



新加坡大乘禅寺
THEKCHEN CHOLING
SINGAPORE



The Four Mandala Ritual to
Cittamani Tara

如意珠度母四曼达

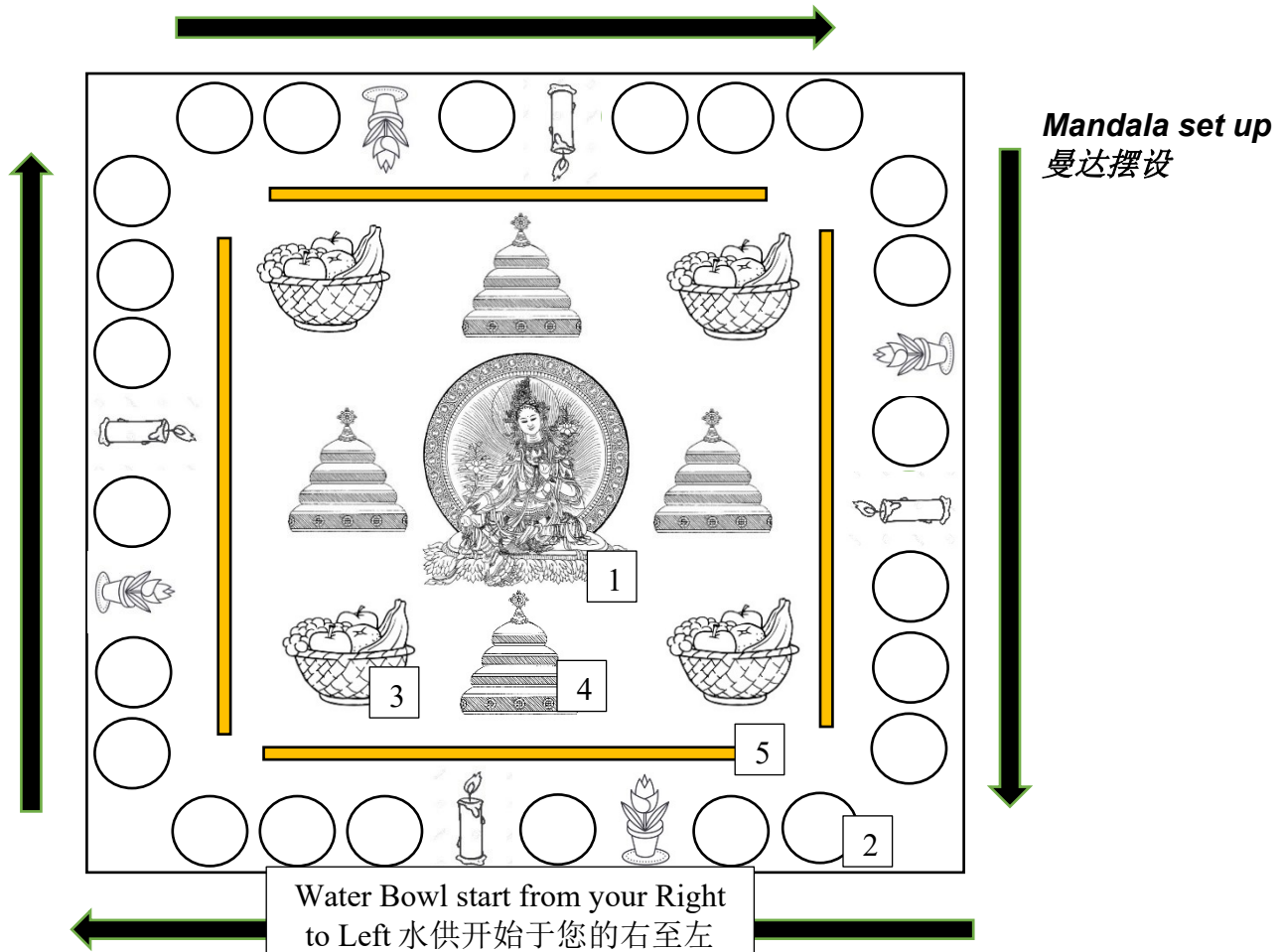
18 July 2024 V.4

Notes 注解:

Those who has taken Tara initiation, shall arise as deity. 如已受过度母灌顶者，应幻化为度母。

Preparation 准备事项:

- 1) Tara Statue 度母金身。
- 2) 4 sets of 8 water bowls / 4 套八供 (water 水, water 水, flower 花, incense 香, candle 灯, perfume 香, food 食物, conch shell 海螺)
- 3) 4 plates of fruits / 4 盘水果。
- 4) 4 mandala sets / 4 套曼达拉 (optional 如有)
- 5) The eight auspicious symbols 八吉祥物, the eight auspicious substances, the seven possessions of the chakravartin and the five offerings of sensory enjoyments. (optional)
- 6) Loose flowers for sprinkling during puja. 鲜花用于法会上。🌸





The Four Mandala To Cittamani Tara

如意珠度母四曼达

噶丹赤絳仁波切纂修

Taking Refuge 皈依 (x 3)

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

Seek refuge in my holy Guru,

Seek refuge in all the Buddhas,

Seek refuge in the Dharma,

Seek refuge in all the Aryan Sangha,

我与等同虚空之一切有情，从今时此刻起，直至证得无上菩提，

皈依上师正士尊，

皈依一切正等觉世尊，

皈依一切妙善法，

皈依一切贤圣僧。

Dag-Dang Dro-Wa Nam-Kay Ta-Dang Nyam-Pay Sem-Chen Tam-Chay

Du-Di Nay-Zung-Te Ji-Si Jang-Chub Nying-Po-La Chi-Kyi Bar-Du

Pal-Den La-Ma Dam-Pa Nam-La Kyab-Su-Chi-Wo

Dzog-Pay Sang-Gyay Chom-Den-Day Nam-La Kyab-Su-Chi-Wo

Dam-Pay-Cho Nam-La Kyab-Su-Chi-Wo

Pag-Pay Ge-Dun Nam-La Kyab-Su-Chi-Wo

Taking Refuge and Generating Bodhicitta 皈依与发菩提心 (x 3)

To the Buddha, Dharma and Aryan Sangha,

I go for refuge until I am enlightened.

By the merit of giving and other perfections,

May I awaken into Buddhahood to benefit all mother sentient beings.

诸佛正法众中尊，直至菩提我皈依，

以我所积诸资粮，为利众生愿成佛。

Sang-Gyay

Cho-Dang

Tsok-Kyi

Chog-Nam-La

Jang-Chub

Bar-Du

Dag-Ni

Kyab-Su-Chi

Dag-Gi

Jin-Sog

Gyi-Pay

Di-Dag-Gi

Dro-La

Pen-Chir

Sang-Gyay

Drub-Par-Shog



Special Bodhicitta 发殊胜心

For the benefit of all sentient beings,
May I quickly attain the state of omniscient enlightenment,
Thus I shall practise the yoga of the Venerable Arya Tara.
为一切众生的究竟利益，当速证一切种智之佛果位，
因此，我当趣入受持至尊圣度母瑜伽。

Kyay-Par Ma-Sem-Chen Tam-Chay-Kyi Don-Du Nyur-Wa Nyur-War Yang-Dag-Par Dzog-Pay Sang-Gyay-Kyi Go-Pang Rin-Po-Che Chi-Nay-Kyang Tob-Par-Ja De-Yi Chir-Du Je-Tsun-Ma Pag-Ma Drol-May Nel-Jor Nyam-Su Lang-War Gyi-Wo

The Four Immeasurables 为令所发菩提心能增长作用，修习四无量心

May all sentient beings achieve extra ordinary superior happiness and its causes.

May all sentient beings be free from the unbearable sea of suffering and its causes.

May all sentient beings never be parted from the bliss of supreme liberation.

May all sentient beings be free from aversion, attachment, clinging, feeling close to some and distant from others.

愿诸众生，具足乐及乐因，远离苦及苦因，
具无苦之极乐，住於远离怨亲爱嗔二者之平等捨。

Sem-Chen Tam-Chay De-Wa-Dang De-Way Gyu-Dang Den-Par-Gyur-Chig

Sem-Chen Tam-Chay Dug-Ngel-Dang Dug-Ngel-Gyi Gyu-Dang Drel-Way Gyur-Chig

Sem-Chen Tam-Chay Dug-Ngel Me-Pay De-Wa-Dang Mi-Drel-War Gyur-Chig

Sem-Chen Tam-Chay Nye-Ring Chag-Dang Nyi-Dang Drel-Way Tang-Nyom-La Nay-Par Gyur-Chig



Self-Generation 生起本尊

Everything is empty. From the state of emptiness I arise instantly in the form of the Venerable Arya Tara.

净治成空。空性中，自身化现为至尊圣救度母。

Rang-Nyi Kay-Chig-Gi Je Tsun-Ma Pag-Ma Drol-May Kur Zheng-Par-Gyur

Blessing the Inner Offering 加持内供

Om Vajra Amrita Kundali Hana Hana Hung Phet

嗡 瓦加 阿理答 袞达利 哈那 哈那 吽 佩

Om Svabhava Shuddhah Sarva Dharma Svabhava Shuddho Ham

嗡 苏巴哇 苏打 莎哇 达嘛 苏巴哇 苏打 舍

Everything is empty. From the state of emptiness,
From **Yam ཡམ་** appears an air mandala; from **Ram རམ་** a fire mandala;

From **Ah ཨ་** a vast and spacious wisdom capala.

Inside there are five meats and five nectars.

They melt and become a great ocean of transcendental wisdom.

Om Ah Hung (x 3)

净治成空，空性中现出 **ཡམ་** (Yam 样) 现风，**རམ་** (Ram 壤) 现火，

ཨ་ (Ah 阿) 现本智之颅器，其内盛有五肉五甘露，

彼等皆融化，转为本智之甘露大海洋。

嗡 阿 吽 (x 3)

Tong-Pa Nyi Du-Gyur

Tong-Pay Ngang-Lay Yam-Lay-Lung Ram-Lay-Me

Ah-Lay Ye-She-Kyi Ka-Pa-La Yang-Shing Gya-Che-Way

Nang-Du Sha-Nga Du-Tsi-Nga

Zhu-Wa Lay-Jung-Way Ye-She-Kyi Du-Tsi Gya-Tso Chen-Por-Gyur

Om Ah Hung (x 3)



Blessing the Outer Offerings 加持外供

Om Vajra Amrita Kundali Hana Hana Hung Phet

嗡 瓦加 阿理答 袞达利 哈那 哈那 吽 佩

Om Svabhava Shuddha Sarva Dharma Svabhava Shuddho Ham

嗡 苏巴哇 苏打 莎哇 达嘛 苏巴哇 苏打 含

Everything is empty. From the state of emptiness,
Kam ཀམ appears and from this, eight skull cups.

Inside each is the letter **Hung ཧུང**; from the **Hungs ཧུང**

The individual offering elements appear - by nature empty –
Functioning to generate extraordinary uncontaminated bliss,
Being the objects enjoyed by the six senses.

净治成空，空性中现出 ཀམ (Kam 冈) 现八颅盖容器。于内，各有 ཧུང

(Hung 吽) 字，现诸供物，自性为空，相为种种各种供品，作为六根之
享用对境，能够施予殊胜微妙无漏极乐。

Tong-Pa Nyi Du-Gyur

Tong-Pay Ngang-Lay

Kam-Lay To-Pay No-Nam-Kyi

Nang-Du Hum-Lay Cho-Dzay-Nam

Rang-Zhin Tong-Nyi Nam-Pa Cho-Dzay So-So Nam-Pa-Chen

Je-Lay Wang-Po Drug-Gi Cho-Yul-Du Zag-Pa Me-Pay

De-Wa-La Kye-Par Chen Ter-War-Gyur

Om Vajra Argham Ah Hung 嗡 瓦加 阿冈 阿吽 (water for drinking 饮水)

Om Vajra Padyam Ah Hung 嗡 瓦加 班牒 阿吽 (foot washing water 洗足水)

Om Vajra Pushpe Ah Hung 嗡 瓦加 布悲 阿吽 (flowers 花)

Om Vajra Dhupe Ah Hung 嗡 瓦加 杜悲 阿吽 (incense 天香)

Om Vajra Alope Ah Hung 嗡 瓦加 阿楼给 阿吽 (light 灯烛)

Om Vajra Gandhe Ah Hung 嗡 瓦加 谦牒 阿吽 (perfume 涂香)

Om Vajra Navidya Ah Hung 嗡 瓦加 尼威牒 阿吽 (food 饮食)

Om Vajra Shabda Ah Hung 嗡 瓦加 夏达 阿吽 (music 乐音)



Visualization of the Field of Merit 观想资粮田





In the space before me, on a lion throne. Upon cushions of a lotus and full Moon disk, sits Khadiravani Tara, who is inseparable from my root lama. Above her are Atisa 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.

于前方虚空中，狮座莲月上，与根本上师无别之檐木救度母端坐，上有阿底峡等上师，并由二十一度母等、本尊、佛、菩萨、声闻、缘觉、及诸护法神围绕之。





Dun-Gyi Nam-Kar Seng-Tri Pay-Day Den-La Tsa-Way La-Ma Dang Yer-Me-Pay Seng-Deng Nag-Drol-Gyi Teng-Du Jo-Wo Je-Sog La-Ma Nam-Dang Ta-Kor-Du Drol-Ma Nyer-Chig Sog Yi-Dam Sang-Gyay Jang-Sem Nyen-Rang Ka-Do Dang-Che-Pa Zhug-Par Gyur

Homage (recite each verse 3 times) 礼敬偈 (每段念诵三次)

1. Your exalted body is the embodiment of all Buddhas, 
You are in the nature of vajra-holder, 
The very root of the Three Rare and Sublime Ones, 
To all Gurus, I prostrate. 

