

The
21 Taras
THANGKHA

Lama Zopa Rinpoche

1946-2023

“Invocation to 21 Taras”

**Audio will commence
at 5pm**

Music by Faye Wong
Images from Peter Iseli's
huge **21 Taras Thangka**
(acrylic on canvas, 15x9m)



1. Refuge & Bodhicitta
2. The Four Immeasurables
3. Invocation & Seven-limb offering
4. Requests to Tara
5. Praises to Twenty-One Taras
6. Twenty-One Taras mantras
7. Benefits of Recitation
8. Dedication Verses



1. Refuge & Bodhicitta (x 3)

With a wish to free all beings
I shall always go for refuge
To the Buddha, Dharma and Sangha
Until I reach Full Awakening.

Enthused by wisdom and compassion
Today, in the Buddha's presence,
I generate the mind for Full Awakening
For the benefit of all living beings.

As long as space remains
As long as living beings remain
Until then, may I too remain
And dispel the miseries of the world.



PHOTOGRAPH BY PETER HÖNNEMANN

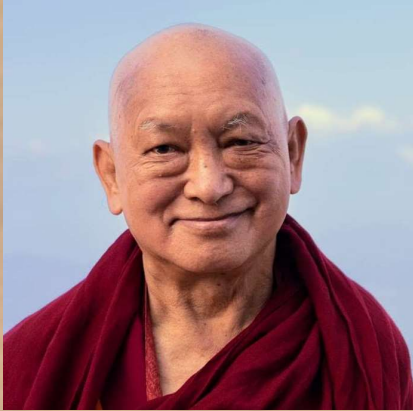




“From my heart I bow to Divine Mother Tara, essence of love and compassion, the most precious objects of refuge gathered into one.”



**“In short, other than you,
there is no object of
reliance for anything.”**



**“The best way we can become close
to Tara, what pleases her the most,
is when we fervently try to develop
the mind of bodhichitta. The more
we are able to practise bodhichitta
and cherish others more than
ourselves, the closer we will be to
Tara, and the easier it will be for her
to offer us help quickly.”**





“At the moment we are so fortunate. We have this human rebirth, We have met Buddhism and we can meet great beings like Khadro-la. So we are unbelievably fortunate.”

Lama Zopa



2. The Four Immeasurables



Friendliness/Goodwill/Cooperativeness

How wonderful it would be if all sentient beings were to have lasting happiness and its causes.

May they have lasting happiness and its causes.

I myself will cause them to have lasting happiness and its causes.

Please Gurus and deities, bless me to be able to do this.



Lama Zopa Rinpoche with Khandro Kunga Bhuma - Kopan
Monastery, Boudhanath, Nepal; Photographer: Ven. Lobsang Sherab

Care/Compassion

How wonderful it would be if all sentient beings were free from suffering and its causes.

May they be free from suffering and its causes.

I myself will cause them to be free from suffering and its causes.

Please Gurus and deities, bless me to be able to do this.



Gratitude/Rejoicing in virtue

How wonderful it would be if all sentient beings were never separated from high rebirth and liberation.

May they never be separated from these.

I myself will cause them never to be separated from these.

Please Gurus and deities, bless me to be able to do this.



Impartiality/openmindedness

How wonderful it would be if all sentient beings were to abide in equanimity, free from attachment and hatred, free from holding some close and others distant.

May they abide in equanimity.

I myself will cause them to abide in equanimity.

Please Gurus and deities, bless me to be able to do this.





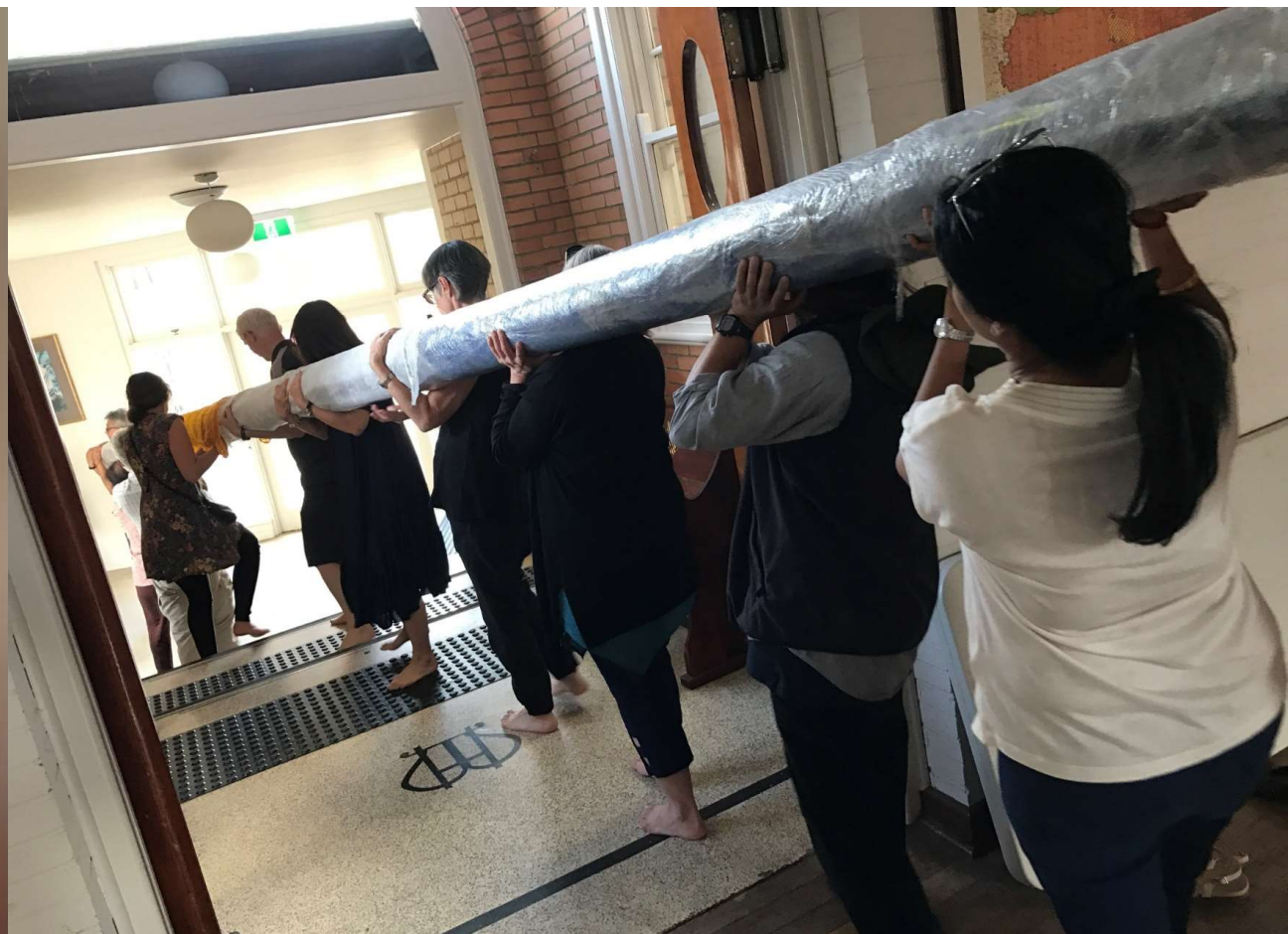
Commissioned by **Lama Zopa Rinpoche**, famous Swiss artist **Peter Iseli**, helped by his wife **Jangchub Iseli-Sangmo**, spent **FOUR YEARS 2013-17** painting the giant **21 Taras Thangka**, one section at a time, at our sister centre in France...







