIG TUNG THAM CHÄ SHAG  
KYE PHAG GE WA NAM LA JE YI RANG

I prostrate reverently with my body, speech, and mind.

I present clouds of every type of offering, both actually arranged and mentally emanated.

I confess all my negative actions and downfalls collected from beginningless time.

I rejoice in the virtues of ordinary beings and āryas.

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

Please remain until the end of cyclic existence

And turn the wheel of Dharma for transmigratory beings.

I dedicate my own and others' virtues to great enlightenment.

### ***Short Maṇḍala 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 ÜL WA YI

DRO KÜN NAM DAG ZHING LA CHÖ PAR SHOG

This ground, anointed with perfume, strewn with flowers,

Adorned with Mount Meru, the four continents, the sun, and the moon:

I imagine as a buddha land and offer it.

May all transmigratory beings enjoy this pure land.

IDAṂ GURU RATNA MAṆḌALAKAṂ NIRYĀTAYĀMI

### ***Homage***

LHA DANG LHA MIN CHÖ PÄN GYI

ZHAB NYI PÄ MO LA TÜ DE

PHONG PA KÜN LÄ DRÖL DZÄ PÄI

DRÖL MA YUM LA CHHAG TSHÄL LO

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

### ***Visualization***

In the space in front of you, visualize Tara in emerald green sitting on a lotus and a moon disk.

Tara is a manifestation of the omniscience, love and compassion of all buddhas.

Tara is from the nature of light: neither solid nor concrete.

Her left leg gathered symbolizes her complete control over desire and her extended right leg indicates that she is ready to get up and help all sentient beings.

Tara has her left hand on her heart in the refuge mudra: her palm facing out, the thumb and ring finger touching and the other three fingers raised.

Her right hand is on her right knee showing the mudra of bestow sublime accomplishments: the palm out, the thumb and the index touching and the rest pointing down.

In each hand she holds the stem of a flower.

### ***Request***

THUG JEI TER CHHEN PHAG MA JE TSÜN MÄ  
KHA NYAM DRO NAM TÄN DEI DRONG KHYER DU  
DE LAG DRÖ PÄI BAR CHA KÜN ZHI ZHING  
THÜN KYEN MA LÜ PHEL WAR JIN GYI LOB (3x)

Venerable Arya Tara, great treasure of compassion,

Grant your blessing to increase all favorable conditions,

And to clear away every obstacle

That all migratory beings may swiftly enter the city of eternal joy. (x3)

## ***Blessings***

From the White Om at the crown of Arya Tara white nectars and rays pour into my crown and fill the body with purifying bliss and emptiness, all mundane karmas of the body are purified. I receive the blessings of Arya Tara's Holy, we become oneness.

From the red AH at the throat of Arya Tara, red nectars and rays pour into my throat and fill my subtle mind and wind with purifying bliss and emptiness, all mundane karmas of speech and impure winds are purified. I receive the blessings of Arya Tara's Holy Wind and Speech. My speech becomes one with Tara's Holy Speech.

From the blue HUM at the heart of Arya Tara, blue nectars and rays pour into my heart and fill my body/mind with purifying bliss and emptiness, all mundane concepts are purified. I receive the blessings of Arya Tara's Holy Mind. My mind becomes one with Tara's Holy Mind.

From all three places, nectars of white, red and blue stream forth into my three places, filling my body mind, purifying all subtle stains of grasping at inherent existence. I receive the blessings of the enlightened experience of Arya Tara.

Tara then comes to the crown of my head and dissolves into the mantra rosary at my heart. Again, I become one with Arya Tara. Experiencing great bliss and emptiness, Overwhelming outpouring of bodhicitta from my heart/mind compels the mantra recitation to begin.

## ***Mantra recitation***

At Tara's heart is the syllable TAM surrounded by the mantra.

From the syllable TAM and the mantra radiates light that reaches all sentient beings purifying them and transforming into Arya Tara.

All space becomes the pure land of Arya Tara.

All this radiated light comes back and is absorbed into the syllable TAM.



Again light is radiated from the TAM and the mantra that reaches all Buddhas and Bodhisattvas making offerings to them, the light is reabsorbed into our hearts granting us blessings.

