

# **GREEN TĀRĀ**

## **Latin transliteration, pronunciation**

*(Taking the refuge)*

CHOG-SUM KÜN-DÜ PHAG-ME LHA TSOG LA  
CHANG-CHUB BAR-DU DAG-SOG KYAB-SU CHI  
DRO-KÜN SI-PE JIG-TSOK LE KYOB CHIR  
CHANG-CHUB SEM-NYI DAM-PA RAB KYE DO.

*(Mantra of emptiness)*

OM SHU-NYA-TA JNYA-NA VA-JRA SVA-BHA-VA A-TMA KO-HAM.

*(Visualization)*

ZUNG-DZIN DÜ-PE CHÖ-NAM TONG-PAR JANG  
TONG-PE NGANG-LE SUNG-KHOR YANG PE Ü  
PE-DE TENG-NA RANG-RIG TAM JANG GU  
Ö-ZER TRÖ-TE DRO-TRUG DRIB-PA JANG  
GYÄL-CHÖ TSUR-DÜ RANG-NYI PHAG-ME KU  
ZHAL-CHIG CHAG-NYI CHOG-JIN U-TPAL ZIN  
ZHAB-NYI CHE-KYIL GYING TAP ZHÖN-NU TSUL  
JANG NGÖN TAR-DANG RA-TNE DO-SHÄL CHEN  
TSEN-PE Ö-TRÖ LONG-CHÖ ZOG-PE KU  
NE-SUM DRU-SUM Ö-ZER CHOG-KÜN TRÖ  
GYÄL-KÜN KHYEN-TSE Ö-ZER RANG-LA TIM  
DÜ-SUM DE-SHEG RANG-ZUK YUM CHEN-MO.

*(Offering)*

OM A-RYA-TA-RE SA-PA-RI VA-RA A-RGAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA PA-DYAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA PU-SHPAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA DHU-PAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA A-LO-KAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA GHA-NDE PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA NE-VI-TE PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA SHA-PTA PRA-TI-TSA SVA-HA.

*(Praise)*

LHA-DANG LHA-MIN CHÖ-PAN GYI

ZHAB-KYI PE-MO LA-TÜ NE  
PHONG-PA KÜN-LE DRÖL-DZE MA  
DRÖL-MA YUM-LA CHAG-TSÄL TÖ.

THUG-KAR DA-TENG TAM-JANG NGAG-KYI KOR  
CHÖ-TRIN GYÄL-KÜN CHÖ-TE JIN-LAB DÜ  
NANG-TONG YER-ME RAB-JAM GYÄL-WE ZHÄL  
LAR-YANG NGAG-LE Ö-ZER PAK-ME TRÖ  
CHI-NÖ DE-CHEN NANG-CHÜ KYE-DRO NAM  
PHAG-ME KUR-GYUR NGAG-KYI RANG-DRA DROK.

*(Mantra of Green Tārā)*

OM TA-RE TU-TTARE TU-RE SVA-HA.

*(Offering)*

OM A-RYA-TA-RE SA-PA-RI VA-RA A-RGAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA PA-DYAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA PU-SHPAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA DHU-PAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA A-LO-KAM PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA GHA-NDE PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA NE-VI-TE PRA-TI-TSA SVA-HA,  
OM A-RYA-TA-RE SA-PA-RI VA-RA SHA-PTA PRA-TI-TSA SVA-HA.

*(Praise)*

LHA-DANG LHA-MIN CHÖ-PÄN GYI  
ZHAB-KYI PE-MO LA-TÜ NE  
PHONG-PA KÜN-LE DRÖL-DZE MA  
DRÖL-MA YUM-LA CHAG-TSÄL TÖ.

*(Conclusion)*

CHI-NANG NÖ-CHÜ Ö-ZHU RANG-LA THIM  
RANG-YANG MI-MIG MA-CHÖ CHÖ-KYI YING  
Ö-SAL DÖN-DAM CHÖ-KU DE-WA CHE  
THA-MÄL SHE-PA NANG-SI CHAG-GYA CHE.

*(Dedication of merits)*

GE-WA DI-DANG KHOR-DE SAK-YÖ KYI  
KHA-NYAM MA-GEN DRO-WA YÖ-DO CHOK  
DUK-NGA RANG-DRÖL YE-SHE CHEN-PÖ LONG  
GAK-DRUB DRÖL-WE PHAG-MEY KU-THOB-SHOG.

