



二十一度母修習法本
Twenty-one Taras Notes

Praise to the 21 Taras

OM JE TSÜN·MA PHAG·MA DRÖL·MA·LA CHHAG-TSHÄL LO

唵 姐尊嗎叭嗎座嗎拉叉梭羅

OM! Homage to the Venerable Arya Tara.

唵！敬禮尊聖救度母



救度速勇母

01

Quick Heroine

迅速成就 Quick realisations

CHHAG-TSHÄL DRÖL-MA NYUR-MA PAA-MO

叉梭座嗎魯嗎臥磨

Homage! Tara, swift, heroic!

敬禮救度速勇母

CHÄN-NI KÄ-CHIG LOG-DANG DRA-MA

正呢鏡癡啦登渣嗎

Eyes like lightning instantaneous!

目如剎那電光照

JIG-TEN SUM-GÖN CHU-KYE ZHÄL-GYI

箭聽森幹諸鏡些機

Sprung from op'ning stamens of the

三世界尊蓮花面

GEY-SAR JE-WA LÄ-NI JUNG-MA

鏡沙借哇呢哩珠嗎

Lord of three world's tear-born lotus!

從妙華中現端嚴

OM (AH) TARE TUTTARE TURE WASHEN KURU SOHA



百秋朗月母

02

Great Peaceful One

平息負面情緒 Pacify negative emotions

CHHAG-TSHÄL TÖN-KÄI DA-WA KÜN-TU

叉梭同騎打哇權吐

Homage! She whose face combines a

敬禮百秋朗月母

GANG-WA GYA-NI TSEG-PAI ZHÄL-MA

耕哇嘉呢車啤些嗎

Hundred autumn moons at fullest!

普遍圓滿無垢面

KAR-MA TONG-TRAG TSHOG-PA NAM-KYI

嘉嗎通渣錯叭南機

Blazing with light rays resplendent

如千星宿俱時聚

RAB-TU CHHE-WÄI Ö-RAB BAR-MA

拉吐車喂啊拉吧嗎

As a thousand star collection!

殊勝威光超於彼

OM TARE TUTTARE TURE SHANTING KURU SOHA

紫磨金色母

03

The Increasing One

滿足個人意願 Fulfilling one's self-intent

CHHAG-TSHÄL SER-NGO CHHU-NÄ KYE-KYI

叉梭些我諸呢騎機

Homage! Golden-blue one, lotus

敬禮紫磨金色母

PÄ-ME CHHAG-NI NAM-PAR GYÄN-MA

啤咩叉呢喃叭鏡嗎

Water-born, in hand adorned!

妙蓮華手勝莊嚴

JIN-PA TSÖN-DRÜ KAA-TUB ZHI-WA

箭叭尊都嘉吐絲哇

Giving, effort, calm, austerities,

施精勤行柔善靜

ZÖ-PA SAM-TÄN CHÖ-YÜL NYI-MA

梭叭三聽錯有呢嗎

Patience, meditation Her sphere!

忍辱禪定性無境



OM TARE TUTTARE TURE PUSHTING KURU SOHA

如來頂髻母

04

The Tara of Long Life

達致圓滿成就

Having reached every perfection

CHHAG-TSHÄL DE-ZHIN SHEG-PÄI TSUG-TOR

叉梭爹先些啤著陀

Homage! Crown of Tathagatas,

敬禮如來頂髻母

THA-YÄ NAM-PAR GYÄL-WAR CHÖ-MA

他耶南叭嘉哇錯嗎

Actions triumph without limit!

最勝能滿無邊行

MA-LÜ PHA-RÖL CHHIN-PA THOB-PÄI

嗎盧叭囉千叭陀啤

Relied on by Conquerors' children,

得到彼岸盡無餘

GYÄL-WÄI SA-KYI SHIN-TU TEN-MA

敬喂些機先吐聽嗎

Having reached ev'ry perfection!

勝勢佛子極所愛



OM TARE TUTTARE TURE AYUR GNANA
SHRIYE DRUM SOHA



達囉吽字母

05

The Tara with the HUM Voice

以佛法利益眾生

Benefit sentient beings with dharms

CHHAG-TSHÄL TUTTARA HUM YIG-GE

叉梭吐他拉吽衣鏡

Homage! Filling with TUTTARE

敬禮達囉吽字母

DÖ-DANG CHHOG-DANG NAM-KHA GANG-MA

都登錯登南嘉耕嗎

HUM, desire, direction, and space!

聲愛方所滿虛空

JIG-TEN DÜN-PO ZHAB-KYI NÄN-TE

箭聽頓破沙機呢嘜

Trampling with Her feet the seven worlds,

運足遍覆七世界

LÜ-PA ME-PAR GUG-PAR NÜ-MA

盧叭咩叭孤叭盧嗎

Able to draw forth all beings!

悉能鉤召攝無餘

OM TARE TUTTARE TURE (NAME OF THE PERSON)
AKAR CHAYA SHRI SOHA



釋梵火天母

06

Victory Over the Three Worlds

保護我們免於妖魔傷害

Protecting from spirit harm

CHHAG-TSHÄL GYA-JIN ME-LHA TSHANG-PA

叉梭嘉箭咩啦爭叭

Homage! Worshipped by the All-Lords,

敬禮釋梵火天母

LUNG-LHA NA-TSHOG WANG-CHHUG CHHÖ-MA

龍啦那錯橫竹錯嗎

Shakra, Agni, Brahma, Marut!

風神自在眾俱集

JUNG-PO RO-LANG DRI-ZA NAM-DANG

珠破囉冷之沙南登

Honored by the hosts of spirits,

部多起屍尋香等

NÖ-JIN TSHOG-KYI DÜN-NÄ TÖ-MA

羅箭錯機頓呢陀嗎

Corpse-raisers, gandharvas, yakshas!

諸藥叉眾作稱歎

OM TARE TUTTARE TURE SARWA TUTTI CHURU SOHA



特囉胝吒母

07

Destroying Other's Black Magic

消除所有負性 Destroys negativity

CHHAG-TSHÄL **TRAD-CHE JA-DANG PHAT-KYI**

叉梭車車叉登吒機

Homage! With Her **TRAD** and **PHAT** sounds

敬禮特囉胝吒母

PHÄ-RÖL **TRUL-KHOR RAB-TU JOM-MA**

叭囉吐歌啦吐座嗎

Destroying foes' magic diagrams!

於他加行極摧壞

YÄ-KUM YÖN-KYANG ZHAB-KYI NÄN-TE

耶權翁耕沙機呢爹

Her feet pressing, left out, right in,

展左跪右作足踏

ME-BAR THRUG-PA SHIN-TU BAR-MA

咩叭吐叭先吐吧嗎

Blazing in a raging fire-blaze!

頂髻熾盛極明耀

**OM (AH) TARE TUTTARE TURE BADYE
BERDHA WARANAYA ZHO SOHA**



都哩大緊母

08

Destroyer of the Mara

摧毀我執 Destroys self grasping

CHHAG-TSHÄL **TU-RE JIG-PA CHEN-PO**

叉梭吐哩之叭正破

Homage! **TURE**, very dreadful!

敬禮都哩大緊母

DÜ-KYI PA-WO NAM-PAR JOM-MA

都機叭窩南叭座嗎

Destroyer of Mara's champion(s)!

勇猛能摧怨魔類

CHHU-KYE ZHÄL-NI THRO-NYER DÄN-DZÄ

諸鏡些呢坐呢聽車

She with frowning lotus visage,

於蓮華面作顰眉

DRA-WO TAM-CHÄ MA-LÜ SÖ-MA

渣窩談車嗎盧梭嗎

Who is slayer of all enemies!

摧壞一切冤家眾

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



三寶嚴印母

09

The Three Rare Sublime

救度在險境的眾生

Protect others from fear/danger

CHHAG-TSHĀL KÖN-CHOG SUM-TSHÖN CHAG-GYĀI

叉梭權竹森中叉鏡

Homage! At the heart Her fingers

敬禮三寶嚴印母

SOR-MÖ THUG-KAR NAM-PAR GYÄN-MA

酥磨吐嘉南臥鏡嗎

Adorn Her with Three Jewel mudra!