*(Holding this visualization we recite the mantra)*

OM TARE TUTTARE TURE SVAHA

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### ***Dedication***

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

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.

### **General dedications prayers.**

#### ***To Actualize Bodhicitta***

JANG CHHUB SEM CHHOG RIN PO CHHE

MA KYE PA NAM KYE GYUR CHIG

KYE WA NYAM PA ME PA YANG

GONG NÄ GONG DU PHEL WAR SHOG

May the supreme jewel Bodichitta

That has not arisen, arise and grow;

And may that which has arisen not diminish

But increase more and more

JAM PÄL PA WÖ CHI TAR KHYEN PA DANG  
KÜN TU ZANG PO DE YANG DE SHIN TE  
DE DAG KÜN GYI CHE SU DAG LOB CHHIR  
GE WA DI DAG THAM CHÄ RAB TU NGO  
Just as the brave Manjushri and Samantabhadra, too,  
Realized things as they are,  
I, too, dedicate all these merits in the best way,  
That I may follow their perfect example.

DÜ SUM SHEG PÄI GYÄL WA THAM CHÄ KYI  
NGO WA GANG LA CHOG TU NGAG PA DE  
DAG GI GE WÄI TSA WA DI KÜN KYANG  
ZANG PO CHÖ CHIR RAB TU NGO WAR GYI  
I dedicate all these roots of virtue  
With the dedication praised as the best  
By the victorious ones thus gone of the three times,  
So I might perform good works.

DAG JI CHI NYE SAG PÄI GE WA DI  
TÄN DANG DRO WA KÜN LA GANG PHÄN DANG  
KHYÄ PAR JE TSÜN LO ZANG DRAG PA YI  
TÄN PÄI NYING PO RING DU SÄL JE SHOG  
I dedicate whatever virtues I have ever collected  
For the benefit of the teachings and of all sentient beings  
And in particular, for the essential teachings  
Of perfect, pure Losang Dragpa to shine forever.

***Prayer for the Long Life of His Holiness the Dalai Lama***

GANG RI RA WÄ KHOR WÄI ZHING KHAM DIR  
PHÄN DANG DE WA MA LÜ JUNG WÄI NÄ  
CHÄN RÄ ZIG WANG TÄN DZIN GYA TSHO YI  
ZHAB PÄ SI THÄI BAR DU TÄN GYUR CHIG

In the land encircled by snow mountains  
you are the source of all happiness and good;  
All-powerfull Chenrezig, Tenzin Gyatso  
Please remain until samsara ends.

***Prayer for the Long Life of Lama Zopa Rinpoche***

THUB TSHÜL CHHANG ZHING JAM GÖN GYÄL WÄI TÄN  
DZIN KYONG PEL WÄ KÜN ZÖ DOG POR DZÄ  
CHHOG SUM KUR WÄI LEG MÖN THU DRUB PA  
DAG SOG DÜL JÄI GÖN DU ZHAB TÄN SHOG

You who uphold the Subduer's moral way, who serves as the the bountiful bearer-of-all,  
Sustaining, preserving, and spreading Manjunath's victorious doctrine,  
Who masterfully accomplish magnificent prayers honoring the Three Jewels:  
Savior of myself and others, your disciples, please, please live long!

***Praises to the Twenty-one Taras (English version for chanting)***

OM JE TSÜN MA PAG MA DRÖL MA LA CHAG TSÄL LO  
OM I prostrate to the noble transcendent liberator.

CHAG TSÄL DRÖL MA ÑUR MA PA MO  
CHÄN NI KÄ CHIG LOG DANG DRA MA  
JIG TEN SUM GÖN CHU KYE SHÄL GYI  
GE SAR JE WA LÄ NI JUNG MA

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

CHAG TSÄL TÖN KÄI DA WA KÜN TU  
GANG WA GYA NI TSEG PÄI SHÄL MA  
KAR MA TONG TRAG TSOG PA NAM KYI  
RAB TU CHE WÄI Ö RAB BAR MA

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

CHAG TSÄL SER NGO CHU NÄ KYE KYI  
PÄ MÄ CHAG NI NAM PAR GYÄN MA  
JIN PA TSÖN DRÜ KA TUB SHI WA  
SÖ PA SAM TÄN CHÖ YÜL ÑI MA

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

CHAG TSÄL DE SHIN SHEG PÄI TSUG TOR  
TA YÄ NAM PAR GYÄL WAR CHÖ MA  
MA LÜ PA RÖL CHIN PA TOB PÄI  
GYÄL WÄI SÄ KYI SHIN TU TEN MA

Homage! Crown of tathagatas,  
Actions triumph without limit!  
Relied on by conquerors' children,  
Having reached ev'ry perfection!