Lama Zopa Rinpoche, USA, June 2017. Photo by Ven. Lobsang Sherab.



In 2017, Lama Zopa gave the 21 Taras Thangka to Tara Institute in Melbourne Australia, ***“to show to as many people as possible”***.

First Exhibition! **Tara the Liberator**

White Night Melbourne

18 February 2018, 7pm-7am

Hamer Hall



**Blessing of the
Thangka
by Geshe Doga on
White Night Eve**





Second Exhibition

White Night Ballarat

17 March 2018, 7pm-2am

Mining Exchange





Third Exhibition

Heart of Wisdom Retreat

March–May 2018

The Great Stupa, outside Bendigo





Prayers for the Beginning of Teachings
Praise to Shakyamuni Buddha
LA MA TON PA CHOM DAN DA DE ZHIN SHEG PA DEA CHOM PA
YANG DAG PAK DZOG PAI LANG GYA
Guru, Teacher, Bhagawan, Tathagata, Arhat, Perfectly Complete Buddha,
RIG PA DANG ZHAB SU DAN PA / DE WAK SHEG PA / JIG TEN KHYE
PA
Perfect in Knowledge and Good Conduct, Inqata, Knower of the World,
KYE BU DUL WA / KHA LO GYUR WA / LA NA ME PA / IHA DANG
HAM KYI TON PA.



Fourth Exhibition

19-20 May 2018

Great Stupa, Bendigo



Fifth Exhibition

White Night Bendigo

1 September 2018, 7pm-2am

Town Hall





3. Invocation and Seven-Limb Offering





Peter Iseli spent February 2019 making the changes to the 21 Taras Thangka requested by **Lama Zopa Rinpoche**.



