

*The Abbreviated*  
**FOUR-MANDALA RITUAL**  
**to Chittamanī Tara**



Tara  
Drawing by Andy Weber

by *Kyabje Gaden Trijang Rinpoche*  
translated by *Fabrizio Chamba Pelgye*

## Notes regarding this practice:

### Altar and Gompa Set-up

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

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


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

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

### Ritual implements

One should have dorie, bell, and inner offering, and a small bowl of flower petals or rice.

One should have a mandala set for the mandala offerings.

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



lotus mudra



prostration mudra



show the dorie

### Practice tips

Please note that Praises in Twenty-one Homages is chantable in English.

# The Abbreviated Four-Mandala Ritual to Chittamani Tara

by Kyabje Gaden Trijang Rinpoche

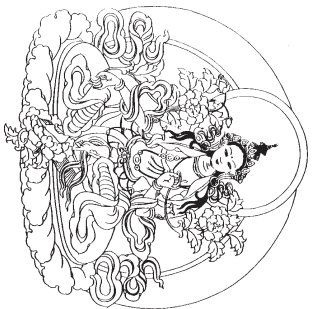


Tara  
Artist unknown

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.



### 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 chi kyi bar du  
 Päi 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 or 7x)

### Taking Refuge and Generating Bodhicitta

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)

### Special Generation of Bodhicitta

Klyä 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 che chi nä kyang thob par ja /  
 dei chhir du je tsün ma phag ma dröl mäi näi jor nyam su lang war gyi wo

### 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

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

*If you have received well the initiation of Tara Chittamani in the tradition of highest yoga tantra, have taken her as your yidam, and wish to carry out in your daily practices the abbreviated four-mandala ritual, first arrange the offerings in accordance with the scriptures. Then, sit on your cushion and within the frame of an exceptional virtuous mind [take refuge and generate bodhicitta]:*

### 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 or 7x)

### Taking Refuge and Generating Bodhicitta

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

### Special Generation of Bodhicitta

In particular, in order to benefit all my mother sentient beings quickly  
 and more quickly, I must achieve the precious state of perfect and com-  
 plete buddhahood; therefore, I am going to undertake the yoga of véné-  
 rable Arya Tara.

### 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.

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

## Self-Generation

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

### Blessing the Inner Offering

Cleanse with:

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA  
SHUDDHO HAM

Tong pa nyi du gyur

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

Consecrate the inner offering by reciting three times:

OM AH HUM (3x)



### Blessing the Outer Offerings

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

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA  
SHUDDHO HAM

Tong pa nyi du gyur

Tong päi ngang lä KAM lä thö päi nö nam kyi nang du HUM lä dhhö 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 HUM (greeting water)

OM PADYAM AH HUM (foot washing water)

OM VAJRA PUSHPE AH HUM (flowers)

OM VAJRA DHUPE AH HUM (incense)

OM VAJRA ALOKE AH HUM (light)

OM VAJRA GANDHE AH HUM (perfume)

OM VAJRA NAVIDYA AH HUM (food offering)

OM VAJRA SHAPTA AH HUM (music)



## Self-Generation

In one instant I arise as venerable Arya Tara.

### Blessing the Inner Offering

Cleanse with:

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA  
SHUDDHO HAM

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 HUM (3x)

### Blessing the Outer Offerings

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

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA  
SHUDDHO HAM

They all become empty. From within emptiness, from KAM, skullcup ves-  
sels. Inside these, from HUM the offering substances, whose nature is  
emptiness and who appear in their individual aspects. As the objects of  
enjoyment of the six senses, they give rise to special uncontaminated bliss.