一切诸佛聚集身， 持金刚者之自性，
为诸三宝之根本， 于诸上师恭礼敬。

	Sang-Gyay	Tam-Chay	Du-Pay-Ku
	Dor-Je	Dzin-Pay	Ngo-Wo-Nyi
	Kon-Chog	Sum-Gyi	Tsa-Wa-Te
	La-Ma	Nam-La	Chag-Tsel-Lo

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





具大悲心依怙尊， 遍知一切说法者，
福泽功德大海田， 于诸如来恭礼敬。



 **Gon-Po**
 **Tam-Chay**
 **So-Nam**
 **De-Zhin**

Tug-Je
Kyen-Pay
Yon-Ten
Sheg-La

Che-Den-Pa
Ton-Pa-Po
Gya-Tso-Zhing
Chag-Tsel-Lo





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

以清淨而离贪欲,  以善良而脱恶趣, 
 唯一胜义最殊胜,  于寂静法恭礼敬。 

 **Dag-Pay**
 **Ge-Way**
 **Chig-Tu**
 **Zhi-Gyur**

Do-Chag
Ngen-Song
Don-Dam
Cho-La

Drel-War-Gyur
Lay-Drol-Ching
Chog-Gyur-Pa
Chag-Tsel-Lo

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

已脱且示解脱道,  善住清淨学处中, 
 具福功德最胜田,  众中尊僧我礼敬。 

 **Drol-Nay**
 **Lab-Pa**
 **Zhing-Gi**
 **Tsog-Chog**

Drol-Way
Dag-La
Dam-Pa
Ge-Dun

Lam-Yang-Ton
Rab-Tu-Nay
Yon-Ten-Den
La-Chag-Tsel



Offerings to the Field of Merit 供养资粮田

Om Sarwa Tathagata Sapariwara Argham Pratitsa Hung Svaha

嗡 萨瓦 达塔噶答 萨巴理瓦拉 阿冈 巴底杂 吽 娑哈

Om Sarwa Tathagata Sapariwara Padyam Pratitsa Hung Svaha

嗡 萨瓦 达塔噶答 萨巴理瓦拉 班牒 巴底杂 吽 娑哈

Om Sarwa Tathagata Sapariwara Pushpe Pratitsa Hung Svaha

嗡 萨瓦 达塔噶答 萨巴理瓦拉 布悲 巴底杂 吽 娑哈

Om Sarwa Tathagata Sapariwara Dhupe Pratitsa Hung Svaha

嗡 萨瓦 达塔噶答 萨巴理瓦拉 杜悲 巴底杂 吽 娑哈

Om Sarwa Tathagata Sapariwara Aloke Pratitsa Hung Svaha

嗡 萨瓦 达塔噶答 萨巴理瓦拉 阿楼给 巴底杂 吽 娑哈


Om Sarwa Tathagata Sapariwara Gandhe Pratitsa Hung Svaha

嗡 萨瓦 达塔噶答 萨巴理瓦拉 谦牒 巴底杂 吽 娑哈

Om Sarwa Tathagata Sapariwara Navidya Pratitsa Hung Svaha

嗡 萨瓦 达塔噶答 萨巴理瓦拉 尼威牒 巴底杂 吽 娑哈

Om Sarwa Tathagata Sapariwara Shabda Pratitsa Hung Svaha

嗡 萨瓦 达塔噶答 萨巴理瓦拉 夏达巴底杂 吽 娑哈 

Om Sarwa Tathagata Sapariwara Om Ah Hung

嗡 萨瓦 达塔噶答 萨巴理瓦拉 嗡 阿 吽

The Seven Limbs 七支供养

To the Buddhas and Bodhisattvas, I prostrate,

 And present clouds of every type of offering, actual and mentally-transformed

I confess all my negative actions accumulated since beginningless time,

And rejoice in the virtues of all holy and ordinary beings.

Please remain until cyclic existence ends,

And turn the wheel of Dharma for sentient beings.

I dedicate all the virtues of myself and others to the great enlightenment.

诸佛菩萨我等恭礼敬，  尽奉实陈意现供养云，

忏悔无始累积诸罪堕， 随喜凡夫圣者各善业，

生死未尽恭请常安住， 并祈为诸众生转法轮，

回向自他功德於菩提。



 Gyal-Wa	Say-Che	Nam-La	Chag-Tsel-Lo
Ngo-Sham	Yi-Trul	Cho-Pa	Ma-Lu-Bul
Tog-Me	Nay-Sag	Dig-Tung	Tam-Chay-Shag
Kye-Pag	Ge-Wa	Nam-La	Je-Yi-Rang
Kor-Wa	Ma-Tong	Bar-Du	Leg-Shug-Nay
Dro-La	Cho-Kyi	Kor-Lo	Kor-Wa-Dang
Dag-Zhen	Ge-Nam	Jang-Chub	Chen-Por-Ngo

Long Mandala Offering 供曼达拉

Om Ah Hung 嗡 啊 吽 (x 3)

Om Vajraground Ah Hung, 嗡 金刚地基 啊 吽,
 Here is the mighty and powerful base of gold, 奇妙黄金宝地,
 Om Vajraline Ah Hung, 嗡 金刚围篱 啊 吽,
 The outer ring is encircled with this iron fence, 铁围山绕四周,

Om Bendza Bhu-Mi Ah-Hung
Wang-Chen Ser-Gyi Sa-Zhi
Om Benza Re-Ke Ah-Hung
Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su

First Ring 第一圈

In the centre, the king of mountains, Mount Meru 居中山王须弥山
 In the east, the continent Purvavideha 东胜神洲处东方,
 In the south, Jambudvipa 南瞻部洲南方住,
 In the west, Aparagodaniya 西牛贺洲置西边,

Ri-Gyal Po-Ri Rab
Shar Lu-Pag-Po
Lho Dzam-Bu-Ling
Nub Ba-Lang-Cho

In the north, Uttarakuru 北俱卢洲在北边。
 Around the east, the sub-continent Deha and Videha 东方身洲及胜洲,
 Around the south, Camara and Aparacamara 南方拂洲、别拂洲,



Around the west, Satha and Uttaramantrin 小行洲、胜道行洲，两小洲位
处西方，

Jang Dra-Mi-Nyan
Lu-Dang Lu-Pag
Nga-Yab-Dang Nga-Yab-Zhan
Yo-Dan-Dang Lam-Chog-Dro

Around the north, the sub-continent Kurava and Kaurava 北方有声不美
洲，及彼身不美洲，

In the east is the treasure mountain 宝山，
In the south is the wish-granting tree 如意树，
In the west is the wish-granting cow 随欲宝牛，
In the north is the harvest that needs no cultivation 自长粮谷。

Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da
Rin-Po-Che Ri-Wo
Pag Sam-Gyi-Shing
Do Jo-I Ba
Ma-Mo Pa-I Lo-Tog

Second Ring 第二圈

Here is the precious wheel 宝轮，
Here is the precious jewel 如意宝珠，
Here is the precious queen 王后宝，
Here is the precious minister 大臣宝，

Kor-Lo Rin-Po Che
Nor-Bu Rin-Po Che
Tsun-Mo Rin-Po Che
Lon-Po Rin-Po Che

Here is the precious elephant 象宝，
Here is the precious and best of horses 马宝，
Here is the precious general 将军宝，
Here is the great treasure vase 大藏瓶宝。



**Lang-Po Rin-Po Che
Ta-Chog Rin-Po Che
Mag-Pon Rin-Po Che
Ter-Chen Po-i Pum-Ba**

Third Ring 第三圈

Here is the goddess of beauty 姿天女，
Here is the goddess of garlands 鬘天女，
Here is the goddess of song 歌天女，
Here is the goddess of dance 舞天女，

**Geg-Ma
Trenng-Wa-Ma
Lu-Ma
Gar-Ma**

Here is the goddess of flowers 花天女，
Here is the goddess of incense 香天女，
Here is the goddess of light 灯天女，
Here is the goddess of perfume 涂天女。

**Me-Tog-Ma
Dug-Po-Ma
Nang-Sel-Ma
Dri-Chab-Ma**

Top Ring 顶圈

Here is the sun; Here is the moon 日，月，
Here is the umbrella of all that is precious 珍异宝伞，
Here is the banner of victory in all directions 制伏一切十方幢，

**Nyi-Ma Da-Wa
Rin-Po-Che Dug
Chog-Lay Nam-Par Gyal-Way Gyal-Tsan**

In the centre are all the possessions precious to gods and men
This magnificent collection, lacking in nothing



I offer to you, my kind and holy root Lama

Together with you, Venerable Lineage Lamas

一切天人所珍宝富饶资财盛聚在其中，此田清静悦意，兹恭敬奉上有恩根本及传承，具德殊胜上师众，

**U-Su Lha-Dang Mi-I Pal-Jor Pun-Sum Tsog-Pa Ma-Tsang Wa-Me-Pa
Tsang-Zhing Yi-Du Wong-Wa Di-Dag
Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay
Pal-Den La-Ma Dam-Pa Nam-Dang**

Especially to the Buddhas and Bodhisattvas and attendant deities.

Please accept it with compassion for the sake of migrating beings

Having accepted these, please bestow on me and on mother sentient beings

Abiding as far as the limits of space your inspiration with loving compassion.

尤其也向十方诸佛，弟子及本尊众，恭敬献上清静刹土，惟愿汝等慈受以利生，惟愿汝等享此供已即以深大慈心不吝加持我，以及一切无边如虚空母有情。

**Kye-Par Du-Yang Chok-Chu Gyal-Wa Se-Dang Jie-Bey Lha-Tsog
Kor-Dang Che-Pa Nam-La Zhing-Kam Ul-War-Gyi-Wo
Tug-Je Dro-Way Don-Du Zhe-Su-Sol Zhe-Nay Dag-Sog
Dro-Wa Mar-Gyur Nam-Kay Ta-Dang Nyam-Pay Sem-Chen
Tam-Chay-La Tug-Tse-Wa Chen-Poi Go-Na Jin-Gyi Lab-Tu-Sol**

1 The Short Mandala of Seven Heaps 供外曼达拉

This ground, anointed with perfume, strewn with flowers,

Adorned with Mount Meru, four continents, Sun and Moon,

I offer in visualization as Field of Buddhas.

May all sentient beings thus enjoy this Pure Land!

须弥四洲日月所庄严，妙香遍涂华散之大地，

观如佛土我乐敬供养，愿诸有情共享此净土！

Sa-Zhi	Po-Kyi	Jug-Shing	Me-Tog Tram
Ri-Rab	Ling-Zhi	Nyi-Day	Gyen-Pa Di
Sang-Gay	Zhing-Du	Mig-Te	Ul-War Gyi
Dro-Kun	Nam-Dag	Zhing-La	Cho-Par Shog



I send forth this jewelled mandala to you, Oh precious Gurus!

喻 伊当 沽鲁 拉那 曼答拉甘 尼雅答雅蜜!

Om Idam Guru Ratna Mandalakam Nirya Tayami!

Taking Refuge and Generating Bodhicitta 皈依与发菩提心 (x 3)

I take refuge until I am enlightened in the Buddhas,
The Dharma and the Sangha.

By the positive potential I create by practicing generosity and the other far –
reaching attitudes,

May I attain Buddhahood in order to benefit all sentient beings.

诸佛正法圣贤僧，直至菩提我皈依，
依我所施诸资粮，为渡众生愿成佛。

Sang-Gyay	Cho-Dang	Tsok-Kyi	Chog-Nam-La
Jang-Chub	Bar-Du	Dag-Ni	Kyab-Su-Chi
Dag-Gi	Jin-Sog	Gyi-Pay	Di-Dag-Gi
Dro-La	Pen-Chir	Sang-Gyay	Drub-Par-Shog

Prayer for the Desired Goal 祈请所愿偈 (x 3)

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.

所善资源善知识，意乐加行恭依止，
于佛欢喜道净治，祈证无上正等觉。

Leg-Tsog	Kun-Gyi	Jung-Nay	Ge-Way-She
Sam-Dang	Jor-Way	Tsul-Zhin	Gu-Ten-Zhing
Gyal-Wa	Gye-Way	Lam-Gyi	Gyu-Jang-Nay
La-Me	Jang-Chub	Tob-Par	Dze-Du-Sol



1st Round 第一回

Praise 度母赞 (x 7)

Worldly gods and non-worldly gods,
 bow their crowns to your lotus feet,
 You who rescue from all poverty,
 Mother Tara, to you I prostrate.



天与非天以顶冠，
 拯度出离诸贫困，



虔礼双足莲花下，
 於救度母恭敬礼。



Lha-Dang
Zhab-Nyi
Pong-Pa
Drol-Ma

Lha-Min
Pay-Mo
Kun-Lay
Yum-La

Cho-Pen-Gyi
La-Tu-Nay
Drol-Dzay-May
Chag-Tsel-Lo

Offerings to Tara 供养度母

Om Arya Tare Sapariwara Argham Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 阿冈 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Padyam Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 班牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Pushpe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 布悲 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Dhupe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 杜悲 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Alope Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 阿楼给 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Gandhe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 谦牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Navidya Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 尼威牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Shabda Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 夏达巴底杂 吽 娑哈



Om Arya Tare Sapariwara Om Ah Hung

嗡 阿雅 达惹 萨巴理瓦拉 嗡 阿 吽



The Seven-Limb Prayer 七支供养

Reverently I prostrate to your feet, Venerable Tara,
And present clouds of every type of offering, actual and
mentally-transformed
I confess all my negative actions accumulated since
beginningless time,
And rejoice in the virtues of all holy and ordinary beings.
Please remain until cyclic existence ends,
And turn the wheel of Dharma for sentient beings.
I dedicate all the virtues of myself and others to the great
enlightenment.

至尊度母我等恭礼敬，尽奉实陈意现供养云，
忏悔无始累积诸罪堕，随喜凡夫圣者各善业，
生死未尽恭请常安住，并祈为诸众生转法轮，
回向自他功德於菩提。

Je-Tsun	Drol-May	Zhab-La	Gu-Chag-Tsel
Ngo-Sham	Yi-Trul	Cho-Pa	Ma-Lu-Bul
Tog-Me	Nay-Sag	Dig-Tung	Tam-Chay-Shag
Kye-Pag	Ge-Wa	Nam-La	Je-Yi-Rang
Kor-Wa	Ma-Tong	Bar-Du	Leg-Shug-Nay
Dro-La	Cho-Kyi	Kor-Lo	Kor-Wa-Dang
Dag-Zhen	Ge-Nam	Jang-Chub	Chen-Por-Ngo

Long Mandala Offering 供曼达拉

Om Ah Hung 嗡 啊 吽 (x 3)

Om Vajraground Ah Hung, 嗡 金刚地基 啊 吽,
Here is the mighty and powerful base of gold, 奇妙黄金宝地,
Om Vajraline Ah Hung, 嗡 金刚围篱 啊 吽,
The outer ring is encircled with this iron fence, 铁围山绕四周,

Om Bendza Bhu-Mi Ah-Hung
Wang-Chen Ser-Gyi Sa-Zhi
Om Benza Re-Ke Ah-Hung

The Four Mandala To Cittamani Tara

如意珠度母四曼达



Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su

First Ring 第一圈

In the centre, the king of mountains, Mount Meru 居中山王须弥山

In the east, the continent Purvavideha 东胜神洲处东方，

In the south, Jambudvipa 南瞻部洲南方住，

In the west, Aparagodaniya 西牛贺洲置西边，

Ri-Gyal Po-Ri Rab

Shar Lu-Pag-Po

Lho Dzam-Bu-Ling

Nub Ba-Lang-Cho

In the north, Uttarakuru 北俱盧洲在北边。

Around the east, the sub-continent Deha and Videha 东方身洲及胜洲，

Around the south, Camara and Aparacamara 南方拂洲、别拂洲，

Around the west, Satha and Uttaramantrin 小行洲、胜道行洲，两小洲位
处西方，

Jang Dra-Mi-Nyan

Lu-Dang Lu-Pag

Nga-Yab-Dang Nga-Yab-Zhan

Yo-Dan-Dang Lam-Chog-Dro

Around the north, the sub-continent Kurava and Kaurava 北方有声不美
洲，及彼身不美洲，

In the east is the treasure mountain 宝山，

In the south is the wish-granting tree 如意树，

In the west is the wish-granting cow 随欲宝牛，

In the north is the harvest that needs no cultivation 自长粮谷。

Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da

Rin-Po-Che Ri-Wo

Pag Sam-Gyi-Shing

Do Jo-I Ba

Ma-Mo Pa-I Lo-Tog



Second Ring 第二圈

Here is the precious wheel 宝轮，
Here is the precious jewel 如意宝珠，
Here is the precious queen 王后宝，
Here is the precious minister 大臣宝，