Sixth Exhibition

**Vesak
celebrations**

Melbourne Town Hall

13 May 2023 10am – 6pm







Seventh Exhibition

Vesak celebrations

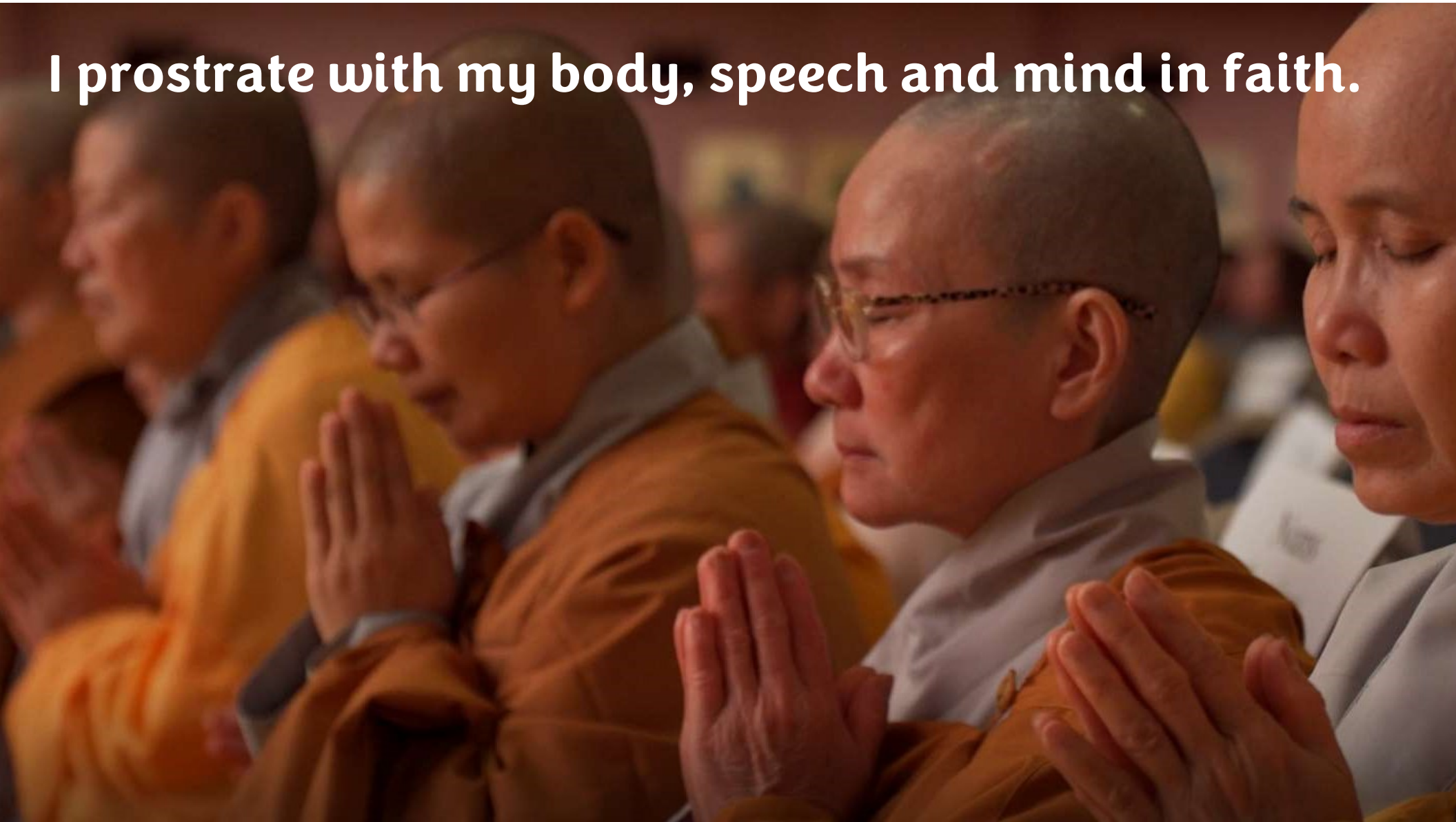
Melbourne Town Hall

11 May 2024 10am - 5pm





I prostrate with my body, speech and mind in faith.



Each and every offering I make, including those actually performed and those mentally transformed.



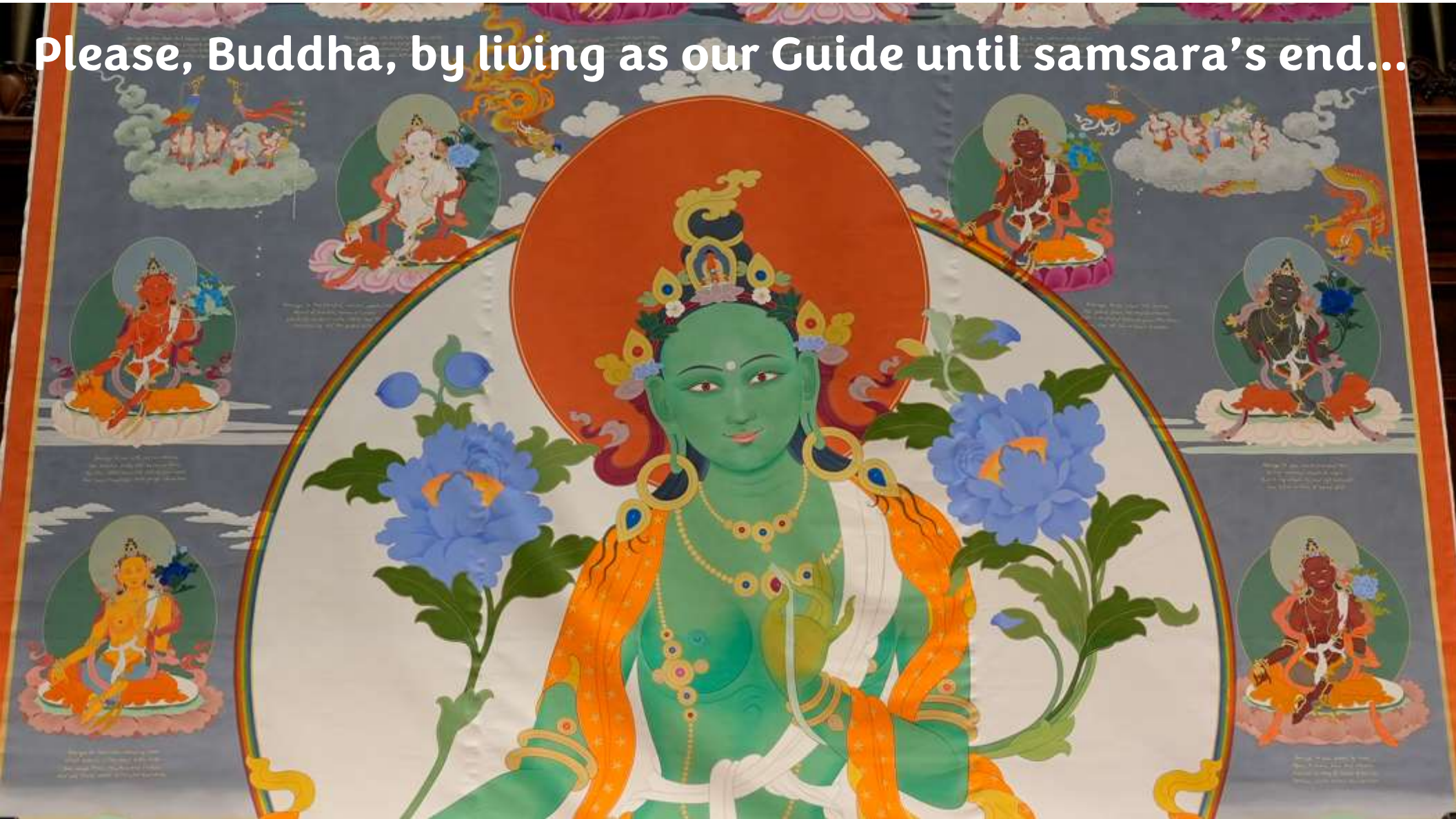
I confess all negativities gathered from beginningless lives.



And rejoice in all ordinary and Noble beings' actions.



