

translated by Ani Thubten Chodron – Praises and Requests to the 21 Taras – adapted by Lama Jigme Gyatso

Homage to the Twenty-one Taras

composed by Shakyamuni Buddha, translated by Ani Thubten Chodron
adapted and (amplified) by the Dzogchen Semde Lama: Jigme Gyatso

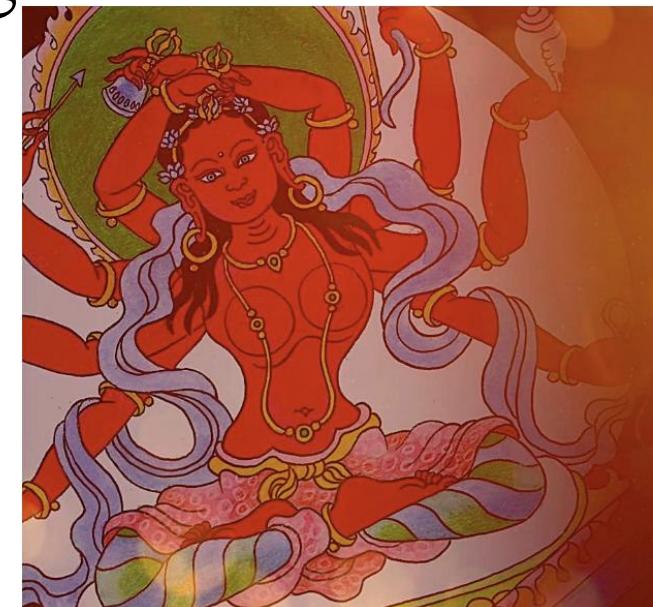
inspired by Gyelse Tokme Zongpo's daily practice of
108 bows, 108 repetitions of mantra, and 21 repetitions of each of the 21 Homages
22dec25b



One

Hómage to **Ta-re** swift and fearless
with eyes like a flash of líghtning

lótus-born in an ocean of tears
of Chen-re-zik,
three world's protéctor.



Two

Hómage to you whose face is like
one hundred autumn moons gáthered

ánd blazes with the dazzling light
of a thousand constellátions.



Three

Hómage to you born
from a **gold-blue** lotus
hand adorned with a lotus flówer

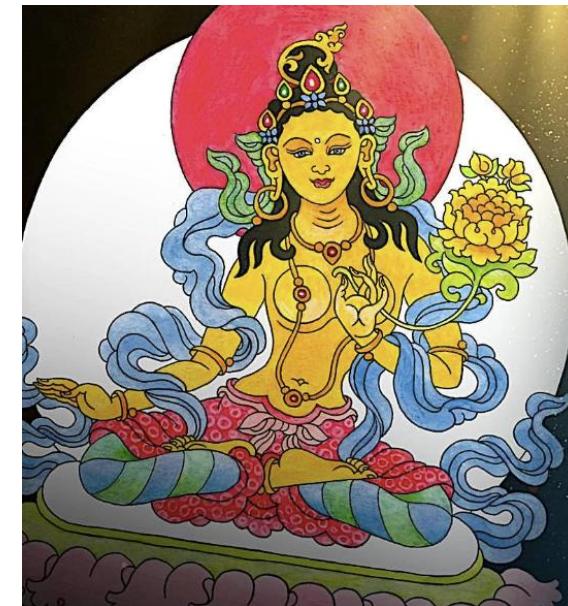
éssence of giving, *kindness*,
patience, *zeal*, *mindfulness*,
and *wísdom*.