Kor-Lo Rin-Po Che
Nor-Bu Rin-Po Che
Tsun-Mo Rin-Po Che
Lon-Po Rin-Po Che

Here is the precious elephant 象宝，
Here is the precious and best of horses 马宝，
Here is the precious general 将军宝，
Here is the great treasure vase 大藏瓶宝。

Lang-Po Rin-Po Che
Ta-Chog Rin-Po Che
Mag-Pon Rin-Po Che
Ter-Chen Po-i Pum-Ba

Third Ring 第三圈

Here is the goddess of beauty 姿天女，
Here is the goddess of garlands 鬘天女，
Here is the goddess of song 歌天女，
Here is the goddess of dance 舞天女，

Geg-Ma
Treng-Wa-Ma
Lu-Ma
Gar-Ma

Here is the goddess of flowers 花天女，
Here is the goddess of incense 香天女，
Here is the goddess of light 灯天女，
Here is the goddess of perfume 涂天女。



**Me-Tog-Ma
Dug-Po-Ma
Nang-Sel-Ma
Dri-Chab-Ma**

Top Ring 顶圈

Here is the sun; Here is the moon 日，月，
Here is the umbrella of all that is precious 珍异宝伞，
Here is the banner of victory in all directions 制伏一切十方幢，

**Nyi-Ma Da-Wa
Rin-Po-Che Dug
Chog-Lay Nam-Par Gyal-Way Gyal-Tsan**

In the centre are all the possessions precious to gods and men
This magnificent collection, lacking in nothing
I offer to you, my kind and holy root Lama
Together with you, Venerable Lineage Lamas
一切天人所珍宝富饶资财盛聚在其中，此田清静悦意，兹恭敬奉上有恩
根本及传承，具德殊胜上师众，

**U-Su Lha-Dang Mi-I Pal-Jor Pun-Sum Tsog-Pa Ma-Tsang Wa-Me-Pa
Tsang-Zhing Yi-Du Wong-Wa Di-Dag
Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay
Pal-Den La-Ma Dam-Pa Nam-Dang**

Especially to the Venerable Arya Tara and assembly of attendant deities.
Please accept it with compassion for the sake of migrating beings
Having accepted these, please bestow on me and on mother sentient beings
Abiding as far as the limits of space your inspiration with loving compassion.
尤其也向至尊圣度母本尊及其眷属大众，恭敬献上清静刹土，惟愿汝等
慈受以利生，惟愿汝等享此供已即以深大慈心不吝加持我，以及一切无
边如虚空母有情。

**Kye-Par Du-Yang Je-Tsun-Ma Pag-Ma Drol-May Lha-Tsog Kor-Dang
Che-Pa Nam-La Zhing-Kam Ul-War-Gyi-Wo
Tug-Je Dro-Way Dön-Du Zhe-Su-Sol Zhe-Nay Dag-Sog**

The Four Mandala To Cittamani Tara

如意珠度母四曼达



**Dro-Wa Mar-Gyur Nam-Kay Ta-Dang Nyam-Pay Sem-Chen
Tam-Chay-La Tug-Tse-Wa Chen-Poi Go-Na Jin-Gyi Lab-Tu-Sol**

1 The Short Mandala of Seven Heaps 供外曼达拉

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, Sun and Moon,
I offer in visualization as Field of Buddhas.

May all sentient beings thus enjoy this Pure Land!

须弥四洲日月所庄严，妙香遍涂华散之大地，
观如佛土我乐敬供养，愿诸有情共享此净土！

Sa-Zhi	Po-Kyi	Jug-Shing	Me-Tog Tram
Ri-Rab	Ling-Zhi	Nyi-Day	Gyen-Pa Di
Sang-Gay	Zhing-Du	Mig-Te	Ul-War Gyi
Dro-Kun	Nam-Dag	Zhing-La	Cho-Par Shog

I send forth this jewelled mandala to you, Oh precious Gurus!

嗡 伊当 沽鲁 拉那 曼答拉甘 尼雅答雅蜜！

Om Idam Guru Ratna Mandalakam Nirya Tayami!

Refuge and Bodhicitta 皈依与发菩提心 (x 3)

I take refuge until I am enlightened in the Buddhas,
The Dharma and the Sangha.

By the positive potential I create by practicing generosity and the other far –
reaching attitudes,

May I attain Buddhahood in order to benefit all sentient beings.

诸佛正法圣贤僧，直至菩提我皈依，
依我所施诸资粮，为渡众生愿成佛。

Sang-Gyay	Cho-Dang	Tsok-Kyi	Chog-Nam-La
Jang-Chub	Bar-Du	Dag-Ni	Kyab-Su-Chi
Dag-Gi	Jin-Sog	Gyi-Pay	Di-Dag-Gi
Dro-La	Pen-Chir	Sang-Gyay	Drub-Par-Shog



Prayer 祈求文

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.

右手施胜之手印，转为救施印之下，
我及诸需护者入，离诸怖畏得安慰。

Chay-Yay	Chog-Jin	Chag-Gya-Nyi
Kyab-Jin	Chag-Gyar	Gyur-Pay-Og
Dag-Dang	Sung-Ja	Kun-Tsu-Nay
Jip-Pa	Kun-Lay	Ug-Yung Gyur

21 Praises to Tara 二十一度母礼赞文

**Recite 2 times 念诵两遍 (English, Chinese or Tibetan 英、华或藏语)*

OM I prostrate to the noble transcendent liberator.
嗡 我向至尊圣者度母归命礼。

1

Homage! Tara, Swift, Heroic!
Eyes Like Lightning Instantaneous!
Sprung From Op'ning Stamens Of The
Lord Of Three World's Tear-Born Lotus!

敬礼速疾奋勇度母，
目如刹那电光闪照，
彼乃三界怙主观音，
泪海中盛莲华所生。

2

Homage! She Whose Face Combines A
Hundred Autumn Moons At Fullest!
Blazing With Light Rays Resplendent
As A Thousand Star Collection!

敬礼百秋朗月度母，
圆满遍照无垢容貌，
如千星宿俱时聚集，
发出炽然耀眼威光。

3

Homage! Golden-Blue One, Lotus
Water Born, In Hand Adorned!
Giving, Effort, Calm, Austerities,
Patience, Meditation Her Sphere!

敬礼紫磨金色度母，
殊妙莲华庄严素手，
与施精勤调伏喜静，
忍禅究竟智慧无二。



4

Homage! Crown Of Tathagatas,
Actions Triumph Without Limit!
Relied On By Conquerors' Children,
Having Reached Ev'ry Perfection!

敬礼诸佛顶髻度母，
能胜无边不善力行，
无余成就波罗蜜多，
胜者佛子之所依持。

5

Homage! Filling With TUTTARE,
HUM, Desire, Direction, And Space!
Trampling With Her Feet The Seven Worlds,
Able To Draw Forth All Beings!

敬礼都答拉吽度母，
声满欲色界及虚空，
运足踩毁生死七趣，
悉能召引一切有情。

6

Homage! Worshipped By The All-Lords,
Shakra, Agni, Brahma, Marut!
Honored By The Hosts Of Spirits,
Corpse-Raisers, Gandharvas, Yakshas!

敬礼帝释火神梵天，
风神自在所尊度母，
鬼神起尸寻香药叉，
诸众等所共称叹者。

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!

敬礼宣扬扎佩度母，
摧毁他人神变设施，
右足内卷左足伸踏，
舞炽焰中身极明耀。

8

Homage! TURE, Very Dreadful!
Destroyer Of Mara's Champion(S)!
She With Frowning Lotus Visage
Who Is Slayer Of All Enemies!

敬礼都列巨畏度母，
彻底摧毁诸大怨魔，
于莲华面一现怒眉，
无余斩尽一切冤家。

9

Homage! At The Heart Her Fingers,
Adorn Her With Three Jewel Mudra!
Light-Ray Masses All Excited!
All Directions' Wheels Adorn Her!

敬礼结三宝印度母，
手指当心威严殊相，
胜轮严饰十方无余，
自身炽盛光芒聚种。



10

Homage! She So Joyous, Radiant,
Crown Emitting Garlands Of Light!
Mirthful, Laughing With TUTTARE,
Subjugating Maras, Devas!

敬礼威德欢悦度母，
宝冠珠髻簇放众光，
最极喜笑宣都答列，
战胜摄伏世间恶魔。

11

Homage! She's Able To Summon
All Earth-Guardians' Assembly!
Shaking, Frowning, With Her HUM Sign
Saving From Ev'ry Misfortune!

敬礼能够召引守护，
诸地神只大众度母，
竖怒眉面宣吽声字，
一切衰败悉令度脱。

12

Homage! Crown Adorned With Crescent
Moon, All Ornaments Most Shining!
Amitabha In Her Hair-Knot
Sending Ot Much Light Eternal!

敬礼顶冠新月度母，
冠中绽放胜妙严光，
顶髻上现阿弥陀佛，
恒常簇射众宝大光。

13

Homage! She 'Midst Wreath Ablaze Like
Eon-Ending Fire Abiding!
Right Stretched, Left Bent, Joy Surrounds You
Troops Of Enemies Destroying!

敬礼如尽劫火度母，
安住炽盛焰曼中者，
普遍喜悦右伸左卷，
彻底灭坏恶怨众军。

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!

敬礼手按大地度母，
双足践踏施以镇压，
现怒眉面宣扬吽声，
破碎降伏生死七趣。

15

Homage! Happy, Virtuous, Peaceful!
She Whose Field Is Peace, Nirvana!
She's Endowed With QM And SVAHA,
Destroyer Of The Great Evil!

敬礼安稳柔善度母，
涅槃寂灭最乐行境，
俱梭哈喻清澈音声，
善于消灭极大灾祸



16

Homage! She's With Joy Surrounded
Tearing Foes' Bodies Asunder,
Frees With HUM And Knowledge Mantra,
Arrangement Of The Ten Letters!

敬礼喜悦围绕度母，
令诸冤家支体脱离，
言俱十字咒句庄严，
明字吽声普施解脱。

17

Homage! TURE! With Seed Letter
Of The Shape Of Syllable HUM!
By Foot Stamping Shakes The Three Worlds,
Meru, Mandara, And Vindhya!

敬礼宣扬都列度母，
足蹶相势吽字种子，
须弥曼答拉措拉尸，
诸山三界皆令震动。

18

Homage! Holding In Her Hand The
Deer-Marked Moon Of Deva-Lake Form!
With Twice Spoken TARA And PHAT,
Totally Dispelling Poison!

敬礼手中执住鹿月，
犹如天界大海度母，
诵一佩声及二答拉，
悉能灭除诸毒无余。

19

Homage! She Whom Gods And Their Kings,
And The Kinnaras Do Honor!
Armored In All Joyful Splendor,
She Dispels Bad Dreams And Conflicts!

敬礼诸天集会度母，
天王紧那罗所依恃，
灿烂坚铠普施欢悦，
灭除斗争及诸恶梦。

20

Homage! She Whose Two Eyes Bright With
Radiance Of Sun And Full Moon!
With Twice HARA And TUTTARE
She Dispels Severe Contagion!

敬礼双目犹如日月，
遍放殊胜光明度母，
诵一哈拉二都答拉，
善除恶毒瘟热诸病。

21

Homage! Full Of Liberating
Pow'r By The Set Of Three Natures!
Destroys Hosts Of Spirits, Yakshas,
And Raised Corpses! Supreme! TURE!

敬礼具三真实度母，
善静威力无不圆满，
最胜无上都列消除，
恶鬼起尸药叉诸军。



Thus The Root Mantra Is Praised
And Twenty-One Homages Offered.

此是根本种持赞文，
及二十一礼敬颂词。

The Condensed Praise 度母总赞

OM to the transcendent subduer, **ARYA TARA**, I prostrate.
Homage to the glorious one who frees with **TARE**;
With **TUTTARA** you calm all fears;
You bestow all success with **TURE**;
To the sound **SOHA** I pay great homage.

喻 我向至尊圣者度母归命礼
敬礼答列速捷勇母，以都答列消除怖畏，
以都列施与诸利益，具梭哈音者我赞礼。

21 Praises to Tara 二十一度母礼赞文 (Tibetan)

OM Je-Tsun-Ma Pak-Ma Drol-Ma-La Chak-Tsal-Lo

1

Chag-Tsal	Drol-Ma	Nyur-Ma	Pa-Mo
Chen-Mi	Kay-Chig	Log-Dang	Dra-Ma
Jig-Ten	Sum-Gon	Chug-Key	Shel-Gyi
Key-Sar	Je-Wa	Lay-Ni	Jung-Ma

2

Chag-Tsal	Ton-Kay	Da-Wa	Kun-Tu
Gang-Wa	Gya-Ni	Tseg-Pay	Shel-Ma
Kar-Ma	Tong-Trag	Tsog-Pa	Nam-Kyi
Rab-U	Che-Way	O-Rab	Bar-Ma

3

Chag-Tsal	Ser-Ngo	Chu-Nay	Kye-Kyi
Pay-May	Chag-Ni	Nam-Par	Gyen-Ma
Jin-Pa	Tsun-Du	Ka-Tub	Shi-Wa
So-Pa	Sam-Ten	Cho-Yul	Nyi-Ma