手指當心威嚴相

MA-LÜ CHHOG-KYI KHOR-LÖ GYÄN-PÄI

嗎盧錯機歌囉鏡啤

Light-ray masses all excited!

嚴飾方輪盡無餘

RANG-GI Ö-KYI TSHOG-NAM THRUG-MA

冷機炯機錯南諸嗎

All directions' wheels adorn Her!

自身熾盛光聚種

OM TARE TUTTARE TURE NU PA SARWA RAKKA SOHA



威德歡悅母

10

The Destroyer of the Mara

有信心達成願望

Fulfilling wishes with faith

CHHAG-TSHĀL RAB-TU GA-WA JI-PÄI

叉梭啦吐嘉哇箭啤

Homage! She so joyous, radiant,

敬禮威德歡悅母

U-GYÄN Ö-KYI THRENG-WA PEL-MA

烏鏡炯機車哇啤嗎

Crown emitting garlands of light!

寶冠珠鬘眾光飾

ZHE-PA RAB-ZHÄ TUTTARA-YI

些啤啦些吐他啦衣

Mirthful, laughing with TUTTARE,

最極喜笑睹達哩

DÜ-DANG JIG-TEN WANG-DU DZÄ-MA

都登之聽橫都姐嗎

Subjugating Maras, Devas.

鎮世間魔作攝伏

OM TARE TUTTARE TURE SARWA MARA
PRAMA TAYAR HUNG PHET SOHA



守護眾地母

11

Eliminating from Poverty

財富 Wealth

CHHAG-TSHÄL SA-ZHI KYONG-WÄI TSHOG-NAM

叉梭沙絲剛喂錯南

Homage! She able to summon

敬禮守護眾地母

THAM-CHÄ GUG-PAR NÜ-MA NYI-MA

譚車孤魯嗎呢嗎

All earth-guardians' assembly!

亦能夠召諸神眾

THRO-NYER YO-WÄI YI-GE HUM-GI

錯喂翁喂衣既咩機

Shaking, frowning, with Her HUM sign

搖颯眉面咩聲字

PHONG-PA THAM-CHÄ NAM-PAR DRÖL-MA

朋臥譚車南臥座嗎

Saving from every misfortune!

一切衰敗令度脫

OM TARE TUTTARE TURE BASU DARI SOHA



頂冠月相母

12

Making Everything Auspicious

除障 Purification

CHHAG-TSHÄL DA-WÄI DUM-BÜ U-GYÄN

叉梭打喂敦布烏鏡

Homage! Crown adorned with crescent

敬禮頂冠月相母

GYÄN-PA THAM-CHÄ SHIN-TU BAR-MA

鏡臥譚車先吐吧嗎

Moon, all ornaments most shining!

冠中現勝妙嚴光

RÄL-PÄI TRÖ-NA Ö-PAG ME-LÄ

呢啤座拿哦臥咩呢

Amitabha in Her hair-knot

阿彌陀佛髻中現

TAG-PAR SHIN-TU Ö-RAB DZÄ-MA

他臥先吐哦立車嗎

Sending out much light eternal!

常放眾妙寶光明

OM TARE TUTTARE TURE MANGLAM
PUSHTIM KURU SOHA



如盡劫火母

13

The Blazing One

摧毀痛苦之因

Destroying the causes of sufferings

CHHAG-TSHĀL KĀL-PAI THA-MĀI ME-TAR

叉梭既啤他咩咩他

Homage! She 'mid wreath ablaze like

敬禮如盡劫火母

BAR-WAI THRENG-WĀI Ü-NA NĀ-MA

吧喂車喂烏拿捏嗎

Eon-ending fire abiding!

安住熾盛頂髻中

YĀ-KYANG YÖN-KUM KÜN-NĀ KOR-GĀI

贏剛翁權權捏歌既

Right stretched, left bent, joy surrounds you,

普遍喜悅半趺坐

DRA-YI PUNG-NI NAM-PAR JOM-MA

渣衣碰呢南臥中嗎

Troops of enemies destroying!

能摧滅壞惡怨輪

OM TARE TUTTARE TURE PATTAYA PEMI KURU SOHA



手按大地母

14

The Wrathful Wrinkled One

遏止干擾和障礙

Suppressing interferences and obstacles

CHHAG-TSHĀL SA-ZHII NGÖ-LA CHHAG-GI

叉梭沙絲哦拉叉機

Homage! She who strikes the ground with

敬禮手按大地母

THIL-GYI NÜN-CHING ZHAB-KYI DUNG-MA

的機輪箭渣機東嗎

Her palm, and with Her foot beats it!

以足踐踏作鎮壓

TRO-NYER CHĀN-DZĀ YI-GE HUM-GI

坐捏鄭車衣既咩機

Scowling, with the letter HUM the

現顰眉面作咩聲

RIM-PA DÜN-PO NAM-NI GEM-MA

廉臥敦破南呢鏡嗎

Seven levels She does conquer!

能破七險鎮降伏

OM TARE TUTTARE TURE BENDZA MAHA
PATAYA PEMI KURU SOHA

安隱柔善母

15

Great Peaceful One

快樂和具有德行
Happinese and virtuous

CHHAG-TSHÄL DE-MA GE-MA ZHI-MA

叉梭疊嗎既嗎絲嗎

Homage! Happy, Virtuous, Peaceful!

敬禮安隱柔善母

NYA-NGÄN DÄ-ZHI CHÖ-YÜL NYI-MA

啊鏡疊絲錯與呢嗎

She whose field is peace, Nirvana!

涅槃寂滅最樂境

SVA-HA OM-DANG YANG-DAG DÄN-PÄ

梭哈俺登仰搭登啤

She endowed with OM and SVAHA,

娑哈命種以相應

DIG-PA CHHEN-PO JOM-PA NYI-MA

的臥鄭破中臥呢嗎

Destroyer of the great evil!

善能消滅大災禍

OM TARE TUTTARE TURE SARWA PAPAM
PUTA MANAYE SOHA

普遍極喜母

16

Wisdom Liberating One From HUNG

降服敵人 Subduing enemies

CHHAG-TSHÄL KÜN-NÄ KOR-RAB GA-WÄI

叉梭權呢歌立嘉喂

Homage! She with joy surrounded

敬禮普遍極喜母

DRA-YI LÜ-NI NAM-PAR GEM-MA

渣耶魯呢南臥鏡嗎

Tearing foes' bodies asunder,

諸怨支體令脫離

YIG-GE CHU-PÄI NGAG-NI KÖ-PÄI

衣既珠啤啊呢歌啤

Frees with HUM and knowledge mantra,

十字咒句妙嚴布

RIG-PA HUM-LÄ DRÖL-MA NYI-MA

呢臥咩呢座嗎呢嗎

Arrangement of the ten letters!

明咒咩聲常朗耀

OM TARE TUTTARE TURE SARWA DHARMA
PRATI SHUDDHA YA SOHA

Wrathful: OM NAMA TARE NAMO HARE HUM HARE SOHA





都哩巴帝母

17

Shaking the Three Worlds

摧毀黑魔法

Destroying power of a black magic

CHHAG-TSHÄL TU-RE ZHAB-NI DEB-PÄ

叉梭吐呢渣呢搭啤

Homage! **TURE!** With seed letter

敬禮都哩巴帝母

HUM-GI NAM-PÄI SA-BÖN NYI-MA

吽機啤沙般呢嗎

Of the shape of syllable **HUM!**

足躡相勢吽字種

RI-RAB MANDHARA-DANG BIG-JE

呢啦曼搭拉登壁姐

By foot stamping shakes the three worlds,

彌嚕曼陀結辣薩

JIG-TEN SUM-NAM YO-WA NYI-MA

之聽森南嚕哇呢嗎

Meru, Mandara, and Vindhya!