Four

Hómage to you who **crown** all Buddhas
whose actions subdues without límit

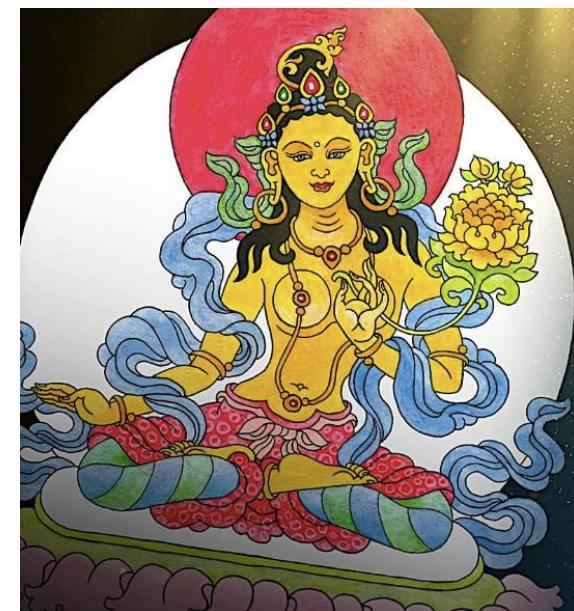
áttained to every perfection
on you the Bo-dhi-sat-tvas rély.



Five

Hómage to you whose
Tu-ta-re and **Hum** fill the realms
of desire, form, ánd space

you crush seven worlds
beneath your feet
and have power to call all fórces.



Six

Hómage to you adored by In-dra,
Ag-ni, Bra-ma, Va-yu and Ish-vá-ra

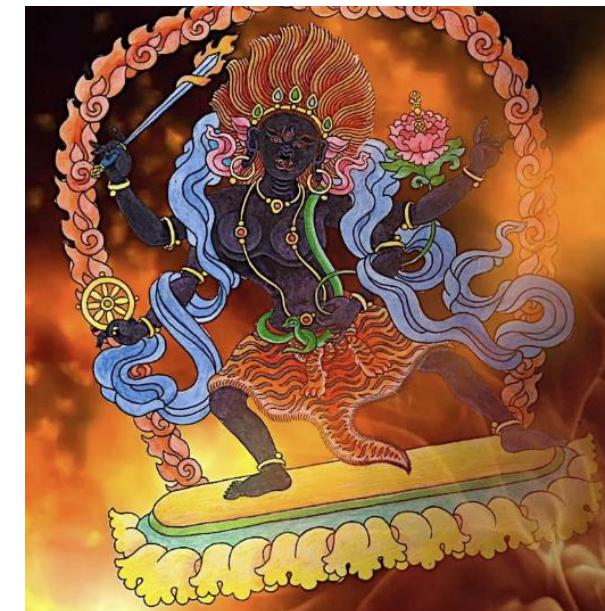
praised in song by hosts of
spirits, zombies,
scent-eaters and Yák-shas.



