

## 21 PRAISES TO TARA (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 De-Shin Sheg-Pay Tsug-Tor
- ❖ Ta-Yay Nam-Par Gyal-Wa Cho-Ma
- ❖ Ma-Lu Pa-Rol Chin-Pa Tob-Pay
- ❖ Gyal-Way Say-Kyi Shin-Tu Ten-Ma

5

- ❖ 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	Da Way	Dum Bu	U Gyen
❖ Gyen Pa	Tam Che	Shin Tu	Bar Ma
❖ Rel Pay	Tro Na	O Pag	May Lay
❖ Tag Par	Shin Tu	O Rab	Dze Ma

13

❖ Chag Tsal	Kel Pay	Ta May	May Tar
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❖ Bar Way	Treng Way	U Nar	Ne Mar
❖ Yay Kyang	Yon Kum	Kun Nay	Kor Gay
❖ Dra Yi	Pung Ni	Nam Par	Jom Ma
14			
❖ Chag Tsal	Sa Shi	Ngo La	Chag Gi
❖ Til Gyi	Noon Chin	Zhab Gyi	Dung Ma
❖ Tro Nyer	Chen Dze	Yi Gay	Hum Kyi
❖ Rim Pa	Dun Po	Nam Ni	Gem Ma
15			
❖ Chag Tsal	De Ma	Gay Ma	Zhi Ma
❖ Nya Ngen	De Zhi	Cho Yul	Nyi Ma
❖ SO HA	OM Dang	Yang Dag	Den Pay
❖ Dig Pa	Chen Po	Jom Pa	Nyi Ma
16			
❖ Chag Tsal	Kun Ne	Kor Rab	Ga Way
❖ Dra Ye	Lu Ni	Nam Par	Gem Ma
❖ Yi Gay	Chu Pay	Ngag Ni	Ko Pay
❖ Rig Pa	HUM Lay	Drol Ma	Nyi Ma
17			
❖ Chag Tsal	TU RE	Zab Ni	Deb Pay
❖ HUM Gi	Nam Pay	Sa Bon	Nyi Ma
❖ Ri Rab	Man Da	Ra Dang	Big Je
❖ Jig Ten	Sum Nam	Yo Wa	Nyi Ma
18			
❖ Chag Tsal	Lha Yi	Tso Yi	Nam Pay
❖ Ri Dag	Tak Chen	Chag Na	Nam Ma
❖ TA RA	Nyi Jo	PEY Kyi	Yi Gay
❖ Dug Nam	Ma Lu	Pa Ni	Sel Ma
19			
❖ Chag Tsal	Lha Yi	Tsog Nam	Gyal Po
❖ Lha Dang	Mi Am	Chi Yi	Ten Ma

❖ Kun Ne	Go Cha	Ga Way	Ji Kyi
❖ Tso Dang	Mi Lam	Nyen Pa	Sel Ma

20

❖ Chag Tsal	Nyi Ma	Da Wa	Gye-Pay
❖ Chen Nyi	Po La	O Rab	Sel Ma
❖ HA RA	Nyi Jo	TU TA	RA Yi
❖ Shin Tu	Dag Po	Rim Ne	Sel Ma

21

❖ Chag Tsal	De Nyi	Sum Nam	Ko Pay
❖ Zi Way	Tu Dang	Yang Dag	Den Ma
❖ Don Dang	Ro Lang	No Jin	Tsog Nam
❖ Jom Pa	TU RE	Rab Chog	Nyi Ma

❖ Tsa Way	Ngag Kyi	To Pa	Di Dang
❖ Chag Tsal	Wa Ni	Nyi Shu	Tsa Chig