於此三處能搖動

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



薩囉天海母

18

Eliminating the Poison

摒除負面情緒和妄念

Removing negative emotions and delusions

CHHAG-TSHÄL LHA-YI TSHO-YI NAM-PÄI

叉啦衣錯衣南啤

Homage! Holding in Her hand the

敬禮薩囉天海母

RI-DAG TAG-CHÄN CHHAG-NA NAM-MA

呢搭他鄭叉那南嗎

Deer-marked moon of Deva-lake form!

手中執住神獸像

TARA NYI-JÖ PHAT-KYI YI-GE

他啦呢座呸機衣既

With Twice-spoken **TARA** and **PHAT**,

誦二達囉作呸聲

DUG-NAM MA-LÜ PA-NI SEL-MA

都南嗎魯叭呢些嗎

Totally dispelling poison!

能滅諸毒盡無餘

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



諸天集會母

19

Overcoming Quarrel and Fight

驅除紛爭和惡夢 Eliminate fights and bad dreams

CHHAG-TSHÄL LHA-YI TSHOG-NAM GYÄL-PO

叉梭啦衣錯南嘉破

Homage! She whom Gods and their kings,
敬禮諸天集會母

LHA-DANG MI-AM CHI-YI TEN-MA

啦登咪安次衣聽嗎

And the kinnaras do honour!

天緊那羅所依愛

KÜN-NÄ GO-CHHA GA-WÄI JI-GYI

權呢歌叉嘉喂之機

Armoured in all joyful splendor,

威德歡悅若堅錯

TSÖ-DANG MI-LAM NGÄN-PA SEL-MA

錯登咪南寧叭些嗎

She dispels bad dreams and conflicts!

滅除鬥爭及惡夢

OM TARE TUTTARE TURE MUDZA NAYA SOHA



消疫度母

20

Dispeller of Epidemic Diseases

淨化一切 Purify everything

CHHAG-TSHÄL NYI-MA DA-WA GYÄ-PÄI

叉梭呢嗎搭哇既畔

Homage! She whose two eyes bright with
敬禮日明廣圓母

CHÄN-NYI PO-LA Ö-RAB SÄL-MA

鄭呢破啦哦立些嗎

Radiance of sun and full moon!

目睹猶勝普光照

HARA NYI-JÖ TUTTARA-YI

哈囉呢座吐他啦衣

With twice **HARA** and **TUTTARE**

誦二哈囉睹達哩

SHIN-TU DRAG-POI RIM-NÄ SEL-MA

先吐搭破簾呢些嗎

She dispels severe contagion!

善除惡毒瘟熱病

OM TARE TUTTARE TURE BIZ ARAY SOHA

Wrathful: OM NAMA TARE NAMO HARE HUM HARE SOHA

Peaceful: OM TARE TUTTARE TURE SVAHA



賜成就度母

21

Source of All Enlightened Activities

禱詞皆靈驗 Fulfils All Prayers

CHHAG-TSHÄL DE-NYI SUM-NAM KÖ-PÄ

叉梭疊呢森南歌啤

Homage! Full of liberating

敬禮具三真實母

ZHI-WAI THÜ-DANG YANG-DAG DÄN-MA

之喂吐登仰搭聽嗎

Pow'r by the set of three natures!

善靜威力皆具足

DÖN-DANG RO-LANG NÖ-JIN TSHOG-NAM

都登囉冷娜箭錯南

Destroys hosts of spirits, yakshas,

藥叉執魅尾達辣

JOM-PA **TU-RE** RAB-CHHOG NYI-MA

中臥吐哩立錯呢嗎

And raised corpses! Supreme! **TURE!**

都哩最極除災禍

OM TARE TUTTARE TURE SARWA SIDDHI SOHA

TSA-WÄI NGAG-KYI TÖ-PA DI-DANG

叉喂啊機拖臥的登

These praises with the root mantras

若有智者勤精進，至心誦此二十一

CHHAG-TSHÄL WA-NI NYI-SHU-TSA-CHIG

叉梭哇呢呢酥叉絲

And prostrations thus are twenty-one!

救度尊處誠信禮，是故讚嘆根本咒

二十一度母短讚

Praises to the Twenty-one Taras

(abbreviated version)

OM CHOM-DÄN-DÄ-MA LHA-MO DRÖL-MA LA CHHAG-TSHÄL-LO

CHHAG-TSHÄL DRÖL-MA TARE PÄL-MO

TUTTARA YI-JIG-KÜN SEL-MA

TURE DÖN-NAM THAM-CHÄ TER-MA

SVAHA YI-GER CHÄ-LA RAB-DÜ

每尊度母的功德利益 Benefits of each TARA

1. 救度速勇母 Quick Heroine

紅色

- 迅速成就
- 淨除妄念
- 英勇 – 除去有毒塵垢的能力，消除痛苦
- 去除疾病
- 快速和英勇
- 有如瞬間閃電的眼睛
- 驅除無明

Red

- Swift, quick realisations
- Eliminates delusions
- Heroic - power to destroy poisoning defilements, destroys causes of suffering
- Remove sickness
- Swift and heroic
- Eyes like instant flash of lightening
- Dispel ignorance



2. 百秋朗月母 Great Peaceful One

白色

- 如一百個秋月的臉龐，白色，渾圓，美麗
- 光亮，瑰麗，發光，明亮，智慧
- 和平，平靜
- 連接智慧
- 撫平一切
- 平息負面/干擾性情緒

White

- Face like 100 autumn moons, white, round and beautiful like full moon
- Brilliance, splendour, luminous, bright, wisdom
- Peaceful, calming
- Connecting wisdom
- Smoothes everything
- Pacify negative/disturbing emotions



第2尊觀想：

度母像嫦娥，背後有一個滿月，全身散發着月亮平靜、柔和的光芒，帶着智慧的能量為眾生調解所有情緒的困擾，月亮的光芒溫柔地包圍、承托眾生。

(註：同學討論分享，非正式教授)

3. 紫磨金色母 The Increasing One

黃色

- 幫助我們修六度波羅蜜
- 結合智慧/慈悲與方法
- 修習慷慨/布施
- 道德
- (1) 撤出滿足個人意願/愛我執
- (2) 保護我們免於執取於相、以為實有

Yellow

- Helping us on the path of six perfections
- Union of wisdom/Compassion and method
- Practice of generosity
- Ethics/morality
- (1) Withdrawing from fulfilling one's self-intent/self-cherishing
- (2) Protecting one's mind from following grasping phenomena as if it has true existence



第3尊觀想：

度母賦予我們有「給予」的能力，她全身金黃色並散發出淺藍色嘅光芒，象徵著她的智慧。左手結了一個手印，並輕托一朵蓮花。而右手張開，象徵「給予」的能量，手上有一個寶瓶。度母的右腳踏出，象徵着她具有強大能力，隨時幫我地實踐事情。

(註：同學討論分享，非正式教授)

4. 如來頂髻母 Tara of Long Life

橙色, 或白色

- 橙色尊去病, 白色尊長壽
- 所有佛擁有的頂髻
- 她的所作, 消除所有妖魔
- 達致圓滿成就
- 所有菩薩之母
- 圓滿佛道
- 甘露消除所有妖魔
- 給予我長壽

Orange or White

- Orange dispel sickness, White for long life
- Crown of tathagatas that all Buddhas have
- Her deeds, destroys all evils
- Having reached every perfection
- Mother of all bodhisattvas
- Completed whole path
- Nectar removes all evils
- Bestow long life



5. 達囉吽字母 The Tara with the HUM Voice

橙色

- 幫助眾生得聞佛法, 達致證悟
- 偉大的咒語HUM響遍虛空
- 鉤攝及利益所有眾生
- 以佛法利益眾生

Orange

- Bring people to Dharma, state of enlightenment
- Qualities of Taras: HUM, gallant mantra, resonating sound out to the universe it is HUM and the mantra garland resonating sound out to the universe
- Able to hook all sentient beings for their benefit
- Benefit sentient beings with dharms



第5尊觀想:

充滿愛的吸引力, 像磁石般
心輪蓮花中央HUM字, 圍住咒曼, 發出光芒, 光芒前方有小小的勾, 溫暖地
勾攝眾生。

(註: 同學討論分享, 非正式教授)

