

***Om jetsunma pama drolma-la
tsantsal lo***

tsantsal tarey nyurma pamo
tuta-rey yi jikpa selma
turey dön kun jin pey drolma
sohey yigay chula du do

tsantsal drolma nyurma pamo
chen-ni kechik lokdang dra-ma
jikten sumgon chuchey shaljee
gesar tsewa leyne tsungma

tsantsal tonkay dawa kuntu
gangwa jani tsekpey shalma
karma tongtrak tsokpa namchi
raptu tseway orab bar-ma

tsantsal ser-ngo chuney chechi
pemay tsani nampar jenma
jinpa tsöndru kartoob shiwa
zopa samtén choyul nyima

tsantsal debshin shekpey tsuktor
tayey nampar jalwar choma
malu parol tsinpa tobpay
jalway sechi shintu tenma

tsantsal tu-tara hoong yi-gey
dodang tsokdang namka gangma
jikten dunpo shabchi nentey
lupa meypar gookpar nu-ma

tsantsal jatsin meylha tsangpa
lunglha natsok wangtsuk choma

jungwo rolang driza namdang
nojin tsokche doo-ney toma

tsantsal trechey tsadang pekche
parol trulkor rabtu jom-ma
yekum yonchang shabche nentey
membar trukpa shintu barma

tsantsal turey jikpa chenmo
duchi pawo nampar jom-ma
chuchey shalni tronyer dendzey
drawo tamche malu so-ma

tsantsal konchok sumtson tsajay
sormoo tukar nampar jenma
malu tsokchi korlo jenpay
rang-gi ochi tsok-nam trukma

tsantsal rabtu gaway jipay
oojen ochi trengway pelma
shepa rabshey tu-tara yi
dudang jikten wangdu dzema

tsantsal sashi chongway tsoknam
tamchey gukpar nupa nyima
tronyer yoway yigi hoong gi
pongpa tamchey nampar drolma

tsantsal daway dumbu oojen
jenpa tamche shintu barma
ralpay trona opak mayley
takpar shintu öni dzema

tsantsal kalpay tamay maytar
barway trengway oona ney
yechang yonkum kunnay korgay

drayi pung-ni nampar jom-ma

tsantsal sashi ngo la tsagi
tiljee noonching shapjee dungma
tro-nyer chendzey yigi hoong gi
rimpa doonpo namni gema

tsantsal dema gema shima
nyangen deyshi choyul nyima
soha-om dang yangdak denpay
dikpa chenpo jompa nyima

tsantsal kunay korab gaway
drayi lu-ne rabtu ge-ma
yigi chupay nga-ni köpay
rigpa hungley drolma nyima

tsantsal turey shabni dab-pay
hoong-gi nampay sabon nyima
rirab mendara dang bik-tsay
jikten sumnam yowa nyima

tsantsal lhayi tsoyi nampay
ridak takchen tsana nam-ma
tara nyijo pekchi yigay
duknam malu pani selma

tsantsal lhayi tsoknam jalpo
lhadang mi-am chiye tenma
kun-nay gocha gaway jichi
tsodang milam ngenpa selma

tsantsal nyima dawa jeepay
chen-nyi pola orab selma
hara nyijo tu-tarey yee
shintu drakpo rimney selma

tsantsal denyi sum-nam kopay
shiway tudang yangdak denma
döndang rolang nojin tsoknam
jompa turey rabcho nyima

tsaway ngakchi topa di dang
tsantsal wani nyishu tsachik

***jetsun pagma drolma che chenno
jik dang du-ngal kun ley chab du
sol x21***

lhamo lagu yangdak denpey
loden gang-gi rabdang jopay
sodang torang langpar tsetay
drenpay minjik tamche rabter
dikpa tamchey rabtu shiwa
ngendro tamche jompa nyido
jalwa tsewa trakdun namchi
nyurdu wangni kurwar jur
dila chewa nyi-ni tobching
sangjey gopang tartuk dern-dro
deyi dukni drakpo chenpo
tenla neypa am shenyang drowa
zopa dang-ni tungpa nyichang
drenpay rabtu selwa nyitob
dondang rimdang dugi zirway
duk-ngal tsok-ni nampar pongtey
semchen shenpa namla yang-ngo
nyisum dundu ngopar jona
boudo peyni butob jurshing
nordo peyni nornam nyitob
dopa tamchey tob-par jurtey
geknam neyching sosor jom jur

The Actual Praises

OM. I pay homage to Tara. The Noble One, the Arya

NAMO. TARE, She who is swift, the heroine, she who eliminates all fears with TUTTARE, the saviouress who gives all benefit with TURE. I bow down to you, SVAHA.

NAMO. Tara, she who is swift, the heroine, she who has eyes like instantaneous lightning, she who appeared from the opened blossom, of the Lotus Face of the Lord of the Three Worlds (Chenrezi).