OM ARGHAM AH HUM (greeting water)

OM PADYAM AH HUM (foot washing water)

OM VAJRA PUSHPE AH HUM (flowers)

OM VAJRA DHUPE AH HUM (incense)

OM VAJRA ALOKE AH HUM (light)

OM VAJRA GANDHE AH HUM (perfume)

OM VAJRA NAVIDYA AH HUM (food offering)

OM VAJRA SHAPTA AH HUM (music)



















## Visualization of the Field of Merit

Dün gyi nam khar seng thri pä dai 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 zhung par gyur

### Homage

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

 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  
 Göñ po thug je chhe dân pa  
 Tham chä khyen pa tön pa po  
 Sö nam yön tän gyä tshöi 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  
 Zhi 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  
 Tshog chog ge dün la chhag tshäl



## Offering to the Field of Merit

*Strew flowers on the images. When you have sat down:*

OM SARVA TATHAGATA SAPARIVARA ARGHAM (PADYAM,  
 PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA  
 PRATICCHA HUM SVAHA  
*either as eight mantras or all in one.*

















*Present the inner offering by adding the three syllables: (offer with ring finger of left hand)*  
 OM SARVA TATHAGATA SAPARIVARA OM AH HUM

## Visualization of the Field of Merit

In the space before me, on a lion throne, lotus, and moon disk, sits Khadravani 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

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

 Your exalted body is the embodiment of all buddhas;  
 You are in the nature of vaira holder,  
 The very root of the Three Rare and Sublime [Ones]:  
 I prostrate to all gurus.  
 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 thushness, 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.

## Offering to the Field of Merit

*Strew flowers on the images. When you have sat down:*

OM SARVA TATHAGATA SAPARIVARA ARGHAM (PADYAM,  
 PUSHPE, DHUPE, ALOKE, GANDHE, NAIVIDYA, SHAPTA  
 PRATICCHA HUM SVAHA  
*either as eight mantras or all in one.*

*Present the inner offering by adding the three syllables: (offer with ring finger of left hand)*  
 OM SARVA TATHAGATA SAPARIVARA OM AH HUM

### *The Seven Limbs*

Gyäl wa sä chä nam la chhag tshäl lo  
 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 in 23 Heaps*

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

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

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

Dag zhän lü ngag yi sum long chö du sum ge tshog chä  
 Rim chhen mandala zang po kün zang chhö päi tshog chä pa  
 Lo yi lang nä la ma yi dam kön chhog sum la bül  
 Thug jei wang gi zhe nä dag la jin gyi lab tu söi



### *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 Dharma for living beings.  
 I dedicate my own merits and those of all others to the great enlightenment.

### *Long Mandala Offering in 23 Heaps*

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

Outside it is encircled by a wall of iron mountains. At the center is  
 Meru, king of mountains; the eastern continent, Videha (Tallbody 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 Aparachamana (Chowrie-  
 land and western Chowrie-land), [the western], Satha and Utrara-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

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



### Taking Refuge and Generating Bodhicitta

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 Donor \*\* (optional)

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

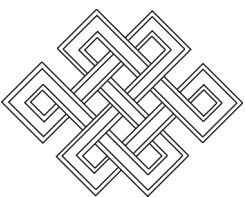
Kyab sum tham chä dü päi dag nyi je tsün phag ma dröl mäi lha tshog  
 khor dang chä pä jin dag [insert the name here] di dü ma yin par chhi päi jig  
 pa lä dröl / chhi me pa tshai rig dzin thob par jin gyi lab tu sö!

*Think that with a smile they accept your request.*

### 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 sö! (3x)

### First Round



### 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 (7x with prostrations)

### 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!

### Taking Refuge and Generating Bodhicitta

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

### Prayer for the Donor \*\* (optional)

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

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

*Think that with a smile they accept your request.*

### Prayer for the Desired Goal

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

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

## Offering to Tara

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

\*\* The words in brackets | | are optional.