6. 釋梵火天母 Victory Over the Three Worlds

深紅色

- 保護我們免於妖魔/與重病相關的妖魔的傷害

Dark Red

- Protecting from spirits harm, spirits associated with heavy illness



7. 特囉胝吒母 Destroying Others' Black Magic

深藍色

- 忿怒相
- 看似生氣，其實心底是慈悲
- 消除所有惡行及負業
- 去除黑魔法

Dark Blue

- Wrathful
- Her face looks angry but it is full of compassion
- Destroys negativity and delusion
- Dispels black magic



8. 都哩大緊母 Destroyer of the Mara is Dark Red

深紅色

- 以「TURE」的聲音摧毀強悍的妖魔
- 以忿怒相的形相示現
- 慈悲的憤怒
- 摧毀難以降服的MARA,帶來痛苦的MARA,痛苦的根源是無明,被無明所困,不懂得如何解脫,一直在輪迴,需要智慧,這位度母和所有度母都具有智慧,這位度母特別有力,倘若平和的度母行不通,就要這位有憤怒外表的度母
- 悟的障礙,執取有「我」,執取外物

Dark red

- Destroy mighty demons with the sound "TURE"
- Depicted in wrathful manner
- Compassionate anger
- Destroy Mara who is difficult to subdue, Mara of afflictions, the disturbing emotions, at the root is ignorance, stuck with ignorance, don't know how to get out, cycles, needs wisdom, this Tara and all Taras have wisdom, this one more powerful, if peaceful one does not work, then this one with wrathful aspect.
- Obstructions to enlightenment - grasping at one's existence, attachment to object
- Cuts the root of samsara
- Destroy Mara, self grasping and ignorance in wrathful way which cause obstruction to liberation



第8尊觀想:

深紅色的光芒如光劍般鋒利發放,能斬除一切怨魔及障礙。

面如蓮花一樣大,呈忿怒相,眼神兇猛中帶有慈悲。

(註: 同學討論分享, 非正式教授)

9. 三寶嚴印母 The Three Rare Sublime

白色

- 她知道我所不知道的，因此我向她求助，向度母的圓滿叩請
- 象徵皈依及三寶，讓我們記起完美的修持，及願我們的身、語、意能像度母一樣完美

White

- She knows something I don't know, therefore ask for help, bow down to Tara's perfection
- Refuge to Three Jewels, perfection in Dharma, body, mind and speech together



10. 威德歡悅母 The Destroyer of the Mara

紅色

- 讚美度母的冠冕和笑聲
- 降服妖魔
- 紅色，右手持寶瓶，紅色甘露
- 以笑聲摧毀世間所有妖魔，以「TUTTARA」的聲音
- 是對治MARA以邪惡控制世界的解藥
- 冠冕上的裝飾讓人感到喜悅和振奮
- 冠冕上的裝飾用光製成，散發光芒
- 為淨信者達成願望
- 給予未生起信心者信心，勾攝他們以裨益他們
- 她的笑聲降服慾望之神 SHIVA，慾望逐漸減退
- 跟她建立關係，不是血肉之軀，而是法身
- 未生起信心者只要看見她的示現就會被征服
- 就算生氣的時候，看見聖物也會累積功德
- 各種裝飾非常美麗，由我們自己想像
- 從裝飾物發出的光線照遍十方，光芒帶著度母力量，裨益眾生

Red

- Praising Tara through crown ornaments and her laughter
- Conquer demons
- Red colour, right hand holds vase, red nectar
- Destroys demons of all the worlds with her laughter, the sound of the mantra "TUTTARA".
- Antidote to Mara controlling the world with mischievousness
- Crown ornaments make people feel joyful and uplifted
- Crown ornaments made of light, radiant
- Fulfills all wishes for those who have faith in her
- Gives faith to those who do not have faith, hooks them for their benefit
- Her laughter subdues Shiva, the lord of desire, less and less desires
- Develop relationship with her, not flesh and bone and blood but dharmakaya
- Those who have no faith subdued just by seeing her representation
- Even when angry, get merits looking at holy objects
- Tara's ornaments are very beautiful and are manifestations of her holy mind and her holy qualities
- Light rays from ornaments going out to 10 directions, light takes Tara's energies, benefits



11. 守護眾地母 Eliminating from Poverty

橙色

- 消除貧窮
- 財富，裨益有情眾生
- 具勾攝十方菩薩的能力
- 忿怒相能震動世界
- 在她的心輪「HUM」，如光束般勾攝十方世界

Orange

- Eliminating Poverty
- Wealth, benefit sentient beings
- Power to invoke bodhisattvas in the ten directions
- Wrathful form - shaking the world
- At Her Heart **HUM**, in the form of light ray hooks go out in the ten direction.



12. 頂冠月相母 Making Everything Auspicious

橙色

- 吉祥，右手持寶瓶
- 半月在頭頂，頭後面有光量裝飾，詣後有明月，有明亮的裝飾，白光 - 去除痛苦
- 從第10號度母建立而來
- 黑色光亮長髮，部份或全部頭髮綁起來
- 身體不適的時候，度母會協助
- 連結阿彌陀佛，白度母以外，與長壽有關的度母，阿彌陀佛在上方，白色、紅色、藍色、黃色、綠色光線
- 生病、不快樂、感到受壓、沒有力量，觀賞及祈請，這位度母會把您提升
- 阿彌陀佛，連同度母和根本上師，對於擺脫身心病苦，具有強大的力量
- 度母和彌陀佛的甘露
- 白色、紅色、藍色、黃色、綠色的光線進入我們的身心，淨化問題及不快樂
- 光線到來的時候，接收度母、阿彌陀佛及根本上師的祝福，加護身、語、意
- 首先淨化，然後接收清淨能量
- 連結著頭頂的阿彌陀佛，她是白度母之外，同樣連結長壽的女性。她以白、紅、藍、黃、綠的光利益眾生。

Orange

- Auspicious, right hand holds vase
- Crown, crescent moon, adorned with halo of light behind head, bright moon behind her, bright ornaments, white light eliminating suffering
- Building on number 10 Tara
- Hair black and shiny, hair knot, long hair, some or all hair pulled back up
- When not feeling well, Tara will help
- Connected to Amitabha, female connected to long life apart from White Tara, on top is Amitabha, light rays - white, red, blue, yellow, green
- When sick, unhappy, stressed, no energy, visualise and make request, this Tara holds you up
- Amitabha together with Tara and root Guru, powerful for overcoming physical and mental ailments
- Nectar from Tara and Amitabha
- Light rays (White, red, blue, yellow, green) entering our body and mind, purifying problems and unhappiness
- When light comes, receiving blessings of Tara, Amitabha and root Guru, holding body speech and mind
- First purify, second, taking on the positive
- Connected to Amitabha on top of the head, she is the female connected to long life, apart from White Tara, light rays - white, red, blue, yellow, green, performing work for sentient beings.