4

**Chag-Tsal
Ta-Yay
Ma-Lu
Gyal-Way**

**De-Shin
Nam-Par
Pa-Rol
Say-Kyi**

**Sheg-Pay
Gyal-Wa
Chin-Pa
Shin-Tu**

**Tsug-Tor
Cho-Ma
Tob-Pay
Ten-Ma**

5

**Chag-Tsal
Do-Dang
Jig-Ten
Lu-Pa**

**TU-TA
Chog-Dang
Dun-Po
May-Par**

**RA-HUNG
Nam-Ka
Shab-Kyi
Gug-Par**

**Yi-Ge
Gang-Ma
Nen-Te
Nu-Ma**

6

**Chag-Tsal
Lung-Lha
Jung -Po
No-Jin**

**Gya-Jin
Na-Tsog
Ro-Lang
Tsog-Kyi**

**May-Lha
Wang-Chug
Dri-Sa
Dun-Ne**

**Tsang-Pa
Cho-Ma
Nam-Dang
Toh-Ma**

7

**Chag-Tsal
Pa-Rol
Yay-Kum
May-Bar**

**TREY-Che
Tul-Kor
Yon-Kyang
Tug-Pa**

**Cha-Dang
Rab-Tu
Shab-Kyi
Shin-Tu**

**PEY-Kyi
Jom-Ma
Nen-Te
Bar-Ma**

8

**Chag-Tsal
Du-Kyi
Chu-Kye
Dra-Wo**

**TURE
Pa-Wo
Shel-Ni
Tam-Che**

**Jig-Pa
Nam-Par
Tro-Nyer
Ma-Lu**

**Chen-Po
Jom-Ma
Den-Dze
So-Ma**

9

**Chag-Tsal
Sor-Mo
Ma-Lu
Rang-Gi**

**Kon-Chog
Tug-Kar
Chog-Kyi
O-Kyi**

**Sum-Tson
Nam-Par
Kor-Lo
Tsog-Nam**

**Chag-Gye
Gyen-Ma
Gyen-Pay
Trug-Ma**

10

**Chag-Tsal
U-Gyen
Shay-Pa
Du-Dang**

**Rab-Tu
O-Kyi
Rab-Shay
Jig-Ten**

**Ga-Wa
Tren-g-Wa
TU-TA
Wang-Du**

**Ji-Pay
Pel-Ma
RA-Yi
Dze-Ma**

11

**Chag-Tsal
Tam-Che**

**Sa-Shi
Gug-Par**

**Kyong-Way
Nu-Ma**

**Tsog-Nam
Nyi-Ma**



	Tro-Nyer Pong-Pa	Yo-Way Tam-Che	Yi-Ge Nam-Par	HUM-Ki Drol-Ma
12	Chag-Tsal Gyen-Pa Rel-Pay Tag-Par	Da-Way Tam-Che Tro-Na Shin-Tu	Dum-Bu Shin-Tu O-Pag O-Rab	U-Gyen Bar-Ma May-Lay Dze-Ma
13	Chag-Tsal Bar-Way Yay-Kyang Dra-Yi	Kel-Pay Trenng-Way Yon-Kum Pung-Ni	Ta-May U-Nar Kun-Nay Nam-Par	May-Tar Ne-Mar Kor-Gay Jom-Ma
14	Chag-Tsal Til-Gyi Tro-Nyer Rim-Pa	Sa-Shi Noon-Chin Chen-Dze Dun-Po	Ngo-La Zhab-Gyi Yi-Gay Nam-Ni	Chag-Gi Dung-Ma Hum-Kyi Gem-Ma
15	Chag-Tsal Nya-Ngen SO-HA Dig-Pa	De-Ma De-Zhi OM-Dang Chen-Po	Gay-Ma Cho-Yul Yang-Dag Jom-Pa	Zhi-Ma Nyi-Ma Den-Pay Nyi-Ma
16	Chag-Tsal Dra-Ye Yi-Gay Rig-Pa	Kun-Ne Lu-Ni Chu-Pay HUM-Lay	Kor-Rab Nam-Par Ngag-Ni Drol-Ma	Ga-Way Gem-Ma Ko-Pay Nyi-Ma
17	Chag-Tsal HUM-Gi Ri-Rab Jig-Ten	TU-RE Nam-Pay Man-Da Sum-Nam	Zab-Ni Sa-Bon Ra-Dang Yo-Wa	Deb-Pay Nyi-Ma Big-Je Nyi-Ma
18	Chag Tsal Ri Dag TA RA Dug Nam	Lha Yi Tak Chen Nyi Jo Ma Lu	Tso Yi Chag Na PEY Kyi Pa Ni	Nam Pay Nam Ma Yi Gay Sel Ma



19

Chag-Tsal
Lha-Dang
Kun-Ne
Tso-Dang

Lha-Yi
Mi-Am
Go-Cha
Mi-Lam

Tsog-Nam
Chi-Yi
Ga-Way
Nyen-Pa

Gyal-Po
Ten-Ma
Ji-Kyi
Sel-Ma

20

Chag-Tsal
Chen-Nyi
HA-RA
Shin-Tu

Nyi-Ma
Po-La
Nyi-Jo
Dag-Po

Da-Wa
O-Rab
TU-TA
Rim-Ne

Gye-Pay
Sel-Ma
RA-Yi
Sel-Ma

21

Chag-Tsal
Zi-Way
Don-Dang
Jom-Pa

De-Nyi
Tu-Dang
Ro-Lang
TU-RE

Sum-Nam
Yang-Dag
No-Jin
Rab-Chog

Ko-Pay
Den-Ma
Tsog-Nam
Nyi-Ma

Tsa-Way
Chag-Tsal

Ngag-Kyi
Wa-Ni

To-Pa
Nyi-Shu

Di-Dang
Tsa-Chig

The Condensed Praise 度母总赞 (Tibetan)

OM Chom-Den-Day-Ma Pak-Ma-Drol-Ma-La Chag-Tsal-Lo!

Chag-Tsal Drol-Ma **TARE** Pa-Mo

TUTTARA-Yi Jik-Kun Sel-Ma

TURE Don-Nam Tam-Chay Ter-Ma

SOHA Yi-Ger Chay-Lar Rab-Du

Request 祈请文 (x 3)

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.

唯愿悲心大藏圣至尊，加持犹如虚空诸众生，

除障迅达无尽安乐城，亦令一切顺缘恒增长。

Tug-Je

Ter-Chen

Pag-Ma

Je-Tsun-May

Ka-Nyam

Dro-Nam

Ten-De

Trong-Kyer-Du



**De-Lag
Tug-Gyen**

**Dro-Way
Ma-Lu**





**Bar-Chay
Pel-War**

**Kun-Zhi-Zhing
Jin-Gyi-Lob**



2nd Round 第二回

Praise 度母赞 (x 7)

Worldly gods and non-worldly gods, 
 bow their crowns to your lotus feet, 
 You who rescue from all poverty, 
 Mother Tara, to you I prostrate. 

天与非天以顶冠,  虔礼双足莲花下, 
 拯度出离诸贫困,  於救度母恭敬礼。 



Lha-Dang	Lha-Min	Cho-Pen-Gyi
Zhab-Nyi	Pay-Mo	La-Tu-Nay
Pong-Pa	Kun-Lay	Drol-Dzay-May
Drol-Ma	Yum-La	Chag-Tsel-Lo

Offerings to Tara 供养度母

Om Arya Tare Sapariwara Argham Pratitsa Hung Svaha
 嗡 阿雅 达惹 萨巴理瓦拉 阿冈 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Padyam Pratitsa Hung Svaha
 嗡 阿雅 达惹 萨巴理瓦拉 班牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Pushpe Pratitsa Hung Svaha
 嗡 阿雅 达惹 萨巴理瓦拉 布悲 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Dhupe Pratitsa Hung Svaha
 嗡 阿雅 达惹 萨巴理瓦拉 杜悲 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Alope Pratitsa Hung Svaha
 嗡 阿雅 达惹 萨巴理瓦拉 阿楼给 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Gandhe Pratitsa Hung Svaha
 嗡 阿雅 达惹 萨巴理瓦拉 谦牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Neude Pratitsa Hung Svaha
 嗡 阿雅 达惹 萨巴理瓦拉 尼威牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Shabda Pratitsa Hung Svaha 
 嗡 阿雅 达惹 萨巴理瓦拉 夏达巴底杂 吽 娑哈

Om Arya Tare Sapariwara Om Ah Hung
 嗡 阿雅 达惹 萨巴理瓦拉 嗡 阿 吽



The Seven-Limb Prayer 七支供养

Reverently I prostrate to your feet, Venerable Tara,
And present clouds of every type of offering, actual and
mentally-transformed
I confess all my negative actions accumulated since
beginningless time,
And rejoice in the virtues of all holy and ordinary beings.
Please remain until cyclic existence ends,
And turn the wheel of Dharma for sentient beings.
I dedicate all the virtues of myself and others to the great
enlightenment.

至尊度母我等恭礼敬，尽奉实陈意现供养云，
忏悔无始累积诸罪堕，随喜凡夫圣者各善业，
生死未尽恭请常安住，并祈为诸众生转法轮，
回向自他功德於菩提。

Je-Tsun	Drol-May	Zhab-La	Gu-Chag-Tsel
Ngo-Sham	Yi-Trul	Cho-Pa	Ma-Lu-Bul
Tog-Me	Nay-Sag	Dig-Tung	Tam-Chay-Shag
Kye-Pag	Ge-Wa	Nam-La	Je-Yi-Rang
Kor-Wa	Ma-Tong	Bar-Du	Leg-Shug-Nay
Dro-La	Cho-Kyi	Kor-Lo	Kor-Wa-Dang
Dag-Zhen	Ge-Nam	Jang-Chub	Chen-Por-Ngo

Long Mandala Offering 供曼达拉

Om Ah Hung 嗡 啊 吽 (x 3)

Om Vajraground Ah Hung, 嗡 金刚地基 啊 吽,
Here is the mighty and powerful base of gold, 奇妙黄金宝地,
Om Vajraline Ah Hung, 嗡 金刚围篱 啊 吽,
The outer ring is encircled with this iron fence, 铁围山绕四周,
Om Bendza Bhu-Mi Ah-Hung
Wang-Chen Ser-Gyi Sa-Zhi
Om Benza Re-Ke Ah-Hung

The Four Mandala To Cittamani Tara

如意珠度母四曼达



Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su

First Ring 第一圈

In the centre, the king of mountains, Mount Meru 居中山王须弥山

In the east, the continent Purvavideha 东胜神洲处东方，

In the south, Jambudvipa 南瞻部洲南方住，

In the west, Aparagodaniya 西牛贺洲置西边，

Ri-Gyal Po-Ri Rab

Shar Lu-Pag-Po

Lho Dzam-Bu-Ling

Nub Ba-Lang-Cho

In the north, Uttarakuru 北俱卢洲在北边。

Around the east, the sub-continent Deha and Videha 东方身洲及胜洲，

Around the south, Camara and Aparacamara 南方拂洲、别拂洲，

Around the west, Satha and Uttaramantrin 小行洲、胜道行洲，两小洲位
处西方，

Jang Dra-Mi-Nyan

Lu-Dang Lu-Pag

Nga-Yab-Dang Nga-Yab-Zhan

Yo-Dan-Dang Lam-Chog-Dro

Around the north, the sub-continent Kurava and Kaurava 北方有声不美
洲，及彼身不美洲，

In the east is the treasure mountain 宝山，

In the south is the wish-granting tree 如意树，

In the west is the wish-granting cow 随欲宝牛，

In the north is the harvest that needs no cultivation 自长粮谷。

Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da

Rin-Po-Che Ri-Wo

Pag Sam-Gyi-Shing

Do Jo-I Ba

Ma-Mo Pa-I Lo-Tog



Second Ring 第二圈

Here is the precious wheel 宝轮，
Here is the precious jewel 如意宝珠，
Here is the precious queen 王后宝，
Here is the precious minister 大臣宝，

Kor-Lo Rin-Po Che
Nor-Bu Rin-Po Che
Tsun-Mo Rin-Po Che
Lon-Po Rin-Po Che

Here is the precious elephant 象宝，
Here is the precious and best of horses 马宝，
Here is the precious general 将军宝，
Here is the great treasure vase 大藏瓶宝。

Lang-Po Rin-Po Che
Ta-Chog Rin-Po Che
Mag-Pon Rin-Po Che
Ter-Chen Po-i Pum-Ba

Third Ring 第三圈

Here is the goddess of beauty 姿天女，
Here is the goddess of garlands 鬘天女，
Here is the goddess of song 歌天女，
Here is the goddess of dance 舞天女，

Geg-Ma
Treng-Wa-Ma
Lu-Ma
Gar-Ma

Here is the goddess of flowers 花天女，
Here is the goddess of incense 香天女，
Here is the goddess of light 灯天女，
Here is the goddess of perfume 涂天女。



**Me-Tog-Ma
Dug-Po-Ma
Nang-Sel-Ma
Dri-Chab-Ma**

Top Ring 顶圈

Here is the sun; Here is the moon 日，月，
Here is the umbrella of all that is precious 珍异宝伞，
Here is the banner of victory in all directions 制伏一切十方幢，

**Nyi-Ma Da-Wa
Rin-Po-Che Dug
Chog-Lay Nam-Par Gyal-Way Gyal-Tsan**

In the centre are all the possessions precious to gods and men
This magnificent collection, lacking in nothing
I offer to you, my kind and holy root Lama
Together with you, Venerable Lineage Lamas
一切天人所珍宝富饶资财盛聚在其中，此田清静悦意，兹恭敬奉上有恩
根本及传承，具德殊胜上师众，

**U-Su Lha-Dang Mi-I Pal-Jor Pun-Sum Tsog-Pa Ma-Tsang Wa-Me-Pa
Tsang-Zhing Yi-Du Wong-Wa Di-Dag
Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay
Pal-Den La-Ma Dam-Pa Nam-Dang**

Especially to the Venerable Arya Tara and assembly of attendant deities.
Please accept it with compassion for the sake of migrating beings
Having accepted these, please bestow on me and on mother sentient beings
Abiding as far as the limits of space your inspiration with loving compassion.
尤其也向至尊圣度母本尊及其眷属大众，恭敬献上清静刹土，惟愿汝等
慈受以利生，惟愿汝等享此供已即以深大慈心不吝加持我，以及一切无
边如虚空母有情。

**Kye-Par Du-Yang Je-Tsun-Ma Pag-Ma Drol-May Lha-Tsog Kor-Dang
Che-Pa Nam-La Zhing-Kam Ul-War-Gyi-Wo
Tug-Je Dro-Way Dön-Du Zhe-Su-Sol Zhe-Nay Dag-Sog**

The Four Mandala To Cittamani Tara

如意珠度母四曼达



Dro-Wa Mar-Gyur Nam-Kay Ta-Dang Nyam-Pay Sem-Chen Tam-Chay-La Tug-Tse-Wa Chen-Poi Go-Na Jin-Gyi Lab-Tu-Sol

1 The Short Mandala of Seven Heaps 供外曼达拉

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, Sun and Moon,
I offer in visualization as Field of Buddhas.

May all sentient beings thus enjoy this Pure Land!

须弥四洲日月所庄严，妙香遍涂华散之大地，
观如佛土我乐敬供养，愿诸有情共享此净土！

Sa-Zhi	Po-Kyi	Jug-Shing	Me-Tog Tram
Ri-Rab	Ling-Zhi	Nyi-Day	Gyen-Pa Di
Sang-Gay	Zhing-Du	Mig-Te	Ul-War Gyi
Dro-Kun	Nam-Dag	Zhing-La	Cho-Par Shog

I send forth this jewelled mandala to you, Oh precious Gurus.

嗡 伊当 沽鲁 拉那 曼答拉甘 尼雅答雅蜜

Om Idam Guru Ratna Mandalakam Nirya Tayami

Refuge and Bodhicitta 皈依与发菩提心 (x 3)

I take refuge until I am enlightened in the Buddhas,
The Dharma and the Sangha.

By the positive potential I create by practicing generosity and the other far –
reaching attitudes,

May I attain Buddhahood in order to benefit all sentient beings.

诸佛正法圣贤僧，直至菩提我皈依，
依我所施诸资粮，为渡众生愿成佛。

Sang-Gyay	Cho-Dang	Tsok-Kyi	Chog-Nam-La
Jang-Chub	Bar-Du	Dag-Ni	Kyab-Su-Chi
Dag-Gi	Jin-Sog	Gyi-Pay	Di-Dag-Gi
Dro-La	Pen-Chir	Sang-Gyay	Drub-Par-Shog



Request 祈求文

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.

