

# Poems and Praises for Tara Practices

This poem, which tenderly describes both the fragility and the preciousness of a human life, was written by Je Tsongkhapa (1357–1419). He wrote many pivotal texts at the heart of Tibetan Buddhist teachings, and his work led to the foundation of the Gelug lineage of Tibetan Buddhism.

The human body at peace with itself is more precious than the rarest gem.  
Cherish your body, it is yours this one time only.  
The human form is won with difficulty.  
It is easy to lose.  
All worldly things are brief like lightning in the sky.  
Life you must know as the tiny splash of a rain drop, a thing of beauty that disappears even as it comes into being.  
Therefore, set your goal.  
Make use of every day and night to achieve it.

This verse, written by the Master Atisha, is both a praise to Tara and an explanation and homage to her mantra, *Om Tare Tuttare Ture Soha*. Saying or singing this verse is thought to be the equivalent of reciting the entire 21 Praises to Tara. This wonderful verse can be sung or recited as a spontaneous practice to support you throughout your day. You can listen to the tune being sung on the recording of the Red Hum-Sounding Tara meditation, beginning at minute 37.

**Tschhag tshäl dröl ma tare pa mo**

*I bow down before the courageous Tara.*

**TU TA RA YI dschig kün sel ma**

*You free us from all dangers with the mantra of TU TARAYI.*

**TU RE dön nam tham tschä ter ma**

*With TURE you fulfill all activities*

**SVA HA yi ge tschä la rab dü**

*With the rest of the manta and SVA HA I honor you.*

“A Short Song of Praise to Tara,” by the Master Atisha, is a beautiful praise of Tara and her wonderful healing qualities. The praise reminds us that the Mother Tara also emanates as all the life giving elements that support our lives in every moment. The praise was translated from Tibetan into German by Lodrö Tulku Rinpoche and later translated into English by Mary O’Beirne.

## A Short Song of Praise to Tara by Master Atisha

**Thug dsche tschhen po dröl ma yum la tschhag tshäl lo**

*I bow down to you, oh great, compassionate Mother.*

**tschhag tong tschen tong dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother of a thousand eyes and arms.*

**män pä gyäl po dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother Tara, supreme among healers.*

**män tar nä dschom dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother Tara, you are the medicine that heals all ills.*

**thug dsche thab khä dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother Tara, compassionate and skilled in all methods.*

**Sa tar ten dse dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother Tara, you are the all-supporting earth.*

**tschhu tar sil dse dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother Tara, you are the cool water.*

**me tar min dse dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother Tara, you are the warm and ripening fire.*

**lung tar gyä dse dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother Tara, you are the air where each thing grows.*

**kha tar kyab dse dröl ma yum la tschhag tshäl lo**

*I bow down to you, Mother Tara, you are omnipresent, like space.*

The praise was included in the Prayers for the 21 Taras Teaching, January 2021.

©2021 Bhikshu Mati Foundation.