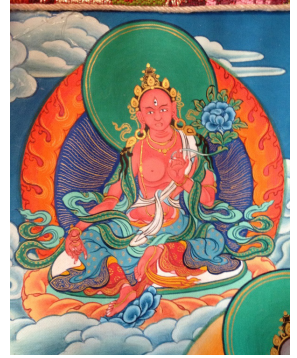
13. 如盡劫火母 The Blazing One

紅色

- 忿怒相的姿態
- 稍為沉重,事情仍未達成 – 求諸忿怒尊, 淨除沉重的業力
- 紅色,右手持寶瓶
- 摧毀負面的,在眾生的生命中建立佛法以引領至證悟
- 誰是您真正的敵人?因果及妄念尤其是無明,它們製造傷害的潛能。這位度母消除您傷害自己和別人的潛能
- 處於壯麗極致的火焰中
- 被喜悅包圍著
- 智慧之火,摧毀所有外在和內心的敵人
- 紅色寶瓶, 紅色甘露, 摧毀敵人、無明、所有我們製造出來的苦因, 我們請求協助
- 火象徵智慧, 和溫暖的能量, 它能夠溫暖麻煩製造者冰冷的心

Red

- Wrathful posture
- A bit more heavy, things still not working - go to Wrathful, remove heavy karma
- Red, right hand holds vase
- Destroys negativity, creating dharma in peoples' lives leading to enlightenment
- What is your real enemy? Karma and Delusion particularly ignorance, which creates the potential for harm. This Tara removes your ability to harm yourself and others
- Dwells in a blazing garland which is an extreme fire
- Surrounded by joy
- Fire of wisdom, destroys all outer and inner enemies
- Red vase, red nectar, destroys enemies, ignorance, all causes of suffering we have created, we are asking for help
- Fire symbolizes wisdom, also a warm energy, which can warm the cold heart of trouble maker



14. 手按大地母 The Wrathful Wrinkled One

黑藍色

- 更為沉重的力量和能量
- 忿怒相，滿面皺紋
- 深黑藍色，像日落時分，甘露也是深黑藍色，右手持寶瓶（藍色）
- 遏止造成干擾和障礙的能力
- 手按地面，忿怒的凝視
- 音節「HUM」，光從度母的心散發出來
- 具有威嚇性的手勢，以腳踏壓制整個世界，滿面忿怒和皺紋，看上去一點都不喜悅，令製造障礙者感到懼怕
- 「HUM」在手掌和腳底，無盡的金剛和鈴，手腳響著不絕於耳的智慧和
- 金剛代表智慧
- 地球表面以下七層，以火及無盡金剛摧毀傷害別人的意識，降服這些力量，令它們不能造成傷害
- 低界別的麻煩製造者，當我們被非人類傷害，倚靠忿怒尊度母
- 藍色「HUM」音節在手掌和腳底
- 以火及金剛對付麻煩製造者
- 所有負面情緒完全被安撫及淨除
- 也前來幫忙我們消除痛苦
- 一個傷害別人的想法也不剩餘
- 有平靜相也有忿怒相
- 火去到龍族
- 業力，妄念，無明
- 度母斷除它們，幫助我們消除引致痛苦的外境

Deep Black Blue

- Even heavier power and energy
- Wrathful, wrinkled
- Deep black blue, like at sunset, nectar also deep black blue, right hand holds vase (blue)
- Power to suppress that which interferes and create obstacles
- Hand on the ground with a wrathful gaze
- Syllable "HUM", light radiating at Tara's heart
- Hand in threatening mudra, pressing down on the entire world with her feet, whole face wrathful and wrinkly, does not look happy at all, frightening to those who create obstacles
- "HUM" at palms of hands and soles of the feet, countless vajras, bells, Immutable wisdom from hands and feet
- Vajras represent wisdom
- 7 Levels beneath the Earth, fire and countless vajras to destroy minds that hurt others, subdue such powers, renders them harmless
- Troublemakers in the lower realms, when we are harmed by non-human beings, rely on Tara in wrathful form
- Blue syllable "HUM" In palms and soles of feet
- Fires and vajras to troublemakers
- All negative emotions completely pacified and purified
- Comes to us also to remove our suffering
- Not a single thought of hurting others remaining
- Both peaceful and wrathful aspects
- Fire goes to nagas
- Karma, delusion, ignorance
- Tara cuts through, helps us to remove external conditions which support sickness



15. 安隱柔善母 Great Peaceful One

白色

- 法身
- 右手持寶瓶，恢復平安，白色甘露，快樂/德行/平安
- 快樂因為已離苦
- 具有德行因為不積聚苦因，不能夠積聚非德行
- 平安，沒有痛苦
- 超越悲傷
- 完全摒除解脫及全知的障礙
- 在平安的領域內
- 智慧的力量
- 觀賞，以淨信唸頌咒語，一切負面業力、負面情緒、強大的痛苦，完完全全被淨除，一點也不剩餘
- 即時及毫不費力地裨益所有有情眾生
- 只有佛才能夠同一時間做兩樣事情
- 我們在禪修的時候累積功德，以用作裨益所有有情眾生

White

- Dharmakaya aspect
- Right hand holds vase, Restoring peace, white nectar, happy/ virtuous /peaceful
- Happy because no suffering
- Virtuous because does not accumulate causes of suffering, can't accumulate non-virtue
- Peaceful, no afflictions
- Passed beyond sorrow
- Complete abandonment of obstructions to liberation and omniscience
- Within the sphere of peace
- Power of wisdom
- Visualise, recite mantra with faith, even negative karma, negative emotions, powerful afflictions, sufferings, completely purified without remainder
- Benefiting sentient beings spontaneously and effortlessly
- Only Buddhas can do two things simultaneously
- We accumulate merits in meditation to benefit sentient beings in the future



16. 普遍極喜母 Liberating One from HUM

紅色

- 完全將敵人降服。讚美這位度母的智慧和。敬仰和尊重她轉法輪。利益正念
- 摧毀內在和外在的敵人、障礙、妄念。外在的問題源自內在
- 「TAM」在心輪中心，圍繞著她是寂靜的十字咒幔「OM TARA TUTTARE TURE SOHA」，能和平地催服。
- 一個平和的咒語和一個忿怒的咒語（密咒）
- 觀想圍繞她心間的音節「HUM」。從敵人和障礙中解放
- 忿怒的咒幔是 OM NAMA TARE NAMO HARE HUM HARE SVAHA，圍繞著「HUM」字
- 來自人類/非人類的障礙，以忿怒咒語圍繞，忿怒地平定
- 紅色，右手似寶瓶，增加咒語的力量
- 智慧的力量
- 末法時代，唸一次咒語 = 唸一轉唸珠；現在，唸一轉唸珠 = 唸一次咒語，失去力量
- 唸28次咒語沒有分心 = 止禪
- 疾病沒有心識，以平和的方法去面對，不是去抗拒
- 忿怒，看似生氣的慈悲，像父母對小孩說“不”。發放出去的話，如果念頭不純淨可能會回到自己身上
- 利益眾生的忿怒

Red

- Completely subdue the enemies. Praise this particular Tara's wisdom. Admire and respect for how she turns the wheel of dharma. Benefit positive minds
- Destroyed the inner/ outer/ enemies/ obstacles/ delusions. Outer problems are from the inner
- “TAM”, pacify at the heart surrounded by peaceful mantra. 10 syllables OM TARE TUTTARE TURE SOHA, pacify peacefully.
- A peaceful mantra and a wrathful mantra (secret mantra)
- “TAM”, pacify at the heart surrounded by peaceful mantra. Visualise pacifying “TAM” by OM TARE TUTTARE TURE SOHA - light goes out
- The wrathful mantra is OM NAMA TARE NAMO HARE HUM HARE SVAHA surrounds the syllable “HUM” in the heart.
- Obstacles from humans/non-humans, surrounded by wrathful mantra, wrathfully pacifying
- Red, Right hand holds vase, increase power of mantra
- Power of wisdom
- Buddhas time, 1 mantra = 1 mala; now, 1 mala = 1 mantra, lose power
- Chant 28 mantras without distraction = single pointed concentration
- Sickness and diseases do not have a mind, deal in peaceful way, not resistance
- Wrathful, compassion that looks like anger, like a parent saying “stop” to a child. When put out, can come back to you, if not pure in your heart
- Wrath is for benefit of others



17. 都哩巴帝母 Shaking the Three Worlds

橙色

- 右手持寶瓶
- 摧毀黑咒語
- 震動三界，宣告「TURE」
- 忿怒地以聖足踐踏障礙/問題
- 度母出現。種子音節。「HUM」乘空而出，種子轉化為神靈
- 「HUM」轉化為忿怒，具有震動三界的力量
- 向憤怒母頂禮。能震動具有力量的三界，... 龍族，神靈
- 邪惡的神，裨益的神
- 因為貪婪 - 環境受影響。海洋和樹林裏都有龍族
- 她令他們分心，震動他們的世界
- 皮膚病、痛症、關節疾病、癌症、邪靈傷害
- 業力打開門戶
- 龍族看起來像龍。澳洲-龍在石頭周圍 - 艾爾斯岩
- 龍族可以保護你，也可以倒戈相向
- 根據印度高僧，龍族有利金錢和成功。不可吸煙，會令龍族生氣，不喜歡難聞的氣味。視乎你對他的行為表現
- 加持家庭和工作，帶來正能量。

