



藏密佛学研究会  
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PRAYERS TO HOLY TARA  
圣 度 母 礼 赞  
(WISHFULING PRAYER OF TARAs)  
(如意满愿礼赞文)



**REFUGE AND BODHICITTA**

In Buddha, Dharma and the most excellent community, I take refuge until enlightenment is reached; through giving and other good deeds, may I attain Buddhahood for the sake of all living beings. *(Recite 3 times)*

**HOMAGE TO TARAs**

The crowns of gods and demigods are bowed to Her two lotus feet; I prostrate to the Mother Tara, the saviouress from all poverty.

**PRAISE TO TARAs**

OM, prostrations to the Blessed One, the goddess TARAs. TARAs, the Brave One; All fears are dispelled by TUTTARE.TURE, she bestows all benefits; and along with SVAHA I bow.  
*(Recite 1, 2, 3, 7 or 21 times)*

**MANTRA**

**OM TARE TUTTARE TURE SVAHA**

*(Recite 7, 21, or 108 times or as many times as possible)*

**REQUEST FOR BLESSINGS**

Arya Tara, please take heed of me. Having allayed all of my misfortunes, please bless me to attain all favourable conditions, abundance and results, spontaneously and effortlessly.

**DEDICATION OF MERITS**

By the merit of this prayer, may all living beings and I be happy and be free from all sufferings and unfavourable conditions. May we accomplish all our aims and wishes temporarily, and attain enlightenment ultimately.

**皈依与发心**

诸佛正法贤圣僧，直至菩提我皈依。  
愿我所修诸功德，为利众生而成佛。  
(三遍)

**顶礼**

诸天非天顶髻严，恭敬跪捧两足莲，  
能除一切贫困苦，圣度母前虔敬礼。

**赞颂**

嗡，敬礼圣度母，达瑞，快速救护之勇者  
都达瑞，能除一切怖畏苦，都瑞，能授诸胜义，  
所哈，于彼功德我礼赞。  
(诵1, 2, 3, 7或21遍)

**圣度母咒**

嗡 达瑞 都达瑞 都瑞 所哈  
(诵7, 21, 108遍或尽力念诵多遍)

**祈求加持**

圣救度母祈加被，速消一切恼害事，  
一切所得自然成，于顺缘中获丰足。

**回向**

愿此礼赞所积善，众生离苦得安乐，  
现世所求悉圆满，当来趣向诸佛位。

**Drolme Lungta prayer**  
度母隆达祈祷文

**LAMA JEZUN DROLME LHATSOG LA**  
To Guru Tara and the ocean of deities

喇嘛 杰尊 卓美 拉措啦

上师圣救度母海会前

**CHAGTSAL KYAPCHI DAGSOG DROKUN GYI**  
I and all sentient beings prostrate and take refuge

恰茶 加其 达索 卓昆吉

顶礼皈依吾等诸众生

**CHAWA TAMJED YIDLA MONPA TAR**  
May all activities be wish fulfilling

加哇 堂杰 义拉 孟吧达

一切事业随意所愿望

**LUNJI DRUPE LONGTE NGOIDROP TSOL**  
Please grant the attainment of spontaneous activities

伦吉 珠贝 隆爹 哦珠卓

赐得事业任运之成就