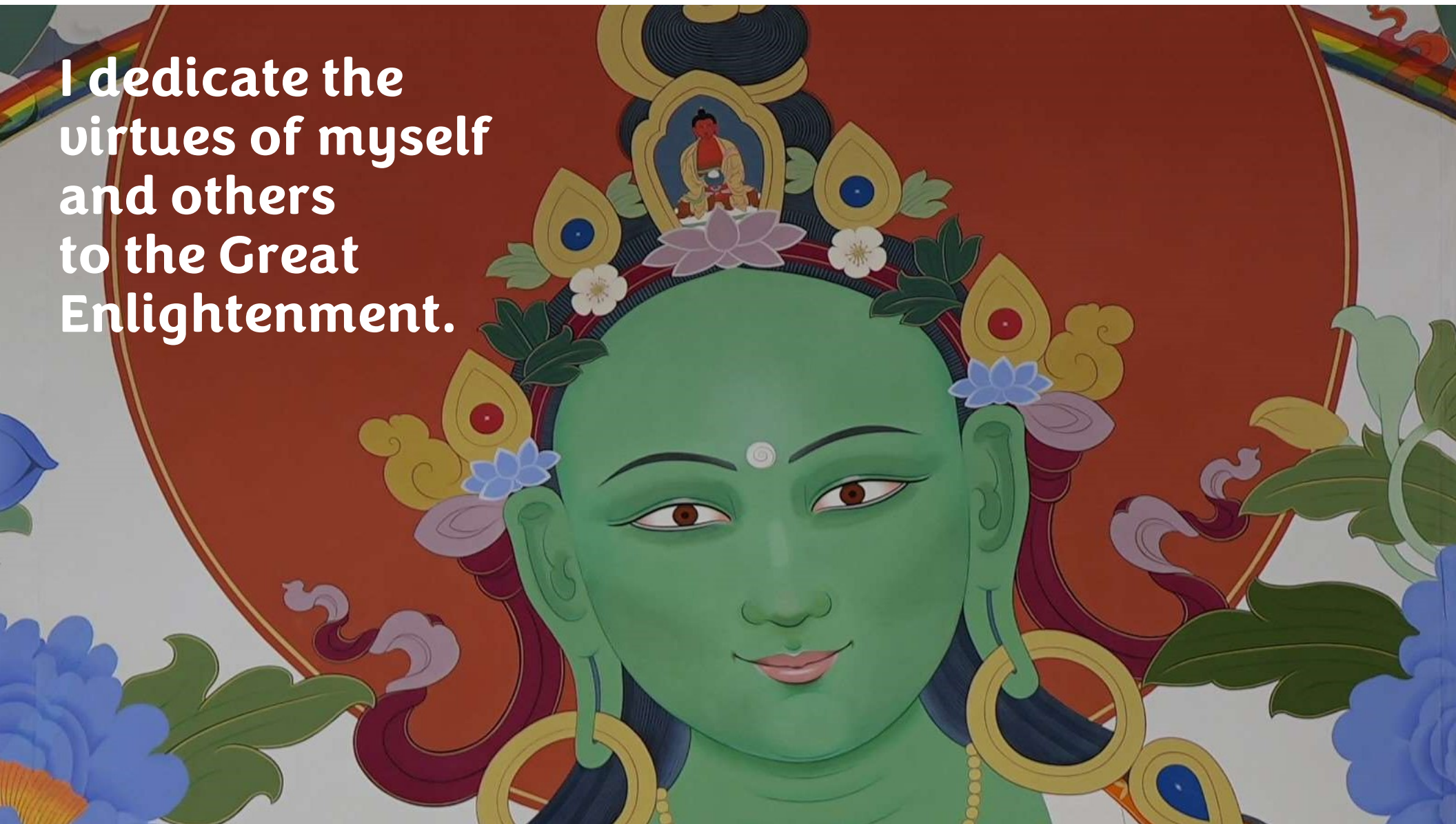
Please, Buddha, by living as our Guide until samsara's end...



... lead the way for transmigrators.



**I dedicate the
virtues of myself
and others
to the Great
Enlightenment.**



4. Requests for the powers of the Taras



Please be patient with any clunkiness in swap to video...

5. Praises to the Twenty-One Taras



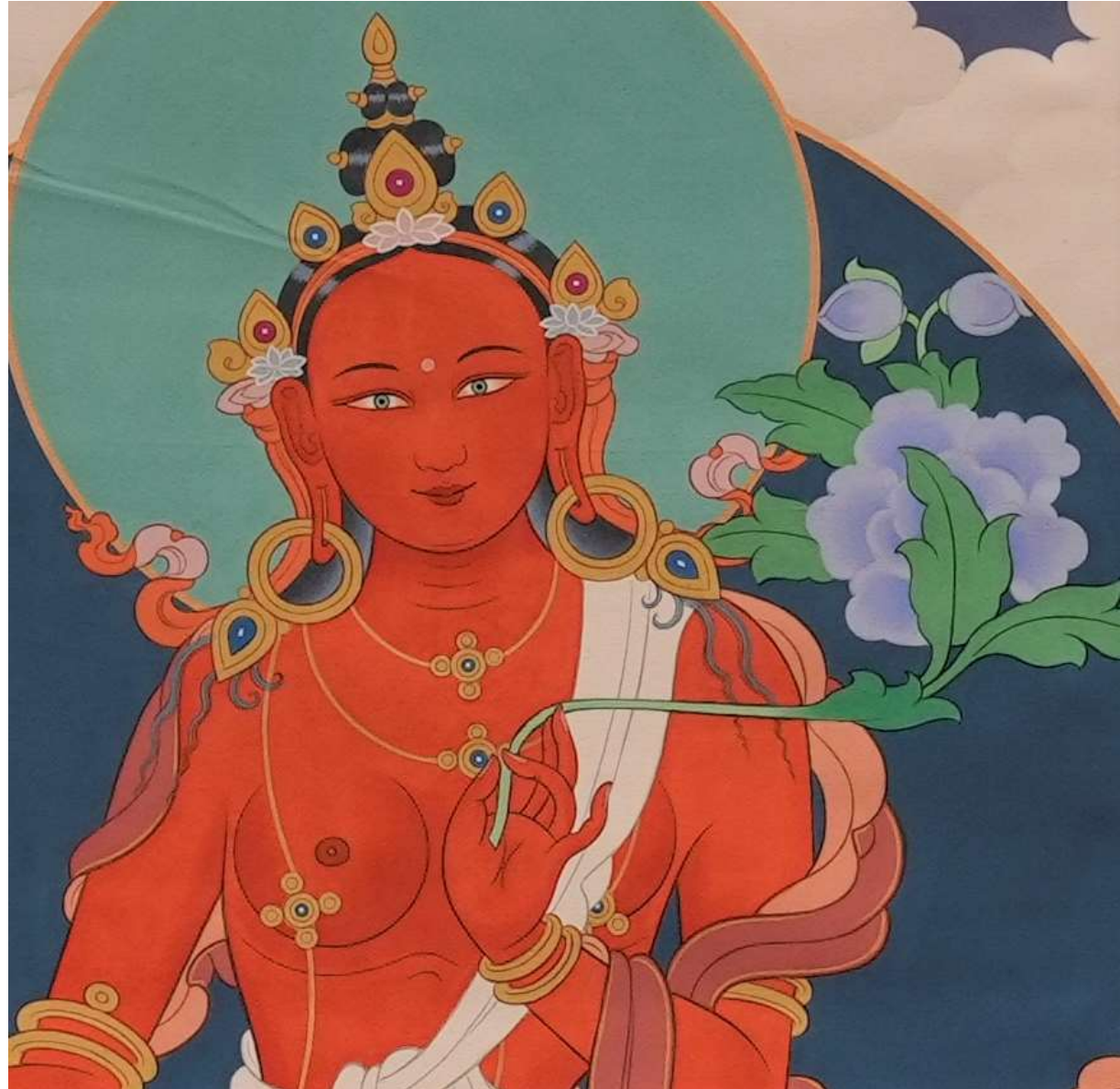
**“OM! Homage to the
Venerable Arya Tara!”**