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

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

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

## The Seven Limbs

Je tsün dröl mäi zhab la gü chhag tshäl

Ngö sham yi trül chhö pa ma lü bül

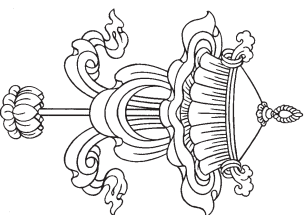
Thog me nä sag dig tung tham chä shag

Kye phag ge wa nam la je yi rang

Khor wa ma tong bar du leg zhug nä

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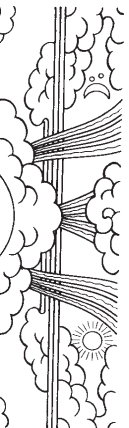
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lho nub tu khor lo rin po chhe / nub jang du nor bu rin po chhe / jang  
shar du ter chen pöi bum pa  
Nang gi shar du nyi ma / nub tu da wa



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

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

## The Seven Limbs

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 in 23 Heaps

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land and western Chowrie-land), [the western], Satha and Uttaramantrin  
(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.

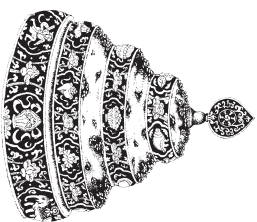
In the southeast, the precious general; in the southwest, the precious  
wheel; in the northwest, the precious jewel; in the northeast, the great  
treasure vase. In the east, the sun; in the west, the moon.



Dag zhän lü ngag yi sum long chö du sum ge tshog chä  
 Rin chhen mandala zang po kün zang chhö päi tshog chä pa  
 Lo yi lang nä la ma yi dam kön chhog sum la bül  
 Thug jei wang gi zhe nä dag la jin gyi lab tu söi

### *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 ül wa yi  
 Dro kün nam dag zhing la chö par shog



### *Taking Refuge and Generating Bodhicitta*

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)

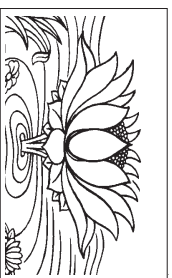
### *Prayer*

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*

*Then recite twice the Praise in Twenty-one Homages:*

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 da 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

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!

### *Taking Refuge and Generating Bodhicitta*

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

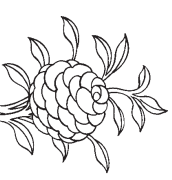
### *Prayer*

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.

### *Praise*

*Then recite twice the Praise in Twenty-one Homages:*

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



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

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 HUM 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

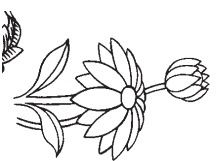
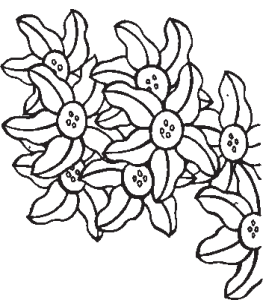
Chhag tshäl gya jin me lha tshang pa  
Lung lha na tshog wang chlug chhö ma  
Jung po ro lang dri za nam dang  
Nö jin tshog kyi dün nä tö ma

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

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



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

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

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

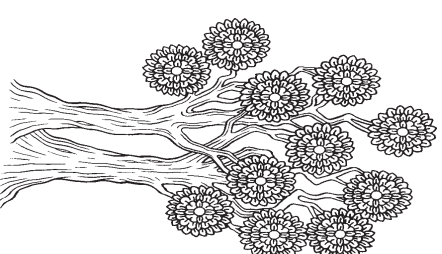
6. Homage! Worshipped by the all-lords,  
Shakra, Agni, Brahma, Marut!  
Honored by the hosts of spirits,  
Corpse-raisers, gandharvas, yakshas!

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

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

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

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



Chhag tshäl sa zhi kyong wäi tshog nam  
Tham chä gug par nü ma nyi ma  
Thro nyer yo wäi yi ge HUM 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 khur 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  
Yä kyang yön kum kün nä kor gäi  
Dra yi pung ni nam par jom ma

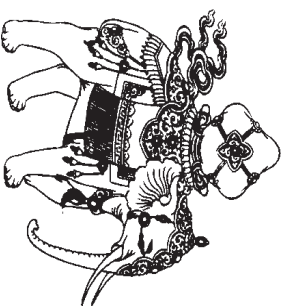
Chhag tshäl sa zhii ngö la chhag gi  
Thil gyi nün ching zhab kyi dung ma  
Thro nyer chän dzä yi ge HUM gi  
Rim pa dün po nam ni gem ma

Chhag tshäl de ma ge ma zhi ma  
Nya ngän dä zhi chö yül nyi ma  
SVAHA 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 HUM lä dröl ma nyi ma

Chhag tshäl TURE zhab ni deb pä  
HUM gi nam päi sa bön nyi ma  
Ri rab Mandhara 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



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

12. Homage! Crown adorned with crescent  
Moon, all ornaments most shining!  
Amitabha in her hair-knot  
Sending out much light eternal!