右手施胜之手印，转为救施印之下，
我及诸需护者入，离诸怖畏得安慰。

Chay-Yay	Chog-Jin	Chag-Gya-Nyi
Kyab-Jin	Chag-Gyar	Gyur-Pay-Og
Dag-Dang	Sung-Ja	Kun-Tsu-Nay
Jip-Pa	Kun-Lay	Ug-Yung Gyur

21 Praises to Tara 二十一度母礼赞文

**Recite 3 times 念诵三遍 (English, Chinese or Tibetan 英、华或藏语)*

OM I prostrate to the noble transcendent liberator.

嗡 我向至尊圣者度母归命礼。

1

Homage! Tara, Swift, Heroic!
Eyes Like Lightning Intantaneous!
Sprung From Op'ning Stamens Of The
Lord Of Three World's Tear-Born Lotus!

敬礼速疾奋勇度母，
目如刹那电光闪照，
彼乃三界怙主观音，
泪海中盛莲华所生。

2

Homage! She Whose Face Combines A
Hundred Autumn Moons At Fullest!
Blazing With Light Rays Resplendent
As A Thousand Star Collection!

敬礼百秋朗月度母，
圆满遍照无垢容貌，
如千星宿俱时聚集，
发出炽然耀眼威光。

3

Homage! Golden-Blue One, Lotus
Water Born, In Hand Adorned!
Giving, Effort, Calm, Austerities,
Patience, Meditation Her Sphere!

敬礼紫磨金色度母，
殊妙莲华庄严素手，
与施精勤调伏喜静，
忍禅究竟智慧无二。



4

Homage! Crown Of Tathagatas,
Actions Triumph Without Limit!
Relied On By Conquerors' Children,
Having Reached Ev'ry Perfection!

敬礼诸佛顶髻度母，
能胜无边不善力行，
无余成就波罗蜜多，
胜者佛子之所依持。

5

Homage! Filling With TUTTARE,
HUM, Desire, Direction, And Space!
Trampling With Her Feet The Seven Worlds,
Able To Draw Forth All Beings!

敬礼都答拉吽度母，
声满欲色界及虚空，
运足踩毁生死七趣，
悉能召引一切有情。

6

Homage! Worshipped By The All-Lords,
Shakra, Agni, Brahma, Marut!
Honored By The Hosts Of Spirits,
Corpse-Raisers, Gandharvas, Yakshas!

敬礼帝释火神梵天，
风神自在所尊度母，
鬼神起尸寻香药叉，
诸众等所共称叹者。

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!

敬礼宣扬扎佩度母，
摧毁他人神变设施，
右足内卷左足伸踏，
舞炽焰中身极明耀。

8

Homage! TURE, Very Dreadful!
Destroyer Of Mara's Champion(S)!
She With Frowning Lotus Visage
Who Is Slayer Of All Enemies!

敬礼都列巨畏度母，
彻底摧毁诸大怨魔，
于莲华面一现怒眉，
无余斩尽一切冤家。

9

Homage! At The HearT Her Fingers,
Adorn Her With Three Jewel Mudra!
Light-Ray Masses All Excited!
All Directions' Wheels Adorn Her!

敬礼结三宝印度母，
手指当心威严殊相，
胜轮严饰十方无余，
自身炽盛光芒聚种。



10

Homage! She So Joyous, Radiant,
Crown Emitting Garlands Of Light!
Mirthful, Laughing With TUTTARE,
Subjugating Maras, Devas!

敬礼威德欢悦度母，
宝冠珠髻簇放众光，
最极喜笑宣都答列，
战胜摄伏世间恶魔。

11

Homage! She's Able To Summon
All Earth-Guardians' Assembly!
Shaking, Frowning, With Her HUM Sign
Saving From Ev'ry Misfortune!

敬礼能够召引守护，
诸地神只大众度母，
竖怒眉面宣吽声字，
一切衰败悉令度脱。

12

Homage! Crown Adorned With Crescent
Moon, All Ornaments Most Shining!
Amitabha In Her Hair-Knot
Sending Ot Much Light Eternal!

敬礼顶冠新月度母，
冠中绽放胜妙严光，
顶髻上现阿弥陀佛，
恒常簇射众宝大光。

13

Homage! She 'Midst Wreath Ablaze Like
Eon-Ending Fire Abiding!
Right Stretched, Left Bent, Joy Surrounds You
Troops Of Enemies Destroying!

敬礼如尽劫火度母，
安住炽盛焰曼中者，
普遍喜悦右伸左卷，
彻底灭坏恶怨众军。

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!

敬礼手按大地度母，
双足践踏施以镇压，
现怒眉面宣扬吽声，
破碎降伏生死七趣。

15

Homage! Happy, Virtuous, Peaceful!
She Whose Field Is Peace, Nirvana!
She's Endowed With QM And SVAHA,
Destroyer Of The Great Evil!

敬礼安稳柔善度母，
涅槃寂灭最乐行境，
俱梭哈喻清澈音声，
善于消灭极大灾祸。



16

Homage! She's With Joy Surrounded
Tearing Foes' Bodies Asunder,
Frees With HUM And Knowledge Mantra,
Arrangement Of The Ten Letters!

敬礼喜悦围绕度母，
令诸冤家支体脱离，
言俱十字咒句庄严，
明字吽声普施解脱。

17

Homage! TURE! With Seed Letter
Of The Shape Of Syllable HUM!
By Foot Stamping Shakes The Three Worlds,
Meru, Mandara, And Vindhya!

敬礼宣扬都列度母，
足蹶相势吽字种子，
须弥曼答拉措拉尸，
诸山三界皆令震动。

18

Homage! Holding In Her Hand The
Deer-Marked Moon Of Deva-Lake Form!
With Twice Spoken TARA And PHAT,
Totally Dispelling Poison!

敬礼手中执住鹿月，
犹如天界大海度母，
诵一佩声及二答拉，
悉能灭除诸毒无余。

19

Homage! She Whom Gods And Their Kings,
And The Kinnaras Do Honor!
Armored In All Joyful Splendor,
She Dispels Bad Dreams And Conflicts!

敬礼诸天集会度母，
天王紧那罗所依恃，
灿烂坚铠普施欢悦，
灭除斗争及诸恶梦。

20

Homage! She Whose Two Eyes Bright With
Radiance Of Sun And Full Moon!
With Twice HARA And TUTTARE
She Dispels Severe Contagion!

敬礼双目犹如日月，
遍放殊胜光明度母，
诵一哈拉二都答拉，
善除恶毒瘟热诸病。

21

Homage! Full Of Liberating
Pow'r By The Set Of Three Natures!
Destroys Hosts Of Spirits, Yakshas,
And Raised Corpses! Supreme! TURE!

敬礼具三真实度母，
善静威力无不圆满，
最胜无上都列消除，
恶鬼起尸药叉诸军。



Thus The Root Mantra Is Praised
And Twenty-One Homages Offered.

此是根本种持赞文，
及二十一礼敬颂词。

The Condensed Praise 度母总赞

OM to the transcendent subduer, **ARYA TARA**, I prostrate.
Homage to the glorious one who frees with **TARE**;
With **TUTTARA** you calm all fears;
You bestow all success with **TURE**;
To the sound **SOHA** I pay great homage.

喻 我向至尊圣者度母归命礼
敬礼答列速捷勇母，以都答列消除怖畏，
以都列施与诸利益，具梭哈音者我赞礼。

21 Praises to Tara 二十一度母礼赞文 (Tibetan)

OM Je-Tsun-Ma Pak-Ma Drol-Ma-La Chak-Tsal-Lo

1	Chag-Tsal Chen-Mi Jig-Ten Key-Sar	Drol-Ma Kay-Chig Sum-Gon Je-Wa	Nyur-Ma Log-Dang Chug-Key Lay-Ni	Pa-Mo Dra-Ma Shel-Gyi Jung-Ma
2	Chag-Tsal Gang-Wa Kar-Ma Rab-U	Ton-Kay Gya-Ni Tong-Trag Che-Way	Da-Wa Tseg-Pay Tsog-Pa O-Rab	Kun-Tu Shel-Ma Nam-Kyi Bar-Ma
3	Chag-Tsal Pay-May Jin-Pa So-Pa	Ser-Ngo Chag-Ni Tsun-Du Sam-Ten	Chu-Nay Nam-Par Ka-Tub Cho-Yul	Kye-Kyi Gyen-Ma Shi-Wa Nyi-Ma
4	Chag-Tsal Ta-Yay Ma-Lu	De-Shin Nam-Par Pa-Rol	Sheg-Pay Gyal-Wa Chin-Pa	Tsug-Tor Cho-Ma Tob-Pay



5	Gyal-Way	Say-Kyi	Shin-Tu	Ten-Ma
	Chag-Tsal	TU-TA	RA-HUNG	Yi-Ge
	Do-Dang	Chog-Dang	Nam-Ka	Gang-Ma
	Jig-Ten	Dun-Po	Shab-Kyi	Nen-Te
	Lu-Pa	May-Par	Gug-Par	Nu-Ma
6	Chag-Tsal	Gya-Jin	May-Lha	Tsang-Pa
	Lung-Lha	Na-Tsog	Wang-Chug	Cho-Ma
	Jung -Po	Ro-Lang	Dri-Sa	Nam-Dang
	No-Jin	Tsog-Kyi	Dun-Ne	Toh-Ma
7	Chag-Tsal	TREY-Che	Cha-Dang	PEY-Kyi
	Pa-Rol	Tul-Kor	Rab-Tu	Jom-Ma
	Yay-Kum	Yon-Kyang	Shab-Kyi	Nen-Te
	May-Bar	Tug-Pa	Shin-Tu	Bar-Ma
8	Chag-Tsal	TURE	Jig-Pa	Chen-Po
	Du-Kyi	Pa-Wo	Nam-Par	Jom-Ma
	Chu-Kye	Shel-Ni	Tro-Nyer	Den-Dze
	Dra-Wo	Tam-Che	Ma-Lu	So-Ma
9	Chag-Tsal	Kon-Chog	Sum-Tson	Chag-Gye
	Sor-Mo	Tug-Kar	Nam-Par	Gyen-Ma
	Ma-Lu	Chog-Kyi	Kor-Lo	Gyen-Pay
	Rang-Gi	O-Kyi	Tsog-Nam	Trug-Ma
10	Chag-Tsal	Rab-Tu	Ga-Wa	Ji-Pay
	U-Gyen	O-Kyi	Treng-Wa	Pel-Ma
	Shay-Pa	Rab-Shay	TU-TA	RA-Yi
	Du-Dang	Jig-Ten	Wang-Du	Dze-Ma
11	Chag-Tsal	Sa-Shi	Kyong-Way	Tsog-Nam
	Tam-Che	Gug-Par	Nu-Ma	Nyi-Ma
	Tro-Nyer	Yo-Way	Yi-Ge	HUM-Ki
	Pong-Pa	Tam-Che	Nam-Par	Drol-Ma



12

Chag-Tsal
Gyen-Pa
Rel-Pay
Tag-Par

Da-Way
Tam-Che
Tro-Na
Shin-Tu

Dum-Bu
Shin-Tu
O-Pag
O-Rab

U-Gyen
Bar-Ma
May-Lay
Dze-Ma

13

Chag-Tsal
Bar-Way
Yay-Kyang
Dra-Yi

Kel-Pay
Trenng-Way
Yon-Kum
Pung-Ni

Ta-May
U-Nar
Kun-Nay
Nam-Par

May-Tar
Ne-Mar
Kor-Gay
Jom-Ma

14

Chag-Tsal
Til-Gyi
Tro-Nyer
Rim-Pa

Sa-Shi
Noon-Chin
Chen-Dze
Dun-Po

Ngo-La
Zhab-Gyi
Yi-Gay
Nam-Ni

Chag-Gi
Dung-Ma
Hum-Kyi
Gem-Ma

15

Chag-Tsal
Nya-Ngen
SO-HA
Dig-Pa

De-Ma
De-Zhi
OM-Dang
Chen-Po

Gay-Ma
Cho-Yul
Yang-Dag
Jom-Pa

Zhi-Ma
Nyi-Ma
Den-Pay
Nyi-Ma

16

Chag-Tsal
Dra-Ye
Yi-Gay
Rig-Pa

Kun-Ne
Lu-Ni
Chu-Pay
HUM-Lay

Kor-Rab
Nam-Par
Ngag-Ni
Drol-Ma

Ga-Way
Gem-Ma
Ko-Pay
Nyi-Ma

17

Chag-Tsal
HUM-Gi
Ri-Rab
Jig-Ten

TU-RE
Nam-Pay
Man-Da
Sum-Nam

Zab-Ni
Sa-Bon
Ra-Dang
Yo-Wa

Deb-Pay
Nyi-Ma
Big-Je
Nyi-Ma

18

Chag Tsal
Ri Dag
TA RA
Dug Nam

Lha Yi
Tak Chen
Nyi Jo
Ma Lu

Tso Yi
Chag Na
PEY Kyi
Pa Ni

Nam Pay
Nam Ma
Yi Gay
Sel Ma

19

Chag-Tsal

Lha-Yi

Tsog-Nam

Gyal-Po



**Lha-Dang
Kun-Ne
Tso-Dang**

**Mi-Am
Go-Cha
Mi-Lam**

**Chi-Yi
Ga-Way
Nyen-Pa**

**Ten-Ma
Ji-Kyi
Sel-Ma**

20

**Chag-Tsal
Chen-Nyi
HA-RA
Shin-Tu**

**Nyi-Ma
Po-La
Nyi-Jo
Dag-Po**

**Da-Wa
O-Rab
TU-TA
Rim-Ne**

**Gye-Pay
Sel-Ma
RA-Yi
Sel-Ma**

21

**Chag-Tsal
Zi-Way
Don-Dang
Jom-Pa**

**De-Nyi
Tu-Dang
Ro-Lang
TU-RE**

**Sum-Nam
Yang-Dag
No-Jin
Rab-Chog**

**Ko-Pay
Den-Ma
Tsog-Nam
Nyi-Ma**

**Tsa-Way
Chag-Tsal**

**Ngag-Kyi
Wa-Ni**

**To-Pa
Nyi-Shu**

**Di-Dang
Tsa-Chig**

The Condensed Praise 度母总赞 (Tibetan)

OM Chom-Den-Day-Ma Pak-Ma-Drol-Ma-La Chag-Tsal-Lo!

Chag-Tsal Drol-Ma **TARE** Pa-Mo

TUTTARA-Yi Jik-Kun Sel-Ma

TURE Don-Nam Tam-Chay Ter-Ma

SOHA Yi-Ger Chay-Lar Rab-Du

Request 祈请文 (x 3)

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.

唯愿悲心大藏圣至尊，加持犹如虚空诸众生，

除障迅达无尽安乐城，亦令一切顺缘恒增长。

Tug-Je

Ter-Chen

Pag-Ma

Je-Tsun-May

Ka-Nyam

Dro-Nam

Ten-De

Trong-Kyer-Du

De-Lag

Dro-Way

Bar-Chay

Kun-Zhi-Zhing

Tug-Gyen

Ma-Lu

Pel-War

Jin-Gyi-Lob





The Four Mandala To Cittamani Tara

如意珠度母四曼达



3rd Round 第三回

Praise 度母赞 (x 7)

Worldly gods and non-worldly gods, 
 bow their crowns to your lotus feet, 
 You who rescue from all poverty, 
 Mother Tara, to you I prostrate. 