Tara #1

“Homage to Tara, swift and fearless, with eyes like a flash of lightning Lotus-born in an ocean of tears of Chenrezig, three worlds’ protector.”





Tara #2

“Homage to you whose
face is like one hundred
autumn moons gathered
And blazes with the
dazzling light of a
thousand constellations.”





← Tara #3

“Homage to you born
from a gold blue lotus,
Hands adorned with
lotus flowers,
Essence of giving, effort
and ethics, patience,
concentration
and wisdom.”





← Tara #4

“Homage to you who
crown all Buddhas,
Whose action subdues
without limit,
Attained to every
perfection,
On whom the
bodhisattvas rely.”





← Tara #5

“Homage to you
whose TUTTARE and
HUM fill the realms
of desire, form and
space. You crush
seven worlds
beneath your feet
and have the power
to call all forces.”





← Tara #6

“Homage to you
adored by Indra,
Agni, Brahma,
Vayu and Ishvara,
praised in song by
hosts of spirits,
zombies, scent-
eaters and
yakshas.”





← Tara #7

“Homage to you
whose TRAD and
PHAT destroy
external wheels of
magic.
Right leg drawn in
and left extended,
you blaze within a
raging fire.”





Tara #8

“Homage to you whose
TURE destroys the
great fears, the mighty
demons.
With a wrathful frown
on your lotus face you
slay all foes without
exception.”





Tara #9

“Homage to you,
beautifully adorned
by the Three Jewels
gesture at your heart.
Your wheel shines in
all directions with a
whirling mass of
light.”





Tara #10

“Homage to you,
radiant and joyful,
whose crown emits a
garland of light.
You by the laughter of
TUTTARE conquer
demons and lords of
the world.”





Tara #11

“Homage to you with power to invoke the assembly of local protectors. With your fierce frown and vibrating HUM, you bring freedom from all poverty.”





Tara #12

“Homage to you with
crescent moon
crown, all your
adornments dazzling
bright. From your hair
knot Amitabha shines
eternal with great
beams of light.”





Tara #13

“Homage to you who dwells in a blazing wreath like the fire at the end of this age. Your right leg outstretched and left drawn in, joy surrounds you who defends hosts of foes.”



Tara #14

“Homage to you
whose foot stamps
the earth and whose
palm strikes the
ground by your side.
With a wrathful
glance and the letter
HUM, you subdue all
in the seven stages.”





Tara #15

“Homage to the blissful, virtuous, peaceful one object of practice, nirvana’s peace. Perfectly endowed with SWAHA and OM overcoming all the great evils.”





Tara #16

“Homage to you with
joyous retinue, you
subdue fully all
enemies’ forms.
The ten-letter mantra
adorns your heart and
your knowledge-HUM
brings liberation.”





Tara #17

“Homage to TURE with stamping feet, whose essence is the seed-letter HUM. You cause Meru, Mandara and Vindaya and all the three worlds to tremble and shake.”





Tara #18

“Homage to you who holds in your hand a moon like a celestial lake. Saying TARA twice and the letter PHAT, you dispel all poisons without exception.”





Tara #19

“Homage to you on whom the kings of gods, the gods themselves and all spirits rely. Your armour radiates joy to all; you soothe conflicts and nightmares as well.”





Tara #20

“Homage to you,
whose eyes, the sun
and moon, radiate
with pure brilliant
light; uttering HARA
and TUTTARE dispels
extremely fearful
plagues.”





Tara #21

“Homage to you
adorned with three
natures, perfectly
endowed with
peaceful strength.
You destroy demons,
zombies and yakshas;
O TURE, most exalted
and sublime!”





**“These praises with
the root mantras
and prostrations
thus are twenty-one!”**

6. Twenty-One Taras Mantras





Tara 1. Quick Heroine

Power of controlling

**OM TARE TUTTARE TURE
WASHEN KURU SOHA**

(x3)



Tara 2. Great Peaceful One

Action of peace

**OM TARE TUTTARE TURE
SHANTIM KURU SOHA**

(x3)



Tara 3. The Increasing One

Power of increase

**OM TARE TUTTARE TURE
PUSHTIM KURU SOHA**

(x3)



Tara 4. The Tara of Long Life

Power of long life

**OM TARE TUTTARE TURE
AYU GNANA SHRIYE
DHRUM SOHA**

(x3)



**Tara 5. The Tara with
the HUNG voice**

Power of attraction

OM TARE TUTTARE TURE

*(...your name or the name of the
person you wish to attract to the*

Dharma...) **AKAR CHAYA SHRI**

SOHA

(x3)



**Tara 6. Victory over the Three
Worlds**

Power to intoxicate the yakshas

**OM TARE TUTTARE TURE
SARWA TUTTI CHURU SOHA**

(x3)



**Tara 7. Destroying others'
Black Magic**

Power of destroying evil magic

**OM TARE TUTTARE TURE
BADYE BERDHA WARANAYA
ZHO SOHA**

(x3)



Tara 8. Destroyer of the Maras

Power of destroying the Maras

**OM TARE TUTTARE TURE
AMAGASHA TRUM MARAYA
HUNG PHET SOHA**

(x3)