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

14. 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!

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

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

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



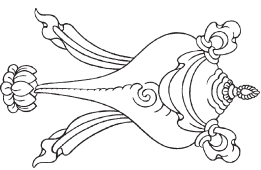
18. Homage! Holding in her hand the  
Deer-marked moon of devalake form!  
With twicespoken TARA and PHAT,  
Totally dispelling poison!

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

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

Chhag tshäl de nvi sum nam kö pä  
Zhi wäi thü dang yang dag dän ma  
Dön dang ro lang nö jin tshog nam  
Jom pa TURE rab chhog nvi ma

Tsa wäi ngag kyi tö pa di dang  
Chhag tshäl wa ni nvi shu tsa chig



### Request

Thug jei ter ehhen phag ma je tsin 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)

### Prayer for the Donor **\*\* (Optional)**

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

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

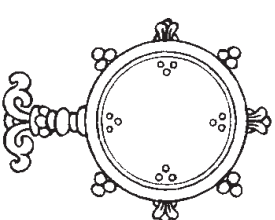
*Think that with a smile they accept your request.*



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

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

21. Homage! Full of liberating  
Power by the set of three natures!  
Destroys hosts of spirits, yakschas,  
And raised corpses! Supreme! TURE!  
These praises with the root mantras  
And prostrations thus are twenty-one!



### 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)

### Prayer for the Donor **\*\* (Optional)**

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





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

*Think that with a smile they accept your request.*



## Second Round

### Homage

 Lha dang lha min chö pän gyi  
 Zhab nyi pä mo la tü de  
 Phong pa kün lä dröl dzä päi  
 Dröl ma yum la chhag tshäl lo



(7x with prostrations)

### Offering to Tara

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

\*\* The words in brackets | | are optional.

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

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

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





### The Seven Limbs

| Je tsün dröl mäi zhab la gü chhag tshäl  
 | Ngö sham yi trül chhö pa ma lä 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



## 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 with prostrations)

### Offering to Tara

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

\*\* The words in brackets | | are optional.

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

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

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

### The Seven Limbs

| 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 in 23 Heaps

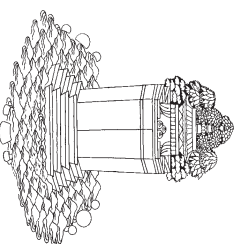
Recite the long mandala offering (see pp. 14–17) as before.

### 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!

## 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 til wa yi  
 Dro kün nam dag zhing la chö par shog

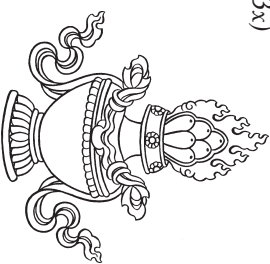


### Taking Refuge and Generating Bodhicitta

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

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



#### Praise





Then recite *three times* the Praise in Twenty-one Homages (pp. 16–23).

#### Request

Thug jei ter chhen phag ma je tsün mä  
 Kha nyam dro nam tän dei drong khver du  
 De lag drö päi bar chha 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 de  
 Phong pa kün lä dröl dzä päi  
 Dröl ma yum la chhag tshäl lo (7x with prostrations)

### Offering to Tara

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

\*\* The words in brackets | are optional.

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

### Taking Refuge and Generating Bodhicitta

I go for refuge until I am enlightened.  
 To the Buddha, the Dharma, and the Supreme Assembly,  
 By my practice of giving and other perfections,  
 May I become a buddha 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.

