



# *Tārā*

## *Praise and Mantras*

### *Praise*

KHOR WA LÄ DRÖL TA RE MA  
TUT TA RE YI JIG GYÄ DRÖL  
TU RE NA WA NAM LÄ DRÖL  
DRÖL MA YUM LA CHHAG TSHÄL LO

**TÄRE liberates from saṃsāra,  
TUTTÄRE liberates from the eight fears,  
TURE liberates from all sickness:  
I prostrate to the Liberator, Mother Tārā.**

### *Mantra*

OM TÄRE TUTTÄRE TURE SVÄHÄ

### *Dedication*

GE WA DI YI NYUR DU DAG  
JE TSÜN DRÖL MA DRUB GYUR NÄ  
DRO WA CHIG KYANG MA LÜ PA  
DE YI SA LA GÖ PAR SHOG

**Due to this virtue, may I quickly  
Become Venerable Tārā  
And lead all living beings,  
Without exception, to that state.**

### *Colophon:*

*Praise* translated by Ven. George Churinoff, in *A Nyung Nā Ritual Sadhana*, Portland: FPMT Education Services, 2015. Updated and transliterated according to FPMT styles, September 2021.