Tara 9. The Three Rare Sublimer

Power to protect others
from fears and danger

**OM TARE TUTTARE TURE
NU PA SARWA RAKKA
SOHA**

(x3)



Tara 10. Conqueror of Demons

Power to conquer the demons
and Maras that control the
world

**OM TARE TUTTARE TURE
SARWA MARA PRAMA
TAYAR HUNG PHET SOHA**

(x3)



**Tara 11. Eliminating from
poverty**

Power to eliminate poverty

**OM TARE TUTTARE TURE
BASU DARI SOHA**

(x3)



**Tara 12. Making everything
auspicious**

Bestowing auspiciousness

**OM TARE TUTTARE TURE
MANGALAM PUSHTIM
KURU SOHA**

(x3)



Tara 13. The Blazing One

Power to lead your enemy
to Buddhahood

**OM TARE TUTTARE TURE
PATAYA PEMI KURU
SOHA**

(x3)



**Tara 14. The Wrathful
Wrinkled One**

Power to suppress those who
interfere and create obstacles

**OM TARE TUTTARE TURE
BENDZA MAHA PATAYA
PEMI KURU SOHA**

(x3)



**Tara 15. Virtuous Peaceful
One**

Bestowing nirvana's peace

**OM TARE TUTTARE TURE
SARWA PAPAM PUTA
MANAYE SOHA**

(x3)



**Tara 16. Wisdom Liberating
One from Hung**

Increasing the power
of the mantras

**OM TARE TUTTARE TURE
SARWA DHARMA PRATI
SHUDDHA YA SOHA**

(x3)



Tara 17. Shaking the Three Worlds

Destroying the power
of bullying and evil mantras

**OM TARE TUTTARE TURE
SARWA TAM BANE DELE
SOHA**

(x3)



Tara 18. Eliminating the Poison

Power to dispel all physical
and emotional poisons

**OM TARE TUTTARE TURE
SARWA NAGA BIKA
SHANTIM KURU SOHA**

(x3)



**Tara 19. Overcoming Quarrel
and Fight**

Power to eliminate conflicts
and nightmares

**OM TARE TUTTARE TURE
MUDZA NAYA SOHA**

(x3)



**Tara 20. Eliminating
Epidemic Diseases**

**Power to destroy all
contagious diseases**

**OM TARE TUTTARE TURE
BIZ ARAY SOHA**

(x3)



**Tara 21. For All Actions
to Complete**

Power of completion

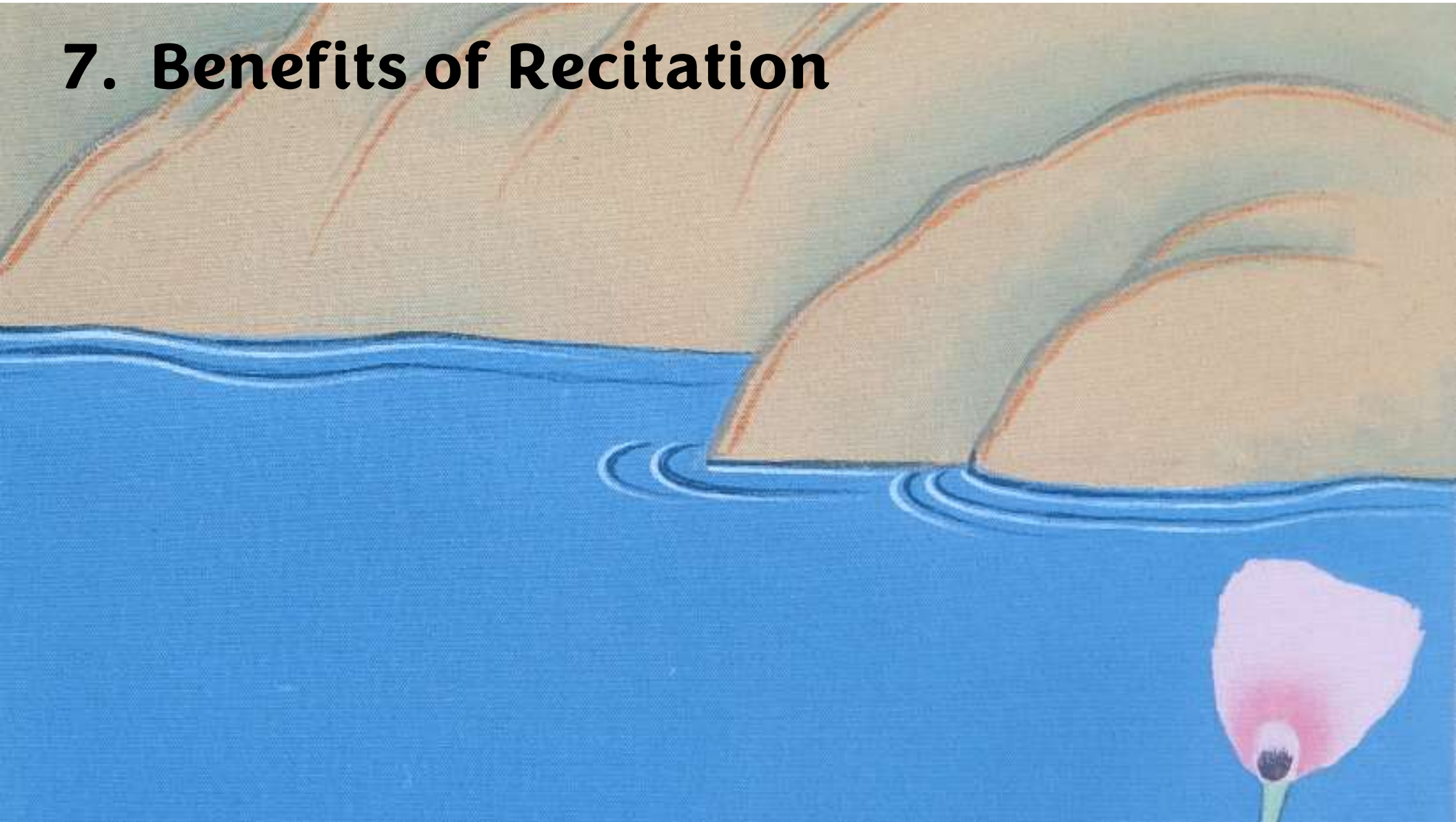
**OM TARE TUTTARE TURE
SARWA SIDDHI SOHA**