Orange

- Right hand holds vase
- Destroys power of black mantra
- Stamping feet. Three worlds tremble and shake; proclaiming "TURE"
- Wrathfully, stamping with the holy feet on the obstacles/the problems
- Tara appears. Seed syllable "HUM." Out of emptiness, seed transforms into deity
- "HUM" transforming into wrathful aspect, possesses power to shake three worlds
- Prostrate to wrathful Tara. Can shake powerful places, three places, ... nagas, gods
- Evil gods, beneficial gods
- Because of greed - environment affected. There are nagas in the sea/by the trees
- She distracts them, shaking their world
- Skin diseases, aches and pains, arthritis, cancer, spirit harms
- Karma opens door
- Nagas look like dragons. Australia - Dragons around rocks, serpentine creature - Ayers Rock
- Nagas can be protective, but can turn against you
- According to high Lama in Delhi, nagas good for money and success, Can't smoke, makes nagas angry, do not like bad smell. Depending on your behaviour towards them
- Make prayers for positive energy in the home, office etc.



18. 薩囉天海母 Eliminating the Poison

白色

- 字母「Phat」，驅走毒害
- 手-如鏡圓月-兔的畫像
- 去除內在持久的毒害/負面情緒/妄念，可成帶來裨益的眾生
- OM TARE TUTTARE TURE**，說兩次「Phat」
- 從原本的咒語開始，若果不夠力量，用更強力的咒語，從柔和的開始建立，較溫和
- OM TARE TUTTARE TURE Phat**
- 特別幫助受外在毒或內在毒干擾受苦的眾生。
- 白色右手持寶瓶，力量傳出

White

- Letter "Phat", dispels poison
- Hand - round moon resembling mirror- drawing of rabbit/hare
- Removes poison abiding within, the negative emotions and delusions and the external poison
- OM TARE TUTTARE TURE**- Uttering "Phat" twice
- Start with original mantra, if not powerful enough, then go to the more powerful mantra. Start with a softer tone and build up
- OM TARE TUTTARE TURE PHAT PHAT**
- This is good to help those who are suffering from the internal or external poisons
- White, right hand holds vase, power goes out



19. 諸天集會母 Overcoming Quarrels And Fighting

白色

- 集合眾神，慾望界別，形相界別 - 得世俗神靈尊重
- 因為她已經得到證悟，所以可以裨益眾生
- 走惡夢、爭議、紛爭，若想締造和平
- 惡夢，好夢，任何夢，都是空性，別執取
- 觀想-白色-在您前面，紅色光將夢境/惡夢平定，若事情惡劣，大問題(官司)。若事情尚可處理，可以是白色，普通事情(家庭爭吵)
- 可以選擇，光束可以由白色轉為紅色。咒語不變
- 右手持寶瓶

White

- Assembled gods, desire realms, form realms - worldly gods pay respect
- Because she is enlightened, she can benefit
- Dispel bad dreams, dispute, fights - if want to create peace
- Bad dream, good dream, whichever dream, approach with emptiness, don't grasp
- Visualise - white - In front of you, red light to pacify dreams/ nightmares if something bad, major problems (court case). If something manageable, can be white, normal thing (Quarrel within family)
- A choice, the light rays change. Can change from white to red. Mantra remains the same
- Right hand holds vase



20. 消疫度母 Dispeller of Epidemic Diseases

橙色

- 嚴重疾病可以被驅除
- 為所有有情眾生 - 消除傳染病及病因,一切被淨化
- 去除18種主要鬼神的傷害等等包括黑魔法的傷害
- 這位度母有兩個面向, 平靜的和忿怒的:
- 從忿怒的面向, 雙目如熾熱的太陽。當眼睛在忿怒面向時很大, 很圓和紅色。散發出來的光是熱的。忿怒咒語是:**OM NAMA TARE NAMO HARE HUM HARE SVAHA**
- 從平靜的面向, 雙目如渾圓的月亮。當眼睛在平靜面向時, 散發出來的光是涼的。平靜咒語是:**OM TARE TUTTARE TURE SVAHA**

Orange

- Serious disease can be dispelled
- For all sentient beings - removing contagious diseases and causes of diseases, everything purified
- Removing the harm of the 18 major kinds of spirits etc. including the harm of black magic
- This Tara has two aspects, peaceful and wrathful
- From the wrathful aspect, the two eyes are likened to the blazing sun. When the eyes are in the wrathful aspect the eyes are big, red and round. The light radiating from them is hot. The wrathful mantra is: **OM NAMA TARE NAMO HARE HUM HARE SVAHA**
- From the peaceful aspect, the two eyes are likened to the round moon. When the eyes are in the peaceful aspect, the light radiating from them is cool. The peaceful mantra is: **OM TARE TUTTARE TURE SVAHA**



21. 賜成就度母 Source of All Enlightened Activities

白色

- 圓滿成就的能力
- 所有證悟事業的源頭
- 淨化身、語、意
- 消除鬼神及黑魔法的障礙
- 消除惡業 / 負面
- 淨化宿業

White

- Power of completion
- Source of all enlightened activities
- Purifying body, speech and mind
- Remove obstacles of spirits/black magic
- Remove negativity
- Purify past karma



第21尊觀想:

This Tara is especially for the practitioner who is abiding within the Tara practice:

Visualise oneself as Tara

At the crown, visualise a white syllable **OM** in the nature of Tara's holy body. At the throat, visualise a red syllable **AH** in the nature of Tara's holy speech. At the heart, visualise a blue syllable **HUM** in the nature of Tara's holy mind.

By meditating on these three syllables at the three places, all the faults and negatives of one's body's speech and mind are completely pacified without any remainder.

To benefit others, visualise these three syllables emitting light rays purifying the negatives and obscurations of the body, speech and mind of all sentient beings. Place them all in the state of Tara's enlightenment. Accumulates vast merit very quickly.

Praise to the 21 Taras

OM! Homage to the Venerable Arya Tara.
OM JE-TSÜN-MA PAG-MA DRÖL-MA-LA
CHHAG-TSHÄL-LO

1. **Homage! Tara, swift, heroic!**
CHHAG-TSHÄL DRÖL-MA NYUR-MA PAA-MO
Eyes like lightning instantaneous!
CHÄN-NI KÄ-CHIG LOG-DANG DRA-MA
Sprung from op'ning stamens of the
JIG-TEN SUM-GÖN CHU-KYE ZHÄL-GYI
Lord of three world's tear-born lotus!
GEY-SAR JE-WA LÄ-NI JUNG-MA
2. **Homage! She whose face combines a**
CHHAG-TSHÄL TÖN-KÄI DA-WA KÜN-TU
Hundred autumn moons at fullest!
GANG-WA GYA-NI TSEG-PAI ZHÄL-MA
Blazing with light rays resplendent
KAR-MA TONG-TRAG TSHOG-PA NAM-KYI
As a thousand star collection!
RAB-TU CHHE-WÄI Ö-RAB BAR-MA
3. **Homage! Golden-blue one, lotus**
CHHAG-TSHÄL SER-NGO CHHU-NÄ KYE-KYI
Water-born, in hand adorned!
PÄ-ME CHHAG-NI NAM-PAR GYÄN-MA
Giving, effort, calm, austerities,
JIN-PA TSÖN-DRÜ KAA-TUB ZHI-WA
Patience, meditation Her sphere!
ZÖ-PA SAM-TÄN CHÖ-YÜL NYI-MA