CHAG TSÄL TUTTARA HUM YI GE  
DÖ DANG CHOG DANG NAM KA GANG MA  
JIG TEN DÜN PO SHAB KYI NÄN TE  
LÜ PA ME PAR GUG PAR NÜ MA  
Homage! Filling with TUTTARE,  
HUM, desire, direction, and space!  
Trampling with her feet the seven worlds,  
Able to draw forth all beings!

CHAG TSÄL GYA JIN ME LA TSANG PA  
LUNG LA NA TSOG WANG CHUG CHÖ MA  
JUNG PO RO LANG DRI SA NAM DANG  
NÖ JIN TSOG KYI DÜN NÄ TÖ MA  
Homage! Worshipped by the all-lords,  
Shakra, Agni, Brahma, Marut!  
Honored by the hosts of spirits,  
Corpse-raisers, gandharvas, yakshas!

CHAG TSÄL TRAD CHE JA DANG PHAT KYI  
PA RÖL TRÜL KOR RAB TU JOM MA  
YÄ KUM YÖN KYANG SHAB KYI NÄN TE  
ME BAR TRUG PA SHIN TU BAR MA  
Homage! With Her TRAD and PHAT sounds  
Destroying foes' magic diagrams!  
Her feet pressing, left out, right in,  
Blazing in a raging fire-blaze!

CHAG TSÄL TURE JIG PA CHEN PO  
DÜ KYI PA WO NAM PAR JOM MA  
CHU KYE SHÄL NI TRO ÑER DÄN DSÄ  
DRA WO TAM CHÄ MA LÜ SÖ MA

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

CHAG TSÄL KÖN CHOG SUM TSÖN CHAG GYÄI  
SOR MÖ TUG KAR NAM PAR GYÄN MA  
MA LÜ CHOG KYI KOR LÖ GYÄN PÄI  
RANG GI Ö KYI TSOG NAM TRUG MA  
Homage! At the heart her fingers,  
Adorn her with Three Jewel mudra!  
Light-ray masses all excited!  
All directions' wheels adorn her!

CHAG TSÄL RAB TU GA WA JI PÄI  
U GYÄN Ö KYI TRENG WA PEL MA  
SHE PA RAB SHÄ TUTTARA YI  
DÜ DANG JIG TEN WANG DU DSÄ MA  
Homage! She so joyous, radiant,  
Crown emitting garlands of light!  
Mirthful, laughing with TUTTARE,  
Subjugating maras, devas!

CHAG TSÄL SA SHI KYONG WÄI TSOG NAM  
TAM CHÄ GUG PAR NÜ MA ÑI MA  
TRO ÑER YO WÄI YI GE HUM GI  
PONG PA TAM CHÄ NAM PAR DRÖL MA  
Homage! She able to summon  
All earth-guardians' assembly!  
Shaking, frowning, with her HUM sign  
Saving from every misfortune!

CHAG TSÄL DA WÄI DUM BÜ U GYÄN  
GYÄN PA TAM CHÄ SHIN TU BAR MA  
RÄL PÄI KUR NA Ö PAG ME LÄ  
TAG PAR SHIN TU Ö RAB DSÄ MA  
Homage! Crown adorned with crescent  
Moon, all ornaments most shining!  
Amitabha in her hair-knot  
Sending out much light eternal!

CHAG TSÄL KÄL PÄI TA MÄI ME TAR  
BAR WÄI TRENG WÄI Ü NA NÄ MA  
YÄ KYANG YÖN KUM KÜN NÄ KOR GÄI  
DRA YI PUNG NI NAM PAR JOM MA  
Homage! She 'mid wreath ablaze like  
Eon-ending fire abiding!  
Right stretched, left bent, joy surrounds you  
Troops of enemies destroying!