天与非天以顶冠,  虔礼双足莲花下, 
 拯度出离诸贫困,  於救度母恭敬礼。 



Lha-Dang	Lha-Min	Cho-Pen-Gyi
Zhab-Nyi	Pay-Mo	La-Tu-Nay
Pong-Pa	Kun-Lay	Drol-Dzay-May
Drol-Ma	Yum-La	Chag-Tsel-Lo

Offerings to Tara 供养度母

Om Arya Tare Sapariwara Argham Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 阿冈 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Padyam Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 班牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Pushpe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 布悲 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Dhupe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 杜悲 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Alope Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 阿楼给 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Gandhe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 谦牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Navidya Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 尼威牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Shabda Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 夏达巴底杂 吽 娑哈



Om Arya Tare Sapariwara Om Ah Hung

嗡 阿雅 达惹 萨巴理瓦拉 嗡 阿 吽



The Seven-Limb Prayer 七支供养

Reverently I prostrate to your feet, Venerable Tara,
And present clouds of every type of offering, actual and
mentally-transformed
I confess all my negative actions accumulated since
beginningless time,
And rejoice in the virtues of all holy and ordinary beings.
Please remain until cyclic existence ends,
And turn the wheel of Dharma for sentient beings.
I dedicate all the virtues of myself and others to the great
enlightenment.

至尊度母我等恭礼敬，尽奉实陈意现供养云，
忏悔无始累积诸罪堕，随喜凡夫圣者各善业，
生死未尽恭请常安住，并祈为诸众生转法轮，
回向自他功德於菩提。

Je-Tsun	Drol-May	Zhab-La	Gu-Chag-Tsel
Ngo-Sham	Yi-Trul	Cho-Pa	Ma-Lu-Bul
Tog-Me	Nay-Sag	Dig-Tung	Tam-Chay-Shag
Kye-Pag	Ge-Wa	Nam-La	Je-Yi-Rang
Kor-Wa	Ma-Tong	Bar-Du	Leg-Shug-Nay
Dro-La	Cho-Kyi	Kor-Lo	Kor-Wa-Dang
Dag-Zhen	Ge-Nam	Jang-Chub	Chen-Por-Ngo

Long Mandala Offering 供曼达拉

Om Ah Hung 嗡 啊 吽 (x 3)

Om Vajraground Ah Hung, 嗡 金刚地基 啊 吽,
Here is the mighty and powerful base of gold, 奇妙黄金宝地,
Om Vajraline Ah Hung, 嗡 金刚围篱 啊 吽,
The outer ring is encircled with this iron fence, 铁围山绕四周,

Om Bendza Bhu-Mi Ah-Hung
Wang-Chen Ser-Gyi Sa-Zhi
Om Benza Re-Ke Ah-Hung

The Four Mandala To Cittamani Tara

如意珠度母四曼达



Chi-Chag Ri-Kor Yug-Gi Kor-Wai U-Su

First Ring 第一圈

In the centre, the king of mountains, Mount Meru 居中山王须弥山

In the east, the continent Purvavideha 东胜神洲处东方，

In the south, Jambudvipa 南瞻部洲南方住，

In the west, Aparagodaniya 西牛贺洲置西边，

Ri-Gyal Po-Ri Rab

Shar Lu-Pag-Po

Lho Dzam-Bu-Ling

Nub Ba-Lang-Cho

In the north, Uttarakuru 北俱盧洲在北边。

Around the east, the sub-continent Deha and Videha 东方身洲及胜洲，

Around the south, Camara and Aparacamara 南方拂洲、别拂洲，

Around the west, Satha and Uttaramantrin 小行洲、胜道行洲，两小洲位
处西方，

Jang Dra-Mi-Nyan

Lu-Dang Lu-Pag

Nga-Yab-Dang Nga-Yab-Zhan

Yo-Dan-Dang Lam-Chog-Dro

Around the north, the sub-continent Kurava and Kaurava 北方有声不美
洲，及彼身不美洲，

In the east is the treasure mountain 宝山，

In the south is the wish-granting tree 如意树，

In the west is the wish-granting cow 随欲宝牛，

In the north is the harvest that needs no cultivation 自长粮谷。

Dra-Mi Nyen-Dang Dra-Mi-Nyen Gyi Da

Rin-Po-Che Ri-Wo

Pag Sam-Gyi-Shing

Do Jo-I Ba

Ma-Mo Pa-I Lo-Tog



Second Ring 第二圈

Here is the precious wheel 宝轮，
Here is the precious jewel 如意宝珠，
Here is the precious queen 王后宝，
Here is the precious minister 大臣宝，

Kor-Lo Rin-Po Che
Nor-Bu Rin-Po Che
Tsun-Mo Rin-Po Che
Lon-Po Rin-Po Che

Here is the precious elephant 象宝，
Here is the precious and best of horses 马宝，
Here is the precious general 将军宝，
Here is the great treasure vase 大藏瓶宝。

Lang-Po Rin-Po Che
Ta-Chog Rin-Po Che
Mag-Pon Rin-Po Che
Ter-Chen Po-i Pum-Ba

Third Ring 第三圈

Here is the goddess of beauty 姿天女，
Here is the goddess of garlands 鬘天女，
Here is the goddess of song 歌天女，
Here is the goddess of dance 舞天女，

Geg-Ma
Treng-Wa-Ma
Lu-Ma
Gar-Ma

Here is the goddess of flowers 花天女，
Here is the goddess of incense 香天女，
Here is the goddess of light 灯天女，
Here is the goddess of perfume 涂天女。



**Me-Tog-Ma
Dug-Po-Ma
Nang-Sel-Ma
Dri-Chab-Ma**

Top Ring 顶圈

Here is the sun; Here is the moon 日，月，
Here is the umbrella of all that is precious 珍异宝伞，
Here is the banner of victory in all directions 制伏一切十方幢，

**Nyi-Ma Da-Wa
Rin-Po-Che Dug
Chog-Lay Nam-Par Gyal-Way Gyal-Tsan**

In the centre are all the possessions precious to gods and men
This magnificent collection, lacking in nothing
I offer to you, my kind and holy root Lama
Together with you, Venerable Lineage Lamas
一切天人所珍宝富饶资财盛聚在其中，此田清静悦意，兹恭敬奉上有恩
根本及传承，具德殊胜上师众，

**U-Su Lha-Dang Mi-I Pal-Jor Pun-Sum Tsog-Pa Ma-Tsang Wa-Me-Pa
Tsang-Zhing Yi-Du Wong-Wa Di-Dag
Drin-Chen Tsa-Way Dang-Gyu-Par Chay Pay
Pal-Den La-Ma Dam-Pa Nam-Dang**

Especially to the Venerable Arya Tara and assembly of attendant deities.
Please accept it with compassion for the sake of migrating beings
Having accepted these, please bestow on me and on mother sentient beings
Abiding as far as the limits of space your inspiration with loving compassion.
尤其也向至尊圣度母本尊及其眷属大众，恭敬献上清静刹土，惟愿汝等
慈受以利生，惟愿汝等享此供已即以深大慈心不吝加持我，以及一切无
边如虚空母有情。

**Kye-Par Du-Yang Je-Tsun-Ma Pag-Ma Drol-May Lha-Tsog Kor-Dang
Che-Pa Nam-La Zhing-Kam Ul-War-Gyi-Wo
Tug-Je Dro-Way Dön-Du Zhe-Su-Sol Zhe-Nay Dag-Sog**

The Four Mandala To Cittamani Tara

如意珠度母四曼达



Dro-Wa Mar-Gyur Nam-Kay Ta-Dang Nyam-Pay Sem-Chen Tam-Chay-La Tug-Tse-Wa Chen-Poi Go-Na Jin-Gyi Lab-Tu-Sol

1 The Short Mandala of Seven Heaps 供外曼达拉

This ground, anointed with perfume, strewn with flowers,
Adorned with Mount Meru, four continents, Sun and Moon,
I offer in visualization as Field of Buddhas.

May all sentient beings thus enjoy this Pure Land!

须弥四洲日月所庄严，妙香遍涂华散之大地，
观如佛土我乐敬供养，愿诸有情共享此净土！

Sa-Zhi	Po-Kyi	Jug-Shing	Me-Tog Tram
Ri-Rab	Ling-Zhi	Nyi-Day	Gyen-Pa Di
Sang-Gay	Zhing-Du	Mig-Te	Ul-War Gyi
Dro-Kun	Nam-Dag	Zhing-La	Cho-Par Shog

I send forth this jewelled mandala to you, Oh precious Gurus.

嗡 伊当 沽鲁 拉那 曼答拉甘 尼雅答雅蜜

Om Idam Guru Ratna Mandalakam Nirya Tayami

Refuge and Bodhicitta 皈依与发菩提心 (x 3)

I take refuge until I am enlightened in the Buddhas,
The Dharma and the Sangha.

By the positive potential I create by practicing generosity and the other far –
reaching attitudes,

May I attain Buddhahood in order to benefit all sentient beings.

诸佛正法圣贤僧，直至菩提我皈依，
依我所施诸资粮，为渡众生愿成佛。

Sang-Gyay	Cho-Dang	Tsok-Kyi	Chog-Nam-La
Jang-Chub	Bar-Du	Dag-Ni	Kyab-Su-Chi
Dag-Gi	Jin-Sog	Gyi-Pay	Di-Dag-Gi
Dro-La	Pen-Chir	Sang-Gyay	Drub-Par-Shog



Flow of Nectar 观想文

From Tara's holy body, a stream of nectar flows,
And enters the crown of the beneficiary and myself,
Completely filling our bodies,
And granting all blessings.

圣身降下甘露水，入我及需护者顶，
充满我等众身中，加持无余皆进入。

Ku-lay	Du-Tsi	Chu-Gyun-Bab
Rang-dang	Sung-Jay	Chi-Wo-Nay
Zhug-Te	Lu-Kun	Gang-Wa-Yi
Jin-Lab	Ma-Lu	Zhug-Par-Gyur

21 Praises to Tara 二十一度母礼赞文

**Recite 7 times 念诵七遍 (English, Chinese or Tibetan 英、华或藏语)*

OM I prostrate to the noble transcendent liberator.

嗡 我向至尊圣者度母归命礼。

1

Homage! Tara, Swift, Heroic!
Eyes Like Lightning Instantaneous!
Sprung From Op'ning Stamens Of The
Lord Of Three World's Tear-Born Lotus!

敬礼速疾奋勇度母，
目如刹那电光闪照，
彼乃三界怙主观音，
泪海中盛莲华所生。

2

Homage! She Whose Face Combines A
Hundred Autumn Moons At Fullest!
Blazing With Light Rays Resplendent
As A Thousand Star Collection!

敬礼百秋朗月度母，
圆满遍照无垢容貌，
如千星宿俱时聚集，
发出炽然耀眼威光。

3

Homage! Golden-Blue One, Lotus
Water Born, In Hand Adorned!
Giving, Effort, Calm, Austerities,
Patience, Meditation Her Sphere!

敬礼紫磨金色度母，
殊妙莲华庄严素手，
与施精勤调伏喜静，
忍禅究竟智慧无二。



4

Homage! Crown Of Tathagatas,
Actions Triumph Without Limit!
Relied On By Conquerors' Children,
Having Reached Ev'ry Perfection!

敬礼诸佛顶髻度母，
能胜无边不善力行，
无余成就波罗蜜多，
胜者佛子之所依持。

5

Homage! Filling With TUTTARE,
HUM, Desire, Direction, And Space!
Trampling With Her Feet The Seven Worlds,
Able To Draw Forth All Beings!

敬礼都答拉吽度母，
声满欲色界及虚空，
运足踩毁生死七趣，
悉能召引一切有情。

6

Homage! Worshipped By The All-Lords,
Shakra, Agni, Brahma, Marut!
Honored By The Hosts Of Spirits,
Corpse-Raisers, Gandharvas, Yakshas!

敬礼帝释火神梵天，
风神自在所尊度母，
鬼神起尸寻香药叉，
诸众等所共称叹者。

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!

敬礼宣扬扎佩度母，
摧毁他人神变设施，
右足内卷左足伸踏，
舞炽焰中身极明耀。

8

Homage! TURE, Very Dreadful!
Destroyer Of Mara's Champion(S)!
She With Frowning Lotus Visage
Who Is Slayer Of All Enemies!

敬礼都列巨畏度母，
彻底摧毁诸大怨魔，
于莲华面一现怒眉，
无余斩尽一切冤家。

9

Homage! At The HearT Her Fingers,
Adorn Her With Three Jewel Mudra!
Light-Ray Masses All Excited!
All Directions' Wheels Adorn Her!

敬礼结三宝印度母，
手指当心威严殊相，
胜轮严饰十方无余，
自身炽盛光芒聚种。



10

Homage! She So Joyous, Radiant,
Crown Emitting Garlands Of Light!
Mirthful, Laughing With TUTTARE,
Subjugating Maras, Devas!

敬礼威德欢悦度母，
宝冠珠髻簇放众光，
最极喜笑宣都答列，
战胜摄伏世间恶魔。

11

Homage! She's Able To Summon
All Earth-Guardians' Assembly!
Shaking, Frowning, With Her HUM Sign
Saving From Ev'ry Misfortune!

敬礼能够召引守护，
诸地神只大众度母，
竖怒眉面宣吽声字，
一切衰败悉令度脱。

12

Homage! Crown Adorned With Crescent
Moon, All Ornaments Most Shining!
Amitabha In Her Hair-Knot
Sending Ot Much Light Eternal!

敬礼顶冠新月度母，
冠中绽放胜妙严光，
顶髻上现阿弥陀佛，
恒常簇射众宝大光。

13

Homage! She 'Midst Wreath Ablaze Like
Eon-Ending Fire Abiding!
Right Stretched, Left Bent, Joy Surrounds You
Troops Of Enemies Destroying!

敬礼如尽劫火度母，
安住炽盛焰曼中者，
普遍喜悦右伸左卷，
彻底灭坏恶怨众军。

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!

敬礼手按大地度母，
双足践踏施以镇压，
现怒眉面宣扬吽声，
破碎降伏生死七趣。

15

Homage! Happy, Virtuous, Peaceful!
She Whose Field Is Peace, Nirvana!
She's Endowed With QM And SVAHA,
Destroyer Of The Great Evil!

敬礼安稳柔善度母，
涅槃寂灭最乐行境，
俱梭哈喻清澈音声，
善于消灭极大灾祸。



16

Homage! She's With Joy Surrounded
Tearing Foes' Bodies Asunder,
Frees With HUM And Knowledge Mantra,
Arrangement Of The Ten Letters!

敬礼喜悦围绕度母，
令诸冤家支体脱离，
言俱十字咒句庄严，
明字吽声普施解脱。

17

Homage! TURE! With Seed Letter
Of The Shape Of Syllable HUM!
By Foot Stamping Shakes The Three Worlds,
Meru, Mandara, And Vindhya!