(x3)



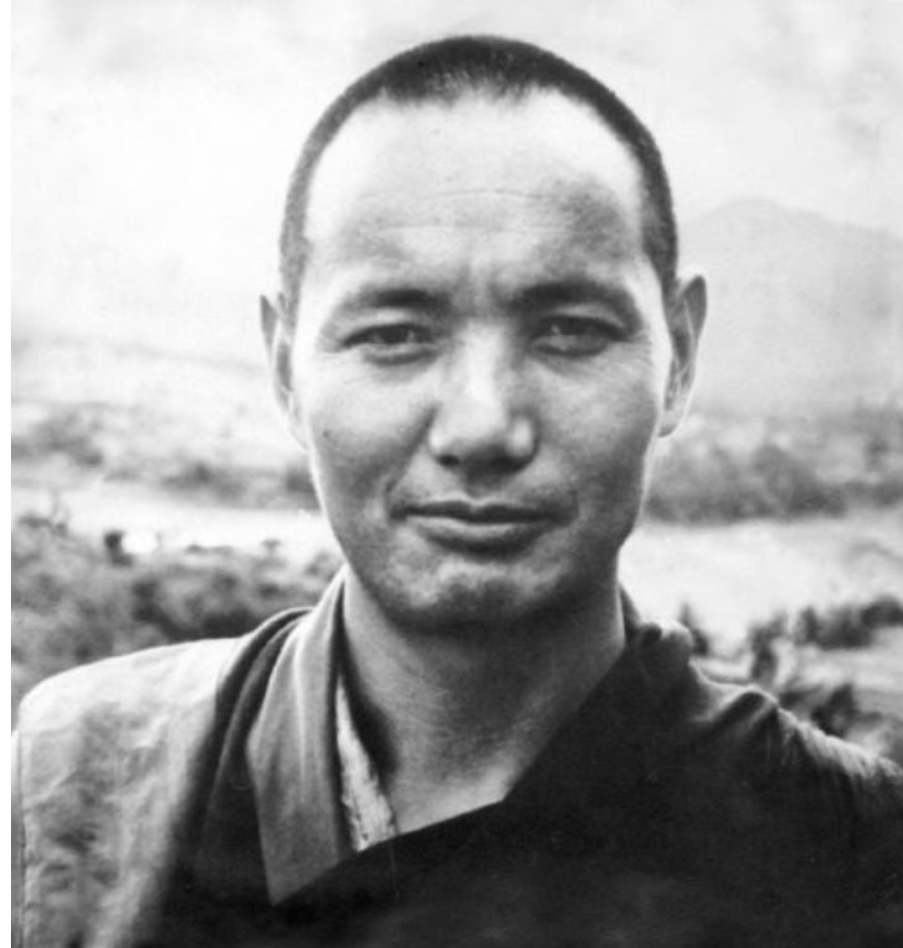


7. Benefits of Recitation

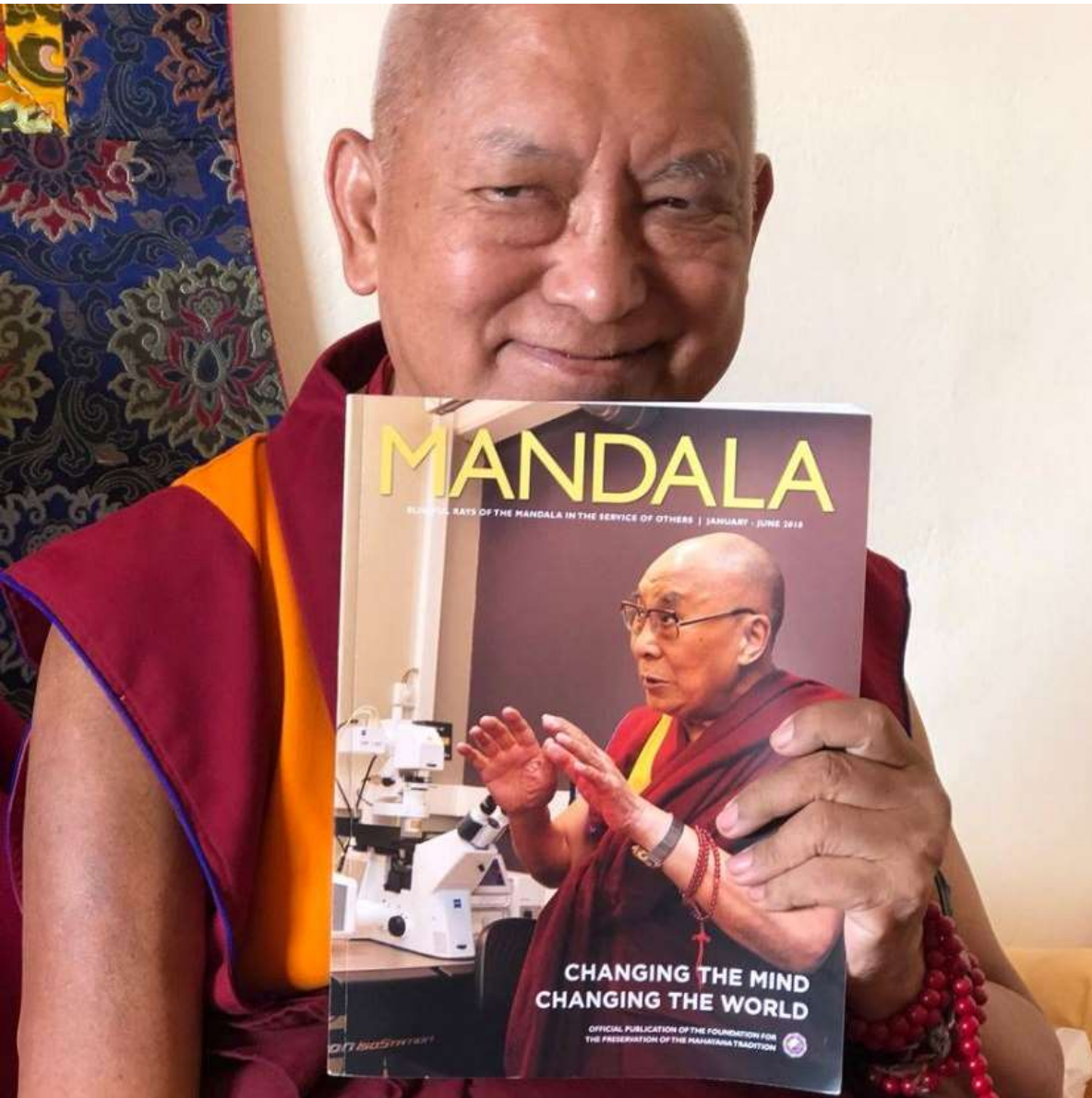


“Thinking ‘*I am [the Buddha Tara]*’ is an antidote to the ordinary concepts of ego, the psychological belief in the fantasy of your own identity....

The reality [of your being the Buddha] is and always has been there; it’s simply a matter of recognising it.”



LAMA YESHE



“If every eight-year-old in the world is taught meditation, we will eliminate violence from the world within one generation.”

**His Holiness
the Dalai Lama**

Lama Zopa holding an issue of FPMT’s magazine Mandala



To recite anytime, anywhere... on waking **tomorrow morning**
for Tara Day... hear all sound as **Green Tara's mantra**



OM TARE TUTTARE TURE SOHA