NAMO. She who has the Face of a hundred completely full moons of Autumn, laid one upon another. She who is shining intensely with the completely diffused light of a multitude of thousands of stars.

NAMO. She whose Hand is perfectly adorned by a gold and blue lotus born from water. She who is the embodiment of the field of activity of giving, diligence, the difficult, peace, patience and dhyana.

NAMO. She who has the activity of the complete, infinite victory upon the Ushnishnas (Head-mounds) of the Tathagatas. She, on whom the Buddha's Sons, who have attained all paramitas without exception, utterly depend.

NAMO. She who fills Desire, Direction and Space with TUTTARA and the syllable HUM. She who has the power to squash down the seven worlds with her feet, and summon all without exception.

NAMO. She to whom Indra, Agni, Brahma, Pavana, and the Various Great Gods make offerings. She who is praised by multitudes of bhutas, vetalas, Gandharvas and yakshas gathered before Her.

NAMO. She who completely defeats the magical devices of adversaries by what is

named TRAD and by PHAT. She who squashes down with Her legs, the right indrawn, the left extended, and blazes intensely with whirling blazing fire.

NAMO. Ture, the Great Terrorress, who completely vanquishes the Mara-Warriors. She who has a Lotus Face grimacing angrily, who slays all enemies without exception.

NAMO. She whose Heart is perfectly adorned by Her fingers in the Mudra symbolising the Three Jewels, she who whirls Her own multitude of lights, adorning the wheel of all directions without exception.

NAMO. She who has a tiara of brilliance and complete joy, creating more and more streams of light. She who with laughter, the perfect laughter of TUTTARA, overpowers Maras and worlds.

NAMO. She who has the power to summon All the multitudes of Protectors of the World. She who perfectly liberates from all destitution with the syllable HUNG of the Wrathful Grimacer.

NAMO. She, whose head-adornment, which is a sliver of the moon, and all Her adornments, are shining intensely. She who creates eternal, intense light from Amitabha in the midst of Her gathered hair.

NAMO. She who resides in the centre of a blazing garland like the fire at the end of the kalpa. She who, with right leg extended, left indrawn, with the joy of complete revolving totally defeats the hordes of enemies.

NAMO. She who stamps with her feet and squashes down with her hands the surface of the earth. She who manifests as (Bhrikuti The Angry Grimacer), and the

syllable HUNG vanquishes all of the seven levels.

NAMO. She who is bliss, she who is goodness, she who is peace, she who is the embodiment of the field of experience of Nirvana's Peace. She who, through that which truly possesses SVAHA and OM (Tara's mantra) Is the embodiment of the defeat of great bad karma.

NAMO. She who totally vanquishes the bodies of the enemies, of those with perfect joy at the complete circling. She who is the Saviouress arisen from the Wisdom-HUM of the arranged ten-syllable speech.

NAMO. TURE, who by stamping Her Feet, She who is the nature of the Seed in the form of a HUM, shakes the Sumeru, Mandara and Vindhya mountains, and all the three worlds.

NAMO. She who holds in her hands that which has the emblem of a wild animal And has the form of the Lake of the Devas. She who eliminates all poisons without exception through reciting the two TARAs and the syllable PHAT.

NAMO. She to whom the multitudes of Deva-Kings, Devas and Kimnara depend. She who eliminates quarrels and evil dreams with the majesty of her joyous complete armour.

NAMO. She with the intensely vivid light Of the full sun and moon in both eyes, she who eliminates extremely fierce diseases by reciting the two HARAs and TUTTARE.

NAMO. She who truly possesses the power of Peace, through the arrangement of the three Thatnesses, she who is the totally supreme TURE, the conquerer of the multitudes of avaharas, vetalas and yakshas.

This praise of the Root-Mantra, And the twenty-one Namos.

Jetsun Pagma drolma, take care of us, think of us. Protect us from all suffering and fear X21

The benefits

When recited by whoever has understanding

And true devotion to the Goddess,

If remembered at dusk and after arising at dawn,

All fearlessness will be completely given,

All bad karma will be totally pacified,

All lower existences will be defeated.

The multitudes of the sufferings of afflictions

By demons, diseases and poisons are totally removed

And also for all other beings.

If truly recited in two, three and seven,

By desiring a son, a son will be obtained,

By desiring wealth, wealth will be obtained,

All that is desired will be obtained

All obstacles will be eliminated, individually vanquished

Seven times a million Buddhas,

Will swiftly give empowerment so that

More than exists in the present will be

obtained,

And the ultimate level of Buddhahood is proceeded to.

The great, fierce poison of this,

Whether in the inanimate of the living,

Though it has been eaten or drunk,

Its complete elimination will be obtained through remembering.