敬礼宣扬都列度母，
足蹶相势吽字种子，
须弥曼答拉措拉尸，
诸山三界皆令震动。

18

Homage! Holding In Her Hand The
Deer-Marked Moon Of Deva-Lake Form!
With Twice Spoken TARA And PHAT,
Totally Dispelling Poison!

敬礼手中执住鹿月，
犹如天界大海度母，
诵一佩声及二答拉，
悉能灭除诸毒无余。

19

Homage! She Whom Gods And Their Kings,
And The Kinnaras Do Honor!
Armored In All Joyful Splendor,
She Dispels Bad Dreams And Conflicts!

敬礼诸天集会度母，
天王紧那罗所依恃，
灿烂坚铠普施欢悦，
灭除斗争及诸恶梦。

20

Homage! She Whose Two Eyes Bright With
Radiance Of Sun And Full Moon!
With Twice HARA And TUTTARE
She Dispels Severe Contagion!

敬礼双目犹如日月，
遍放殊胜光明度母，
诵一哈拉二都答拉，
善除恶毒瘟热诸病。

21

Homage! Full Of Liberating
Pow'r By The Set Of Three Natures!
Destroys Hosts Of Spirits, Yakshas,
And Raised Corpses! Supreme! TURE!

敬礼具三真实度母，
善静威力无不圆满，
最胜无上都列消除，
恶鬼起尸药叉诸军。



Thus The Root Mantra Is Praised
And Twenty-One Homages Offered.

此是根本种持赞文，
及二十一礼敬颂词。

The Condensed Praise 度母总赞

OM to the transcendent subduer, **ARYA TARA**, I prostrate.
Homage to the glorious one who frees with **TARE**;
With **TUTTARA** you calm all fears;
You bestow all success with **TURE**;
To the sound **SOHA** I pay great homage.

喻 我向至尊圣者度母归命礼
敬礼答列速捷勇母，以都答列消除怖畏，
以都列施与诸利益，具梭哈音者我赞礼。

21 Praises to Tara 二十一度母礼赞文 (Tibetan)

OM Je-Tsun-Ma Pak-Ma Drol-Ma-La Chak-Tsal-Lo

1

Chag-Tsal	Drol-Ma	Nyur-Ma	Pa-Mo
Chen-Mi	Kay-Chig	Log-Dang	Dra-Ma
Jig-Ten	Sum-Gon	Chug-Key	Shel-Gyi
Key-Sar	Je-Wa	Lay-Ni	Jung-Ma

2

Chag-Tsal	Ton-Kay	Da-Wa	Kun-Tu
Gang-Wa	Gya-Ni	Tseg-Pay	Shel-Ma
Kar-Ma	Tong-Trag	Tsog-Pa	Nam-Kyi
Rab-U	Che-Way	O-Rab	Bar-Ma

3

Chag-Tsal	Ser-Ngo	Chu-Nay	Kye-Kyi
Pay-May	Chag-Ni	Nam-Par	Gyen-Ma
Jin-Pa	Tsun-Du	Ka-Tub	Shi-Wa
So-Pa	Sam-Ten	Cho-Yul	Nyi-Ma



4

**Chag-Tsal
Ta-Yay
Ma-Lu
Gyal-Way**

**De-Shin
Nam-Par
Pa-Rol
Say-Kyi**

**Sheg-Pay
Gyal-Wa
Chin-Pa
Shin-Tu**

**Tsug-Tor
Cho-Ma
Tob-Pay
Ten-Ma**

5

**Chag-Tsal
Do-Dang
Jig-Ten
Lu-Pa**

**TU-TA
Chog-Dang
Dun-Po
May-Par**

**RA-HUNG
Nam-Ka
Shab-Kyi
Gug-Par**

**Yi-Ge
Gang-Ma
Nen-Te
Nu-Ma**

6

**Chag-Tsal
Lung-Lha
Jung -Po
No-Jin**

**Gya-Jin
Na-Tsog
Ro-Lang
Tsog-Kyi**

**May-Lha
Wang-Chug
Dri-Sa
Dun-Ne**

**Tsang-Pa
Cho-Ma
Nam-Dang
Toh-Ma**

7

**Chag-Tsal
Pa-Rol
Yay-Kum
May-Bar**

**TREY-Che
Tul-Kor
Yon-Kyang
Tug-Pa**

**Cha-Dang
Rab-Tu
Shab-Kyi
Shin-Tu**

**PEY-Kyi
Jom-Ma
Nen-Te
Bar-Ma**

8

**Chag-Tsal
Du-Kyi
Chu-Kye
Dra-Wo**

**TURE
Pa-Wo
Shel-Ni
Tam-Che**

**Jig-Pa
Nam-Par
Tro-Nyer
Ma-Lu**

**Chen-Po
Jom-Ma
Den-Dze
So-Ma**

9

**Chag-Tsal
Sor-Mo
Ma-Lu
Rang-Gi**

**Kon-Chog
Tug-Kar
Chog-Kyi
O-Kyi**

**Sum-Tson
Nam-Par
Kor-Lo
Tsog-Nam**

**Chag-Gye
Gyen-Ma
Gyen-Pay
Trug-Ma**

10

**Chag-Tsal
U-Gyen
Shay-Pa
Du-Dang**

**Rab-Tu
O-Kyi
Rab-Shay
Jig-Ten**

**Ga-Wa
Tren-g-Wa
TU-TA
Wang-Du**

**Ji-Pay
Pel-Ma
RA-Yi
Dze-Ma**



11	Chag-Tsal Tam-Che Tro-Nyer Pong-Pa	Sa-Shi Gug-Par Yo-Way Tam-Che	Kyong-Way Nu-Ma Yi-Ge Nam-Par	Tsog-Nam Nyi-Ma HUM-Ki Drol-Ma
12	Chag-Tsal Gyen-Pa Rel-Pay Tag-Par	Da-Way Tam-Che Tro-Na Shin-Tu	Dum-Bu Shin-Tu O-Pag O-Rab	U-Gyen Bar-Ma May-Lay Dze-Ma
13	Chag-Tsal Bar-Way Yay-Kyang Dra-Yi	Kel-Pay Trenng-Way Yon-Kum Pung-Ni	Ta-May U-Nar Kun-Nay Nam-Par	May-Tar Ne-Mar Kor-Gay Jom-Ma
14	Chag-Tsal Til-Gyi Tro-Nyer Rim-Pa	Sa-Shi Noon-Chin Chen-Dze Dun-Po	Ngo-La Zhab-Gyi Yi-Gay Nam-Ni	Chag-Gi Dung-Ma Hum-Kyi Gem-Ma
15	Chag-Tsal Nya-Ngen SO-HA Dig-Pa	De-Ma De-Zhi OM-Dang Chen-Po	Gay-Ma Cho-Yul Yang-Dag Jom-Pa	Zhi-Ma Nyi-Ma Den-Pay Nyi-Ma
16	Chag-Tsal Dra-Ye Yi-Gay Rig-Pa	Kun-Ne Lu-Ni Chu-Pay HUM-Lay	Kor-Rab Nam-Par Ngag-Ni Drol-Ma	Ga-Way Gem-Ma Ko-Pay Nyi-Ma
17	Chag-Tsal HUM-Gi Ri-Rab Jig-Ten	TU-RE Nam-Pay Man-Da Sum-Nam	Zab-Ni Sa-Bon Ra-Dang Yo-Wa	Deb-Pay Nyi-Ma Big-Je Nyi-Ma
18	Chag Tsal	Lha Yi	Tso Yi	Nam Pay



Ri Dag
TA RA
Dug Nam

Tak Chen
Nyi Jo
Ma Lu

Chag Na
PEY Kyi
Pa Ni

Nam Ma
Yi Gay
Sel Ma

19

Chag-Tsal
Lha-Dang
Kun-Ne
Tso-Dang

Lha-Yi
Mi-Am
Go-Cha
Mi-Lam

Tsog-Nam
Chi-Yi
Ga-Way
Nyen-Pa

Gyal-Po
Ten-Ma
Ji-Kyi
Sel-Ma

20

Chag-Tsal
Chen-Nyi
HA-RA
Shin-Tu

Nyi-Ma
Po-La
Nyi-Jo
Dag-Po

Da-Wa
O-Rab
TU-TA
Rim-Ne

Gye-Pay
Sel-Ma
RA-Yi
Sel-Ma

21

Chag-Tsal
Zi-Way
Don-Dang
Jom-Pa

De-Nyi
Tu-Dang
Ro-Lang
TU-RE

Sum-Nam
Yang-Dag
No-Jin
Rab-Chog

Ko-Pay
Den-Ma
Tsog-Nam
Nyi-Ma

Tsa-Way
Chag-Tsal

Ngag-Kyi
Wa-Ni

To-Pa
Nyi-Shu

Di-Dang
Tsa-Chig

The Condensed Praise 度母总赞 (Tibetan)

OM Chom-Den-Day-Ma Pak-Ma-Drol-Ma-La Chag-Tsal-Lo!

Chag-Tsal Drol-Ma **TARE** Pa-Mo

TUTTARA-Yi Jik-Kun Sel-Ma

TURE Don-Nam Tam-Chay Ter-Ma

SOHA Yi-Ger Chay-Lar Rab-Du

Prayer of the Benefits 法门利益赞

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 unfortune migrations.

以真诚恭敬圣母者，具慧以深信而诵此，
黄昏及黎明起床后，忆此获赐一切无畏，
悉皆消除一切罪恶，无余摧毁一切恶趣。

Lha-Mo	La-Gu	Yang-Dag	Den-Pay
Lo-Den	Gang-Gi	Rab-Day	Jo-De
So-Dang	Tho-Rang	Lang-Par	Jay-Nay
Dren-Pay	Mi-Jig	Tam-Chay	Rab-Ter
Dig-Pa	Tam-Chay	Rab-Tu	Zhi-Wa
Ngen-Dro	Tam-Chay	Jom-Pa	Nyi-Thob

The multitudes of conquerors
Will quickly grant initiation:

Thus, endowed with this greatness,

One will eventually reach the state of a buddha.

并由七俱胝佛胜者，速捷即予进行灌顶，
由此获得伟大成就，趋向究竟佛陀果位。

Gyal-Wa	Je-Wa	Trag-Dun	Nam-Kyi
Nyur-Du	Wang-Ni	Kur-War	Gyur-La
Di-Lay	Che-Wa	Nyi-Ni	Thob-Ching
Sang-Gyay	Go-Phang	Thar-Thug	Der-Dro

If affected by the most terrible poison,
Whether ingested, drunk, or from a living being.

Just by remembering

Will one be thoroughly cleansed.

何等毒药极其猛烈，或非生物或是生物，
虽为服食以及饮用，由忆念故完全消除。

De-Yi	Dug-Ni	Drag-Po	Chen-Po
Ten-Nay	Pa-Am	Zhen-Yang	Dro-Wa
Zo-Pa	Dang-Ni	Thung-Wa	Nyi-Kyang
Dren-Pay	Rab-Tu	Sel-Wa	Nyi-Thob

If this prayer is recited two, three, or seven times,

The Four Mandala To Cittamani Tara

如意珠度母四曼达



It will pacify all the sufferings of torments
Caused by spirits, fevers, and poisons,
And by other beings as well.

完全断除魑魅疫病，毒药折磨种种痛苦，
于他有情亦复如是，若诵二三七遍赞文。

Don-Dang	Rim-Dang	Dug-Gi	Zir-Way
Dul-Ngel	Thsog-Ni	Nam-Par	Pong-Te
Sem-Chen	Zhen-Pa	Nam-La	Yang-Ngo
Nyi-Sum	Dun-Du	Ngon-Par	Jo-Na

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.

欲求子女即得子女，欲求财报获诸财宝，
所有愿望皆能获得，愿无诸障碍皆摧毁。

Bu-Do	Pay-Ni	Bu-Thob	Gyur-Zhing
Nor-Do	Pay-Ni	Nor-Nam	Nyi-Tob
Do-Pa	Tam-Chay	Tob-Par	Gyur-La
Geg-Nam	Me-Ching	So-Sor	Jom-Gyur-Ching

Torma Offering 食子供养文

Om Vajra Amrita Kundali Hana Hana Hung Phet

嗡 瓦加 阿理答 袞达利 哈那 哈那 吽 佩

Om Svabhava Shuddhah Sarva Dharma Svabhava Shuddho Ham

嗡 苏巴哇 苏打 莎哇 达嘛 苏巴哇 苏打 含

Everything is empty. From the state of emptiness,
From **Yam ཡམ་** appears an air mandala; from **Ram རམ་** a fire mandala;
From **Ah ཨ་** a vast and spacious wisdom capala.

Inside there are five meats and five nectars.
They melt and become a great ocean of transcendental wisdom.

Om Ah Hung (x 3)

The Four Mandala To Cittamani Tara

如意珠度母四曼达



净治成空，空性中现出 ཡམ (Yam 样) 现风，རམ (Ram 壤) 现火，
 ཨཱཿ (Ah 啊) 现本智之颅器，其内盛有五肉五甘露，
 彼等皆融化，转为本智之甘露大海洋。

嗡 阿 吽 (x 3)

Tong-Pa Nyi Du-Gyur

Tong-Pay Ngang-Lay Yam-Lay-Lung Ram-Lay-Me

Ah-Lay Ye-She-Kyi Ka-Pa-La Yang-Shing Gya-Che-Way

Nang-Du Sha-Nga Du-Tsi-Nga

Zhu-Wa Lay-Jung-Way Ye-She-Kyi Du-Tsi Gya-Tso Chen-Por-Gyur

Om Ah Hung (x 3)

Straws of light from the vajra tongues of the Venerable Guru and deities (of the venerable Arya Tara) extract the essence of the torma.

上师与尊母诸本尊会，诸尊金刚舌尖射光芒，乐享朵玛之精华。

La-Ma Je-Tsun-May Lha-Tsog Nam-Kyi-Jag Dor-Je O-Zer-Gyi Bu-Gu

Drang-Te Sol-War-Gyur

Om Arya Tare Sapariwara Idam Balimta Khakha Khahi Khahi (x 3)

嗡 阿雅 达惹 萨巴理瓦拉 伊当 巴令达 喀喀 喀喜 喀喜

Outer and Inner Offerings 献内、外供

Om Arya Tare Sapariwara Argham Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 阿冈 巴底杂吽 娑哈

Om Arya Tare Sapariwara Padyam Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 班牒 巴底杂吽 娑哈

Om Arya Tare Sapariwara Pushpe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 布悲 巴底杂吽 娑哈

Om Arya Tare Sapariwara Dhupe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 杜悲 巴底杂吽 娑哈

Om Arya Tare Sapariwara Alope Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 阿楼给 巴底杂吽 娑哈

Om Arya Tare Sapariwara Gandhe Pratitsa Hung Svaha

嗡 阿雅 达惹 萨巴理瓦拉 谦牒 巴底杂吽 娑哈



Om Arya Tare Sapariwara Navidya Pratitsa Hung Svaha

喻 阿雅 达惹 萨巴理瓦拉 尼威牒 巴底杂 吽 娑哈

Om Arya Tare Sapariwara Shabda Pratitsa Hung Svaha

喻 阿雅 达惹 萨巴理瓦拉 夏达巴底杂 吽 娑哈



Om Arya Tare Sapariwara Om Ah Hung

喻 阿雅 达惹 萨巴理瓦拉 喻 阿 吽

Praise 度母赞

Worldly gods and non-worldly gods,
bow their crowns to your lotus feet,
You who rescue from all poverty,
Mother Tara, to you I prostrate.