#### Praise





Then recite *three times* the Praise in Twenty-one Homages (pp. 16–23).

#### 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 with prostrations)

### Offering to Tara

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

\*\* The words in brackets | are optional.

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

Adding the three syllables, the inner offering: (offer with ring finger of left hand)  
OM ARYA TARE [SAPARIVARA]\* OM AH HUM

### The Seven Limbs

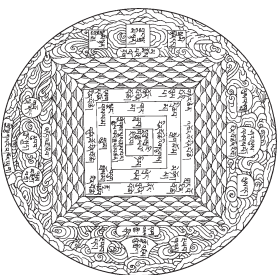
Je tsün dröl mäi zhab la gü chhag tshäl  
Ngyö sham yi trül chhö pa ma lü bül  
Thog me nä sag dig tung tham chä shag  
Kye phag ge wa nam la je yi rang  
Khor wa ma tong bar du leg zhug nä  
Dro la chhö kyi khor lo kor wa dang  
Dag zhän ge nam jang chhub chhen por ngo

### Long Mandala Offering

Recite the long mandala offering (see pp. 14–17) as before.

### 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 ül wa yi  
Dro kün nam dag zhing la chö par shog



### Taking Refuge and Generating Bodhicitta

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)

### Visualization

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

Adding the three syllables, the inner offering: (offer with ring finger of left hand)  
OM ARYA TARE [SAPARIVARA]\* OM AH HUM

### 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

Recite the long mandala offering (see pp. 14–17) as before.

### 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 pureland.

### Taking Refuge and Generating Bodhicitta

To the Buddha, the Dharmma, 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)

### 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**

Praise with the Twenty-one Homages **seven times** (pp. 16–23). If time is short, the following verse can be recited in place of some of these repetitions:

OM chom dân đã ma lha mo dröl ma la chhag tshäl lo  
 Chhag tshäl dröl ma TARE päl mo  
 TUTTARA yi jig kiin sel ma  
 TURE dön nam tham chä ter ma  
 SVAHA yi ger chä la rab dü



**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 che 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 tu sel wa nyi thob

Dön dang rim dang dug gi zir wäi  
 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**

Praise with the Twenty-one Homages **seven times** (pp. 16–23). If time is short, the following verse can be recited in place of some of these repetitions:

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 SVAHA, 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.

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.

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.





Then transform the tormas as the inner offering:

## Offering the Torma

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

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA  
SHUDDHO HAM

Tong pa nyi du gyur

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

Consecrate with:

OM AH HUM (3x)



Visualizing:

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

Offer it by saying three times:

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

## Offerings




Make offerings with:

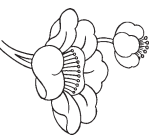
OM ARYA TARE SAPARIVARA ARGHAM (PADYAM, PUSHPE, DHUPE,  
ALOKE, GANDHE, NAVVIDYA, SHAPTA ) PRATICCHA HUM SVAHA

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

OM ARYA TARE SAPARIVARA OM AH HUM

## Praise

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



Then transform the torma as the inner offering:

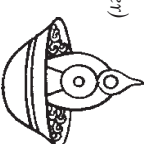
## Offering the Torma

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

OM VAJRA AMRITA KUNDALI HANA HANA HUM PHAT

Purify into voidness with:

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA  
SHUDDHO HAM



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 HUM (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 SAPARIVARA IDAM BALIM TA KHA KHA KHAHI  
KHAHI (3x)

## Offerings




Make offerings with:

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

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

OM ARYA TARE SAPARIVARA OM AH HUM

## Praise

 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 rän  
 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

Gyä dang chu drug jig chhen dang  
 Dön rim mi lam tsän tä ngän  
 Khor wa ngän song dug ngäl sog  
 Nä kab thar thug jig lä 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 PADMASATTVA SAMAYA MANUPALAYA / PADMASATTVA  
 TVENOPATISHTHA / DRIDHO ME BHAVA / SUTOSHYO ME BHAVA /  
 | SUPOSHYO ME BHAVA / ANURAKTO ME BHAVA / SARVA