CHAG TSÄL SA SHII NGÖ LA CHAG GI  
TIL GYI NÜN CHING SHAB KYI DUNG MA  
TRO ÑER CHÄN DSÄ YI GE HUM GI  
RIM PA DÜN PO NAM NI GEM MA  
Homage! She who strikes the ground with  
Her palm, and with her foot beats it!  
Scowling, with the letter HUM the  
Seven levels she does conquer!

CHAG TSÄL DE MA GE MA SHI MA  
ÑA NGÄN DÄ SHI CHÖ YÜL ÑI MA  
SVAHA OM DANG YANG DAG DÄN PÄ  
DIG PA CHEN PO JOM PA ÑI MA

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

CHAG TSÄL KÜN NÄ KOR RAB GA WÄI  
DRA YI LÜ NI NAM PAR GEM MA  
YI GE CHU PÄI NGAG NI KÖ PÄI  
RIG PA HUM LÄ DRÖL MA ÑI MA  
Homage! She with joy surrounded  
Tearing foes' bodies asunder,  
Frees with HUM and knowledge mantra,  
Arrangement of the ten letters!

CHAG TSÄL TURE SHAB NI DEB PÄ  
HUM GI NAM PÄI SA BÖN ÑI MA  
RI RAB MANDHARA DANG BIG JE  
JIG TEN SUM NAM YO WA ÑI MA  
Homage! TURE! With seed letter  
Of the shape of syllable HUM!  
By foot stamping shakes the three worlds,  
Meru, Mandara, and Vindhya!

CHAG TSÄL LA YI TSO YI NAM PÄI  
RI DAG TAG CHÄN CHAG NA NAM MA  
TARA ÑI JÖ PHAT KYI YI GE  
DUG NAM MA LÜ PA NI SEL MA  
Homage! Holding in her hand the  
Deer-marked moon of deva-lake form!  
With twicespoken TARA and PHAT,  
Totally dispelling poison!



CHAG TSÄL LA YI TSOG NAM GYÄL PO  
LA DANG MI AM CHI YI TEN MA  
KÜN NÄ GO CHA GA WÄI JI GYI  
TSÖ DANG MI LAM NGÄN PA SEL MA

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

CHAG TSÄL ÑI MA DA WA GYÄ PÄI  
CHÄN ÑI PO LA Ö RAB SÄL MA  
HARA ÑI JÖ TUTTARA YI  
SHIN TU DRAG PÖI RIM NÄ SEL MA

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

CHAG TSÄL DE ÑI SUM NAM KÖ PÄ  
SHI WÄI TÜ DANG YANG DAG DÄN MA  
DÖN DANG RO LANG NÖ JIN TSOG NAM  
JOM PA TURE RAB CHOG ÑI MA

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

TSA WÄI NGAG KYI TÖ PA DI DANG  
CHAG TSÄL WA NI ÑI SHU TSA CHIG

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

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***Praises to the Twenty-One Taras (literal English translation)***

OM Homage to the Venerable Arya Tara.

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

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

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

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

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

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

Gandharvas, and all yakshas.

Homage to you, Tara, whose TRAT and PHAT

Destroy entirely the magical wheels of others.

With your right leg bent and left outstretched and pressing,

You burn intensely within a whirl of fire.

Homage to you, Tara, the great fearful one,

Whose letter TURE destroys the mighty demons completely,

Who with a wrathful expression on your water-born face

Slay all enemies without an exception.

Homage to you, Tara, whose fingers adorn your heart

With the gesture of the sublime precious three;

Adorned with a wheel striking all directions without exception

With the totality of your own rays of light.

Homage to you, Tara, whose radiant crown ornament,

Joyful and magnificent, extends a garland of light,

And who, by your laughter of TUTTARA,

Conquer the demons and all of the worlds.

Homage to you, Tara, who are able to invoke

The entire assembly of local protectors,

Whose wrathful expression fiercely shakes,

Rescuing the impoverished through the letter HUM.

Homage to you, Tara, whose crown is adorned

With the crescent moon, wearing ornaments exceedingly bright

From your hair knot the buddha Amitabha

Radiates eternally with great beams of light

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

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

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

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

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

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

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

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

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

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