...which means:

*“Just as all past Buddhas have been liberated,
may I be liberated from discontent, from fears,
external dangers, internal delusions and confusion!
May this meaning take root in my mind.”*

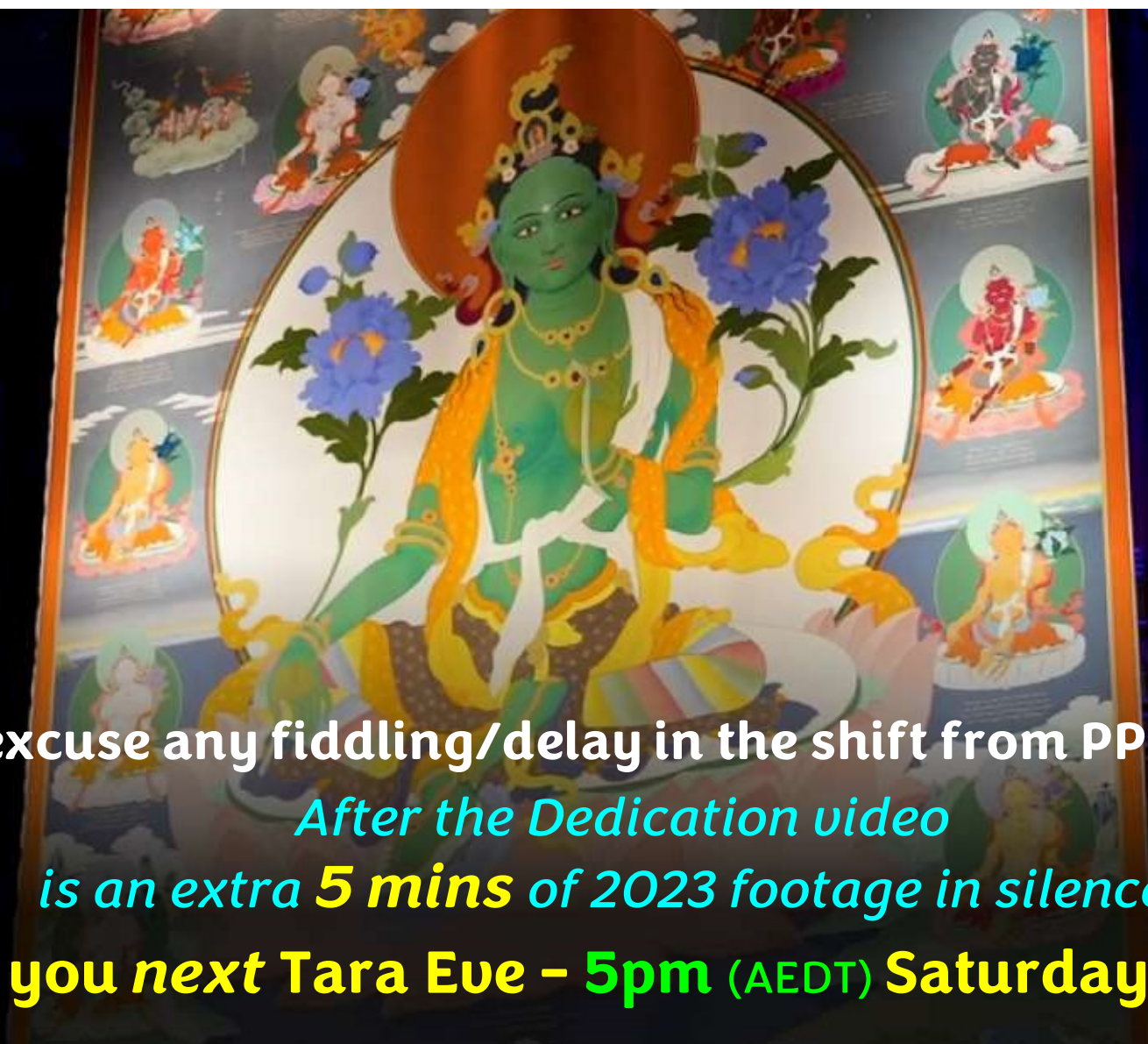
8. Dedication Verses



(Translation of
what you'll hear next)

May the precious Bodhi mind
not yet born arise and grow.
May that born have no decline
but increase more and more.

Due to these merits, may I
quickly attain the state of a
Buddha, and lead all living
beings, without exception,
into that fully Awakened state.



Please excuse any fiddling/delay in the shift from PPP to video...

*After the Dedication video
is an extra **5 mins** of 2023 footage in silence -*

See you next Tara Eve - 5pm (AEDT) Saturday 13 July