DO-RJE CHANG CHEN TIL-LI NA-RO DANG  
MAR-PA MI-LA CHÖ JE GAM-PO-PA  
PHAG-MO DRU-PA GYÄL-VA DRI-KUNG-PA  
KA-GYÜ LA-MA NAM-KYI TA-SHI SHOG

SÖ-NAM DI-YI THAM-CHE ZIG-PA NYI  
 THOB-NE NYE-PE DRA-NAM PHAM-CHE TE  
 KYE-GA NA-CHI BA-LONG TRUG-PA YI  
 SI-PE TSHO-LE DRO-WA DRÖL-WAR SHOG  
 CHANG-CHUB SEM-CHOG RIN-PO-CHE  
 MA-KYE PA-NAM KYE-GYUR CHIG  
 KYE-PA NYAM-PA ME-PAR YANG  
 GONG-NE GONG-DU PHEL-WAR SHOG  
 LA-MA KU-KHAM SANG-WAR SÖL-WA DEB  
 CHOG-TU KU-TSHE RING-WAR SÖL-WA DEB  
 TRIN-LE DAR-ZHING GYE-PAR SÖL-WA DEB  
 LA-MA-DANG DRAL-WA ME-PAR JIN-GYI LOB  
 JAM-PAL PA-WÖ JI-TAR KHYEN-PA DANG  
 KÜN-TU ZANG-PO DE-YANG DE-ZHIN TE  
 DE-DAG KÜN-GYI JE-SU DAG-LOB CHING  
 GE-WA DI-DAG THAM-CHE RAB-TU NGO  
 SANG-GYE KU-SUM NYE-PE JIN-LAB DANG  
 CHÖ-NYI MI-GYUR DEN-PE JIN-LAB DANG  
 GE-DÜN MI-CHE DÜ-PE JIN-LAB KYI  
 JI-TAR NGÖ-ZHIN MÖN-LAM DRUB-PAR SHOG  
 DAK-DANG KHOR-DE THAM-CHE KYI  
 DÜ-SUM DU-SAG PA-DANG  
 YÖ-PE GE-WE TSA-WA DI  
 DAG-DANG SEM-CHEN THAM-CHE NYUR-DU  
 LA-NA ME-PA YANG-DAG-PAR DZOG-PE  
 CHANG-CHUB RIN-PO-CHE THOB-PAR GYUR-CHIG  
 SHE-JA KÜN-ZIG KÜN-KHYEN CHÖ-KYI JE  
 TEN-DREL NE-LA WANG-THOB DRI-KUNG-PA  
 RIN-CHEN PAL-GYI TEN-PA SI-TE BAR  
 SHE-DRUB THÖ-SAM GOM-PE DZIN-GYUR CHIG.  
 SA-RVA MA-NGA-LAM.

*(Prayer to Green Tārā)*

MA KYE-WA ME-PE CHÖ-YING NA  
 YUM JE-TSÜN LHA-MO DRÖL-MA ZHUG  
 DE SEM-CHEN KÜN-LA DE-TER MA  
 DAG JIK-PA KÜN-LE KYAB-TU SÖL.

RANG-CHÖ-KU YIN-PAR MA-SHE PAR  
 SEM-NYON-MONG WANG-DU GYUR-PA YI  
 MA KHOR-WAR KHYAM-PE SEM-CHEN LA  
 YUM LHA-MO KHYÖ-KYI KYAB-TU SÖL.

CHÖ NYING-NE GYÜ-LA MA-KYE PAR  
 THA-NYE TSIK-GI JE-DRANG NE  
 DRUB-THA NGEN-PE LÜ-PA LA  
 YUM YANG-DAK-GI LHA-MÖ KYAB-TU SÖL.

TOK-PAR KA-WA RANG-GI SEM

THONG-NE GOM-PAR MI-CHE PAR  
CHA-WA NGEN-PE YENG-PA LA  
YUM DREN-PE LHA-MÖ KYAB-TU SÖL.

SEM RANG-JUNG NYI-ME YE-SHE LA  
NYI-SU DZIN-PE BAG-CHAK KYI  
JI-TAR CHE-KYANG CHING-PA NAM  
THUK NYI-ME-KYI LHA-MÖ KYAB-TU SÖL.

YANG DAG-GI DÖN-LA NE-CHE KYANG  
GYU DRE-KYI TEN-DREL MI-SHE PE  
SHE-CHE DÖN-LA MONG-PA LA  
YUM KÜN-KHYEN LHA-MÖ KYAB-TU SÖL.

TRÖ-DRÄL NAM-KHE TSÄN-NYI CHEN  
THAM-CHE DE-DANG YER-ME KYI  
DA-DUNG LOB-ME GANG-SAK LA  
YUM-DZOK SANG-GYE-KYI KYAB-TU SÖL.