天与非天以顶冠，
拯度出离诸贫困，
虔礼双足莲花下，
於救度母恭敬礼。



Lha-Dang

Lha-Min

Cho-Pen-Gyi

Zhab-Nyi

Pay-Mo

La-Tu-Nay

Pong-Pa

Kun-Lay

Drol-Dzay-May

Drol-Ma

Yum-La

Chag-Tsel-Lo

Prayers 祈请文

Venerable Arya Tara 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.

至尊圣母及眷属，无缘大悲护念我，
如我所祈求之事，无碍成就祈加持。

Je-Tsun

Pag-Ma

Kor-Dang-Chay

Mig-Me

Tug-Je

Tser-Gong-La

Dag-Gi

Ji-Tar

Sol-Way-Don

Geg-Me

Drub-Par

Jin-Gyi-Lob

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.

总体教胜罗桑教，令籍讲修遍十方，
持教僧团及部众，内心和睦事业增。

Gyal-Ten	Chi-Dang	Lo-Zang-Ten
Shay-Dang	Drub-Pay	Chog-Chur-Gyay
Ten-Dzin	Ge-Dun	De-Dang-Che
Tug-Tun	Trin-Lay	Pel-War-Dzo

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.

饥疫争战息此地，佛法吉祥普增长，
具法君王威势增，国土中边令安乐。

Jong-Dir	Nay-Mug	Trug-Tso-Zhi
Cho-Dang	Tra-Shi	Gong-Dul-Pel
Cho-Den	Gyal-Po	Nga-Tang-Gyay
Gyal-Kam	Ta-U	De-War-Dzo

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.

于八及十六大难，魑魅疫梦不祥兆，
轮回恶趣痛苦等，救离暂时究竟怖。

Gyay-Dang	Chu-Drug	Jig-Chen-Dang
Don-Rim	Mi-Lam	Tsen-Tay-Ngen
Kor-Wa	Ngen-Song	Dug-Ngel-Sog
Nay-Kab	Tar-Tug	Jig-Lay Kyob

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.

寿祥受用福德增，息灭一切不善念，
圣道三要二次第，速捷圆成诸修证。

Tse-Pel	Long-Cho	So-Nam Pel
Mi-Ge	Tog-Pa	Kun-Zhi-Zhing
Lam-Tso	Sum-Dang	Rim-Nyi Kyi
Nyam-Tog	Nyur-Du	Tar-Chin-Dzo

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.

直至菩提心要前，除汝无他皈依处，
犹如慈母眷独子，祈请摄受赐加持。

Di-Nay	Jang-Chub	Nying-Po-Bar
Kyo-Min	Kyab-Nay	Zhen-Me-Pay
Bu-Chig	Po-La	Ma-Yin-Zhin
Je-Zung	Jin-Gyi	Lab-Tu-Sol

Hundred-Syllable Mantra (Confession of faults in the recitation) 百字明补阙

(x 3)

**Om Pema Satto Samaya / Manu Palaya / Pema Satto Teno Patita /
Dridho Me Bhawa / Sutto Kayo Me Bhawa / Supo Kayo Me Bhawa /
Anurakto Me Bhawa Sarwa Siddhi Me Prayatza / Sarwa Karma
Sutza Me / Tzitam Shriyam Kuru Hung / Ha Ha Ha Ha Ho Bhagawan
/ Sarwa Tathagata Pema Ma Me Muntsa / Pema Bhawa / Maha
Samaya Satto Ah Hung Phet**

嗡 贝玛萨埵 萨麻雅 / 麻努巴拉雅 / 贝玛萨埵 嚩那巴 帝他 / 帝多美帕
哇 / 苏多卡唷 美帕哇 / 苏波 卡唷 美帕哇 / 阿努啦多 美帕哇 萨哇 悉提
美巴雅杂 / 萨哇 噶麻 苏杂美 / 吉当 师利养 沽噜吽 / 哈哈哈哈哈 帕噶
万 / 萨哇 答他噶答 贝玛 麻美 木杂 / 贝玛 帕哇 / 麻哈 萨麻呀 萨埵 阿
吽 佩



Request for Patience 忏悔文

Whatever I have done incorrectly due to not acquiring the proper materials,
Not fully understanding or lack of ability, please be patient with all these
mistakes. My additions and omissions, parts of the ritual that went wrong,
And whatever I forgot, please be patient with this too

未获得及全不知，任何能力之不足，
于此所为任何事，彼诸请您宜宽宥，
增衍或者有遗缺，仪轨支分有失误，
所有我所遗忘者，彼亦祈请宽宥之。

Ma-Nye	Yong-Su	Ma-She-Dang
Gang-Yang	Nong-Pa	Ma-Chi-Pa
Dir-Ni	Ja-Wa	Gang-Gyi-Pa
De-Kun	Kye-Kyi	Zo-Dzay-Rig
Lhag-Pa	Dang-Ni	Chay-Pa-Dang
Cho-Gay	Yen-Lag	Nyam-Pa-Dang
Dag-Gi	Je-Nge	Chi-Chi-Pa
De-Yang	Zo-Par	Dzay-Du-Sol

Requesting the Deity to Remain or Depart 祈请常住偈

(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.

于此偕同所依处，为利众生驻足已，
长寿康泰与自在，尊胜圣众请恩赐。

Dri-Ni	Ten-Dang	Lhen-Chig-Tu
Dro-Way	Don-Du	Zhug-Nay-Kyang
Nay-Me	Tse-Dang	Wang-Chug-Dang
Chog-Nam	Leg-Par	Tsel-Du-Sol

Om Supratishtha Vajraye Svaha

嗡 苏巴蒂他 瓦加耶 娑哈





(If you dont have an image, request the deity to depart):

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

Dedication 回向文

Due to these merits may I soon
Attain the enlightened state of Arya Tara
That I may be able to liberate
All sentient beings from their suffering.
愿我能以此善业，速证成就圣度母，
并将一切诸众生，安顿立定于彼地。

Ge-Wa	Di-Yi	Nyur-Du-Dag
Pag-Ma	Drol-Ma	Drub-Gyur-Nay
Dro-Wa	Chig-Kyang	Ma-Lu-Pa
De-Yi	Sa-La	Go-Par-Shog

Auspicious Verse 吉祥偈



Like a wish-fulfilling tree and a fortune-jeweled vase,
You are the wish-fulfilling treasure granting all desires and fulfilling all hopes.
O conqueror's Mother Tara and all conquerors with your children,
Take care of me and grant the auspicious signs of increasing virtue.
犹如意树秒宝瓶，满愿所求如意宝，
度佛诸佛与菩萨，祈愿摄受增吉祥。

Pag-Sam	Shing-Dang	Nor-Bu	Bum-Zang-Zhing
Re-Kong	Do-Gu	Zo-Way	Yi-Zhir-Ter
Gyel-Yum	Drol-Ma	Gyel-Wa	Say-Chay-Kyi
Je-Zung	Ge-Tsen	Phel-Way	Tra-Shi-Shog



Long Life Prayer for His Holiness the Dalai Lama 法王达赖喇嘛长寿祈请文

In the land encircled by snowy mountains
You are the source of all happiness and good
All powerful Chenrezig, Tenzin Gyatso
Please remain until Samsara ends

於此雪岭所绕国土中，一切利益安乐之生处，
滇津嘉措观自在菩萨，愿其常住直至生死尽。

Gang-Ri	Ra-Way	Kor-Way	Zhing-Kam-Dir
Pen-Dang	De-Wa	Ma-Lu	Jung-Way-Nay
Chen-Re-Zig	Wang	Ten-Zin	Gya-Tso-Yi
Zhab-Pay	Si-Thay	Bar-Du	Ten-Gyur-Chig

Long Life Prayer for Jhado Rinpoche 查多仁波切长寿祈请文

May the teachings of the Buddha flourish,
And may those upholding the teachings have long lives.
May all transmigrators be well and happy.
And may their temporary and ultimate aims be accomplished.

世尊法教恒兴盛，承法善士寿绵长，
一切众生享安乐，现时究竟悉圆满。

Sang-Gya	Tan-Pa	Dar-Wa-Dang
Tan-Dzin	Kyi-Bu	Shab-Pai-Ten
Dro-Kun	De-Kyi	Jung-Wa-Dang
Ney-Kab	Thar-Thug	Don-Drub-Shog

Long Life Prayer for Singha Rinpoche 上师鑫和仁波切长寿祈请文

Om Svasti!

Like the countless light rays that radiate from the ruby mountain;
Exquisite Amitayus, Lord of Everlasting Life,
Who captivates and one does not tire of seeing;
Whose essence is of infinite life,
The nectar of immortality; Please instantly grant our Guru,
The Siddhi of Stable and Everlasting Life.



嗡 苏瓦施地！红宝山上耀光芒，无厌观见无量寿，
长生不老之甘露，赐予尊师得永生。

Pad-Rab	Lhun-Poi	O'ser	Bum-Tro-Tar
Rab-Ze	Ta-Wai	Mi-Ngom	Tse-Pak-Me
Chi-Med	Du-Tsi	Bum-Gyi	Che-Chuk-Pa
Tak-Ten	Dro-Wai	Ngo-Po	Deng-Dhir-Tsol

You are intelligent and skilful in upholding the traditions Of Buddha;
Spreading the Holy Dharma through explanations and practices;
In order to lead disciples onto the path to liberation;
You are the one who is an Unequalled Guide,
Please live a long and stable life.

智巧善解皆俱足，护持世尊正传承，
渡脱弟子证菩提，唯愿尊师寿无疆。

Gang-Lo	Thub-Pai	Ring-Lug	Zin-Khe-Pa
Shed-Dang	Drup-Pai	Ten-Pa	Pel-Wa-Dang
Dul-Ja	Nam-Drol	Lam-Du	God-Pa-La
Dren-Pai	Da-Dral	Chog-Tu	Shab-Ten-Shog

I request respectfully, my Precious and Holy Guru,
To enjoy excellent health;
I request respectfully, my Precious and Holy Guru,
To live a long life;
I request respectfully, my Precious and Holy Guru,
That your Dharma activities spread and flourish far and wide;
I request respectfully, my Precious and Holy Guru,
To bless me to be never separated from you.

祈请上师庄严身，万寿无疆恒永住，
妙法普照十方界，尊师与我不舍离。

La-Ma	Ku-Kham	Sang-La	Sol-Wa-Deb
Chog-Tu	Ku-Tse	Ring-La	Sol-Wa-Deb
Trin-Lae	Dar-Shing	Gye-La	Sol-Wa-Deb
La-Ma	Dang-Dral	Wa-Med-Par	Jin-Gi Lab-Tu So



In all my future rebirths,
 May I never be separated from my Perfect Guru,
 May I enjoy the magnificent Dharma,
 And by completing the qualities of the stages and path;
 May I quickly attain the state of Vajradhara.

愿永不离善知识，妙法殊胜恒受用，
 圆满道地诸功德，速证金刚总持位。

Kye-Wa	Kun-Tu	Yang-Dag	La-Ma-Dang
Dral-Me	Cho-Kyi	Pal-La	Long-Cho-Ching
Sa-Dang	Lam-Gyi	Yon-Ten	Rab-Zog-Ne
<u>Dor-Je</u>	Chang-Gi	Go-Phang	Nyur-Thob-Shog

Prayer to Magzor Gyalmo for Singha Rinpoche's Long and Stable life
祈求吉祥天母护持鑫和仁波切长久住世祈请文

Due to the blessings of the Guru, the Three Jewels and
 Especially due to the enlightened activities of Magzor Gyalmo,
 May Singha Thubten Namdrol Rinpoche's
 Life be stable and his activities increase!

至尊上师三宝之加持，及胜吉祥天母之事业，
 鑫和图登南都仁波切，长久住世事业广弘扬。

La-Ma	Kun-Chog	Sum-Gyi	Jin-Lab-Dang
Khye-Par	Mag-Zor	Gyal-Mo	Thrin-Lay-Kyi
Sing-Ha	Thub-Ten	Nam-Drol	Rin-Po-Che
Ku-Tse	Ten-Ching	Dzay-Thrin	Gye-Gyur-Chig

At the urging of the members of Thekchen Choling Singapore, this supplication for the stable life of Singha Rinpoche Thubten Namdrol Dorje was written by the one with the name Jhado Tulku on 26 June 2023. May excellent virtues increase!



Long Life Prayer for Khandro Namdrol Lhamo 桑雍南都拉姆长寿祈请文

Homage to the assembly of deities who are the source of a hundred varieties of preciousness.

By your knowledge, compassion and power that liberates from mere seeing and hearing.

From the blessing and power of truth of the assembly of deities.

May the lotus of long life, good health, happiness and prosperity blossom.

顶礼本尊海会百宝源，具悲智勇见闻即解脱，
祈以圣众谛语加持力，福乐康寿盛如妙莲开。

Nam-Trang	Gya-Tsay	Rin-Chung	Lha-Yi-Tsog
Khen-Tse	Nu-Pey	Thong-Thoe	Thren-Dol-Wa
Lha-Tsok	Nam-Ki	Dhen-Pey	Jin-Thu-Yi
Tse-Ring	Ne-Mey	Dhe-Jor	Pe-Mo-Gye

(You may make your own wishes, 您可以加入自己的愿望)

May All Be Auspicious!



About Thekchen Choling

Thekchen Choling Singapore is a temple which operates 24 by 7 daily. Our services include blessing for newborn babies, marriage blessings, pujas for quick recovery from illness and career success, Chinese and Tibetan funeral services and so on.

Please contact us for more details.

Thekchen Choling Singapore

Address: 2 Beatty Lane Singapore 209945

Tel: +65 6466 3720 Fax: +65 6465 6736

Email: contactus@thekchencholing.org

Website: www.thekchencholing.org

FB: facebook.com/ThekchenCholing and facebook.com/SinghaRinpoche

Thekchen Choling Branches:

Thekchen Choling (Malaysia)

Address: Lot 691 Tai Hong Village,
Kota Tinggi 81900 Johor, Malaysia

Tel: +607 8822391 Hp: +601 1111493691

FB: facebook.com/ThekchenCholingMalaysia

Thekchen Choling (Melaka)

Address: 40, Jalan Pandan Indah 1, Taman Pandan Indah,
75250 Melaka Malaysia

Tel: +606 2406986

Email: Contact_Melaka@thekchencholing.org

FB: facebook.com/ThekchenCholingMelaka

Thekchen Choling USA (Syracuse)

Address: 109 East Ave, Minoa, New York 13116 USA

Tel: +1 315 480 1088

www.thek.us

FB: facebook.com/ThekchenCholingSyracuse