二十一度母讚文

唵！敬禮尊聖救度母
唵 姐尊嗎叭嗎座嗎拉叉梭羅

1. 敬禮救度速勇母
叉梭座嗎魯嗎叭磨
目如剎那電光照
正呢鏡癡啦登渣嗎
三世界尊蓮花面
箭聽森幹諸鏡些機
從妙華中現端嚴
鏡沙借哇呢哩珠嗎
2. 敬禮百秋朗月母
叉梭同騎打哇權吐
普遍圓滿無垢面
耕哇嘉呢車啤些嗎
如千星宿俱時聚
嘉嗎通渣錯叭南機
殊勝威光超於彼
拉吐車喂炯拉吧嗎
3. 敬禮紫磨金色母
叉梭些我諸呢騎機
妙蓮華手勝莊嚴
啤咩叉呢喃叭鏡嗎
施精勤行柔善靜
箭叭尊都嘉吐絲哇
忍辱禪定性無境
梭叭三聽錯有呢嗎

4. **Homage! Crown of tathagatas,**
CHHAG-TSHÄL DE-ZHIN SHEG-PÄI TSUG-TOR

Actions triumph without limit!
THA-YÄ NAM-PAR GYÄL-WAR CHÖ-MA

Relied on by conquerors' children,
MA-LÜ PHA-RÖL CHHIN-PA THOB-PÄI

Having reached ev'ry perfection!
GYÄL-WÄI SA-KYI SHIN-TU TEN-MA

5. **Homage! Filling with TUTTARE,**
CHHAG-TSHÄL TUTTARA HUM YIG-GE
HUM, desire, direction, and space!
DÖ-DANG CHHOG-DANG NAM-KHA GANG-MA

Trampling with her feet the seven worlds,
JIG-TEN DÜN-PO ZHAB-KYI NÄN-TE

Able to draw forth all beings!
LÜ-PA ME-PAR GUG-PAR NÜ-MA

6. **Homage! Worshipped by the all-lords,**
CHHAG-TSHÄL GYA-JIN ME-LHA TSHANG-PA
Shakra, Agni, Brahma, Marut!
LUNG-LHA NA-TSHOG WANG-CHHUG CHHÖ-MA
Honored by the hosts of spirits,
JUNG-PO RO-LANG DRI-ZA NAM-DANG
Corpse-raisers, gandharvas, yakshas!
NÖ-JIN TSHOG-KYI DÜN-NÄ TÖ-MA

7. **Homage! With Her TRAD and PHAT sounds**
CHHAG-TSHÄL TRAD-CHE JA-DANG PHAT-KYI
Destroying foes' magic diagrams!
PHÄ-RÖL TRUL-KHOR RAB-TU JOM-MA
Her feet pressing, left out, right in,
YÄ-KUM YÖN-KYANG ZHAB-KYI NÄN-TE
Blazing in a raging fire-blaze!
ME-BAR THRUG-PA SHIN-TU BAR-MA

4. **敬禮如來頂髻母**
叉梭麥先些啤著陀
最勝能滿無邊行
他耶南臥嘉哇錯嗎
得到彼岸盡無餘
嗎盧臥囉千臥陀啤
勝勢佛子極所愛
敬喂些機先吐聽嗎

5. **敬禮達囉呬字母**
叉梭吐他拉呬衣鏡
聲愛方所滿虛空
都登錯登南嘉耕嗎
運足遍履七世界
箭聽頓破沙機呢哆
悉能夠召攝無餘
盧臥咩臥孤臥盧嗎

6. **敬禮釋梵火天母**
叉梭嘉箭咩啦爭臥
風神自在眾俱集
龍啦那錯橫竹錯嗎
部多起屍尋香等
珠破囉冷之沙南登
諸藥叉眾作稱歎
羅箭錯機頓呢陀嗎

7. **敬禮特囉胚呬母**
叉梭車車叉登呬機
於他加行極摧壞
臥囉吐歌啦吐座嗎
展左跪右作足踏
耶權翁耕沙機呢爹
頂髻熾盛極明耀
咩臥吐臥先吐吧嗎

8. **Homage! TURE, very dreadful!**
CHHAG-TSHÄL TU-RE JIG-PA CHEN-PO

Destroyer of Mara's champion(s)!
DÜ-KYI PA-WO NAM-PAR JOM-MA

She with frowning lotus visage
CHHU-KYE ZHÄL-NI THRO-NYER DÄN-DZÄ

Who is slayer of all enemies!
DRA-WO TAM-CHÄ MA-LÜ SÖ-MA

9. **Homage! At the heart her fingers**
CHHAG-TSHÄL KÖN-CHOG SUM-TSHÖN CHAG-GYÄI

Adorn her with Three Jewel mudra!
SOR-MÖ THUG-KAR NAM-PAR GYÄN-MA

Light-ray masses all excited!
MA-LÜ CHHOG-KYI KHOR-LÖ GYÄN-PÄI

All directions' wheels adorn her!
RANG-GI Ö-KYI TSHOG-NAM THRUG-MA

10. **Homage! She so joyous, radiant,**
CHHAG-TSHÄL RAB-TU GA-WA JI-PÄI

Crown emitting garlands of light!
U-GYÄN Ö-KYI THRENG-WA PEL-MA

Mirthful, laughing with TUTTARE,
ZHE-PA RAB-ZHÄ TUTTARA-YI

Subjugating maras, devas!
DÜ-DANG JIG-TEN WANG-DU DZÄ-MA

11. **Homage! She able to summon**
CHHAG-TSHÄL SA-ZHI KYONG-WÄI TSHOG-NAM

All earth-guardians' assembly!
THAM-CHÄ GUG-PAR NÜ-MA NYI-MA

Shaking, frowning, with her HUM sign
THRO-NYER YO-WÄI YI-GE HUM-GI

Saving from every misfortune!
PHONG-PA THAM-CHÄ NAM-PAR DRÖL-MA

8. **敬禮都哩大緊母**
叉梭吐哩之臥正破

勇猛能推怨魔類
都機臥窩南臥座嗎

於蓮華面作顰眉
諸鏡些呢坐呢聽車

摧壞一切冤家眾
渣窩談車嗎盧梭嗎

9. **敬禮三寶嚴印母**
叉梭權竹森中叉鏡

手指當心威嚴相
酥磨吐嘉南臥鏡嗎

嚴飾方輪盡無餘
嗎盧錯機歌囉鏡啤

自身熾盛光聚種
冷機炯機錯南諸嗎

10. **敬禮威德歡悅母**
叉梭啦吐嘉哇箭啤

寶冠珠璣眾光飾
烏鏡炯機車哇啤嗎

最極喜笑睹達哩
些啤啦些吐他啦衣

鎮世間魔作攝伏
都登之聽橫都姐嗎

11. **敬禮守護眾地母**
叉梭沙絲剛喂錯南

亦能夠召諸神眾
譚車孤臥魯嗎呢嗎

搖顰眉面怩聲字
錯喂翁喂衣既吽機

一切衰敗令度脫
朋臥譚車南臥座嗎

12. **Homage! Crown adorned with crescent**
CHHAG-TSHÄL DA-WÄI DUM-BÜ U-GYÄN

Moon, all ornaments most shining!
GYÄN-PA THAM-CHÄ SHIN-TU BAR-MA

Amitabha in her hair-knot
RÄL-PÄI TRÖ-NA Ö-PAG ME-LÄ

Sending out much light eternal!
TAG-PAR SHIN-TU Ö-RAB DZÄ-MA

13. **Homage! She 'mid wreath ablaze like**
CHHAG-TSHÄL KÄL-PAI THA-MÄI ME-TAR

Eon-ending fire abiding!
BAR-WAI THRENG-WÄI Ü-NA NÄ-MA

Right stretched, left bent, joy surrounds you
YÄ-KYANG YÖN-KUM KÜN-NÄ KOR-GÄI

Troops of enemies destroying!
DRA-YI PUNG-NI NAM-PAR JOM-MA

14. **Homage! She who strikes the ground with**
CHHAG-TSHÄL SA-ZHII NGÖ-LA CHHAG-GI