**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 PADMASATTVA SAMAYA MANUPALAYA / PADMASATTVA  
 TVENOPATISHTHA / DRIDHO ME BHAVA / SUTOSHYO ME BHAVA /  
 | SUPOSHYO ME BHAVA / ANURAKTO ME BHAVA / SARVA

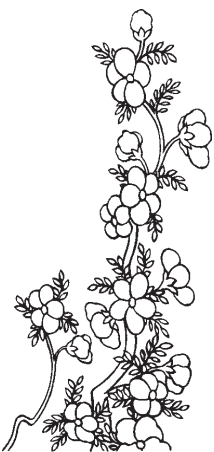



 SIDDHIM ME PRAYACCHA / SARVA KARMA SUCHA ME /  
 CHITTAM SHRIYAM KURU HUM / HA HA HA HA HOH /  
 BHAGAVAN / SARVA TATHAGATA / PADMA MA ME MUNCHA /  
 | PADMA BHAVA MAHA SAMAYA SATTVA AH HUM PHAT

And the prayers:

Ma nye yong su ma she dang  
 Gang yang nü pa ma chhi pa  
 Dir ni ja wa gang gyi pa  
 De kün khye kyi 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 söl



*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 chbug dang  
 Chhog nam leg par tsäl du söl

OM SUPRATISHTHA VAJRAYE SVAHA  
 (toss flower petals or rice to the merit field)  
 OM firmly abiding vajra one SVAHA

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

Ye she pa rang zhin gyi nä su sheg  
 Dam tshig pa rang nyi la thim par gyur

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

### 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


 SIDDHIM ME PRAYACCHA / SARVA KARMA SUCHA ME /  
 CHITTAM SHRIYAM KURU HUM / HA HA HA HA HOH /  
 BHAGAVAN / SARVA TATHAGATA / PADMA MA ME MUNCHA /  
 | PADMA BHAVA MAHA SAMAYA SATTVA AH HUM PHAT

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 SUPRATISHTHA VAJRAYE SVAHA  
 (toss flower petals or rice to the merit field)  
 OM firmly abiding vajra one SVAHA



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

The wisdom beings return to their natural abodes.  
 The commitment beings absorb into me.

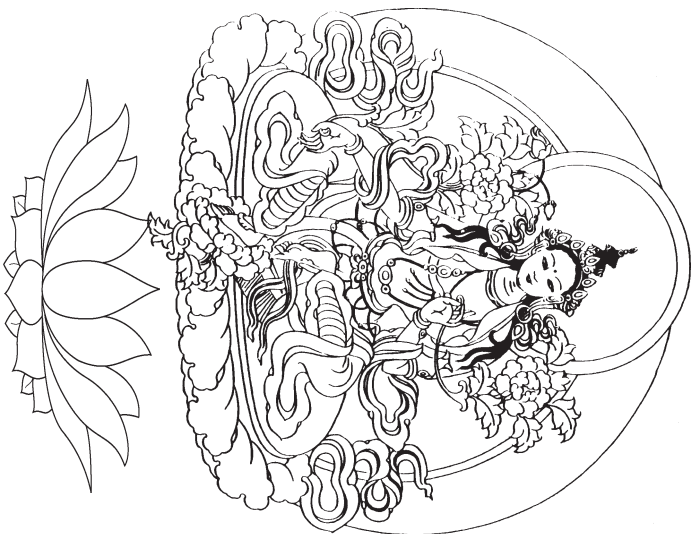
*Dedicate the virtues and sing the auspicious verses in the following way.*

### 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*

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 keyi  
 Je zung ge tsän phäl wäi tra shi shog



*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 lim-  
 its 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.

Translated from the Tibetan by Fabrizio Champa Pelye at the request of the Education  
 Department of the Foundation for the Preservation of the Mahayana Tradition. Edited with  
 standard prayers added by Ven. Constance Miller, Education Services, September 2001.



*Foundation for the Preservation of the Mahayana Tradition*  
*Education Services*