Her palm, and with her foot beats it!
THIL-GYI NÜN-CHING ZHAB-KYI DUNG-MA

Scowling, with the letter HUM the
TRO-NYER CHÄN-DZÄ YI-GE HUM-GI

Seven levels she does conquer!
RIM-PA DÜN-PO NAM-NI GEM-MA

15. **Homage! Happy, virtuous, peaceful!**
CHHAG-TSHÄL DE-MA GE-MA ZHI-MA

She whose field is peace, nirvana!
NYA-NGÄN DÄ-ZHI CHÖ-YÜL NYI-MA

She endowed with OM and SVAHA,
SVA-HA OM-DANG YANG-DAG DÄN-PÄ

Destroyer of the great evil
DIG-PA CHHEN-PO JOM-PA NYI-MA

12. **敬禮頂冠月相母**
叉梭打喂敦布烏鏡

冠中現勝妙嚴光
鏡臥譚車先吐吧嗎

阿彌陀佛髻中現
呢啤座拿哦臥咩呢

常放眾妙寶光明
他臥先吐哦立車嗎

13. **敬禮如盡劫火母**
叉梭既啤他咩咩他

安住熾盛頂髻中
吧喂車喂烏拿捏嗎

普遍喜悅半趺坐
贏剛翁權權捏歌既

能摧滅壞惡怨輪
渣衣碰呢南臥中嗎

14. **敬禮手按大地母**
叉梭沙絲哦拉叉機

以足踐踏作鎮壓
的機輪箭渣機束嗎

現羣眉面作咩聲
坐捏鄭車衣既咩機

能破七險鎮降伏
簾臥敦破南呢鏡嗎

15. **敬禮安隱柔善母**
叉梭疊嗎既嗎絲嗎

涅槃寂滅最樂境
啊鏡疊絲錯與呢嗎

娑哈命種以相應
梭哈噲登仰搭登啤

善能消滅大災禍
的臥鄭破中臥呢嗎

16. **Homage! She with joy surrounded**
CHHAG-TSHÄL KÜN-NÄ KOR-RAB GA-WÄI

Tearing foes' bodies asunder,
DRA-YI LÜ-NI NAM-PAR GEM-MA

Frees with HUM and knowledge mantra,
YIG-GE CHU-PÄI NGAG-NI KÖ-PÄI

Arrangement of the ten letters!
RIG-PA HUM-LÄ DRÖL-MA NYI-MA

17. **Homage! TURE! With seed letter**
CHHAG-TSHÄL **TU-RE** ZHAB-NI DEB-PÄ

Of the shape of syllable HUM!
HUM-GI NAM-PÄI SA-BÖN NYI-MA

By foot stamping shakes the three worlds,
RI-RAB MANDHARA-DANG BIG-JE

Meru, Mandara, and Vindhya!
JIG-TEN SUM-NAM YO-WA NYI-MA

18. **Homage! Holding in her hand the**
CHHAG-TSHÄL LHA-YI TSHO-YI NAM-PÄI

Deer-marked moon of deva-lake form!
RI-DAG TAG-CHÄN CHHAG-NA NAM-MA

With twicespoken TARA and PHAT,
TARA NYI-JÖ PHAT-KYI YI-GE

Totally dispelling poison!
DUG-NAM MA-LÜ PA-NI SEL-MA

19. **Homage! She whom gods and their kings,**
CHHAG-TSHÄL LHA-YI TSHOG-NAM GYÄL-PO

And the kinnaras do honour!
LHA-DANG MI-AM CHI-YI TEN-MA

Armoured in all joyful splendor,
KÜN-NÄ GO-CHHA GA-WÄI JI-GYI

She dispels bad dreams and conflicts!
TSÖ-DANG MI-LAM NGÄN-PA SEL-MA

16. **敬禮普遍極喜母**
叉梭權呢歌立嘉喂

諸怨支體令脫離
渣耶魯呢南臥鏡嗎

十字咒句妙嚴布
衣既珠啤啊呢歌啤

明咒吽聲常朗耀
呢臥吽呢座嗎呢嗎

17. **敬禮都哩巴帝母**
叉梭吐呢渣呢搭啤

足躡相勢吽字種
吽機啤沙般呢嗎

彌嚩曼陀結辣薩
呢啦曼搭拉登壁姐

於此三處能搖動
之聽森南唷哇呢嗎

18. **敬禮薩囉天海母**
叉梭啦衣錯衣南啤

手中執住神獸像
呢搭他鄭叉那南嗎

誦二達囉作呬聲
他啦呢座呬機衣既

能滅諸毒盡無餘
都南嗎魯臥呢些嗎

19. **敬禮諸天集會母**
叉梭啦衣錯南嘉破

天緊那羅所依愛
啦登咪安次衣聽嗎

威德歡悅若堅鐵
權呢歌叉嘉喂之機

滅除鬥爭及惡夢
錯登咪南寧臥些嗎

20. Homage! She whose two eyes bright with
CHHAG-TSHÄL NYI-MA DA-WA GYÄ-PÄI

Radiance of sun and full moon!
CHÄN-NYI PO-LA Ö-RAB SÄL-MA

With twice HARA and TUTTARE
HARA NYI-JÖ TUTTARA-YI

She dispels severe contagion!
SHIN-TU DRAG-POI RIM-NÄ SEL-MA

21. Homage! Full of liberating
CHHAG-TSHÄL DE-NYI SUM-NAM KÖ-PÄ

Pow'r by the set of three natures!
ZHI-WÄI THÜ-DANG YANG-DAG DÄN-MA

Destroys hosts of spirits, yakshas,
DÖN-DANG RO-LANG NÖ-JIN TSHOG-NAM

And raised corpses! Supreme! TURE!
JOM-PA TU-RE RAB-CHHOG NYI-MA

20. 敬禮日明廣圓母
叉梭呢嗎搭哇既啤

目睹猶勝普光照
鄭呢破啦哦立些嗎

誦二哈囉睹達哩
哈囉呢座吐他啦衣

善除惡毒瘟熱病
先吐搭破簾呢些嗎

21. 敬禮具三真實母
叉梭疊呢森南歌啤

善靜威力皆具足
之喂吐登仰搭聽嗎

藥叉執魅尾達辣
都登囉冷娜箭錯南

都哩最極除災禍
中臥吐哩立錯呢嗎

These praises with the root mantras
TSA-WÄI NGAG-KYI TÖ-PA DI-DANG

And prostrations thus are twenty-one!
CHHAG-TSHÄL WA-NI NYI-SHU-TSA-CHIG

若有智者勤精進，至心誦此二十一
叉喂啊機拖臥的登

救度尊處誠信禮，是故讚嘆根本咒
叉梭哇呢呢酥叉絲

二十一度母短讚
Praises to the Twenty-one Taras
(abbreviated version)

OM CHOM-DÄN-DÄ-MA LHA-MO DRÖL-MA LA CHHAG-TSHÄL-LO
CHHAG-TSHÄL DRÖL-MA TARE PÄL-MO
TUTTARA YI-JIG-KÜN SEL-MA
TURE DÖN-NAM THAM-CHÄ TER-MA
SVAHA YI-GER CHÄ-LA RAB-DÜ



OM TARE TUTTARE TURE MAMA AYUR PUNYE JNANA PUSHTIM KURU YE SWAHA

White Tara is known for compassion, long life, healing and serenity and is also known as The Wish-fulfilling Wheel. Chanting the White Tara mantra will increase our longevity, merit and wisdom.

白度母代表著慈悲，長壽，療癒和寧靜，也被稱為實現願望的如意寶。
念誦白度母咒可獲得長壽，功德和智慧。

此法本由同學紀錄 Venerable Namgyel 在2020年4月至10月期間，給予度母學習小組的教學，輯錄成小冊子方便同學日後修持之用。如有錯漏，一切教學以老師的錄影教學為準。

如此法本帶來任何功德，願功德迴向給上師 Venerable Namgyel 長壽健康，常轉法輪。以及度母學習小組同修、法界如母有情，淨除一切罪障，速證無上菩提。

度母學習小組：<https://earthhealer.wixsite.com/lamrim/study>
老師網站：www.venerable-namgyel-online-sangha.com/

二十一度母
課堂錄影：



二十一度母
咒語錄音：