Seven

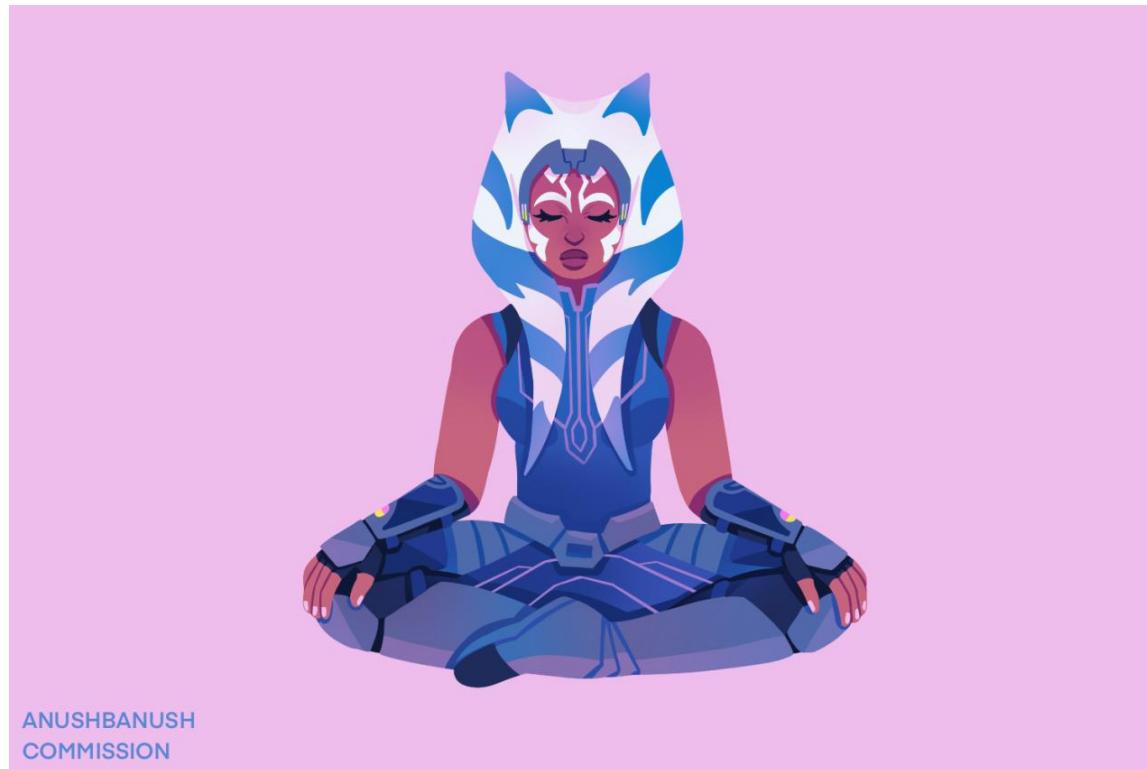
Hómage to you whose **Trey** and **Pey**
destroy external wheels of mágick

ríght leg drawn in
and left extended
you blaze within a raging fíre.



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Let's Practice the FIRST set of the Awareness and Letting-go that is Meditating Like a Jedi
the Seventh and Eighth folds of the Buddha's eight-fold path



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*This session's First set of Mindfulness and Meditation:
the Seventh and Eighth folds of the Buddha's eight-fold path*

Slice-through the Obscurations to our Buddha Nature

Sturgeon's Law

Ninety-percent of everything Sucks

Content

Yin's Spiritual Matriarchy

Flexible,
Loving,
Rational,
Laid-back,

Egalitarian,
Lucid,
Cooperative, &
Kind

Compassionate

Yang's Religious Patriarchy

Rigid,
Fearful,
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Controlling,

Elitist,
Cryptic,
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Cooperative

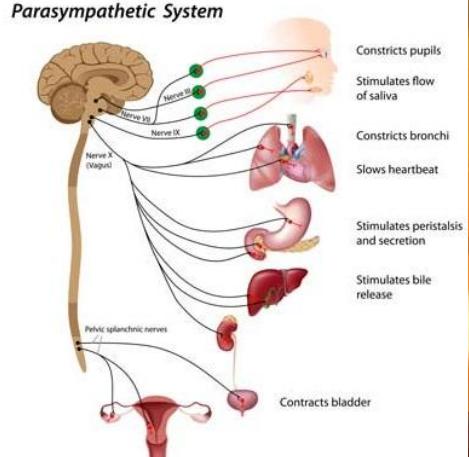
Cowardly

Cranky

Competitive

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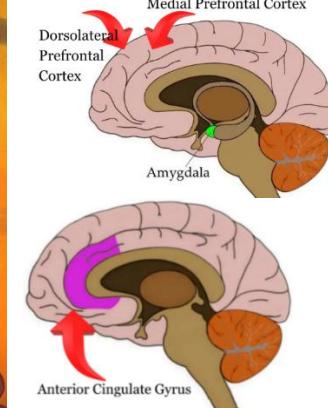
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Trekchö in Tibetan and**
Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions of Hope and Fear in English



Parasympathetic System

- Constricts pupils
- Stimulates flow of saliva
- Constricts bronchi
- Slows heartbeat
- Stimulates peristalsis and secretion
- Stimulates bile release
- Contracts bladder





Notice

**-Vulnerably,
-Passively,
-Viscerally,
-Randomly, and
-Fleetingly**

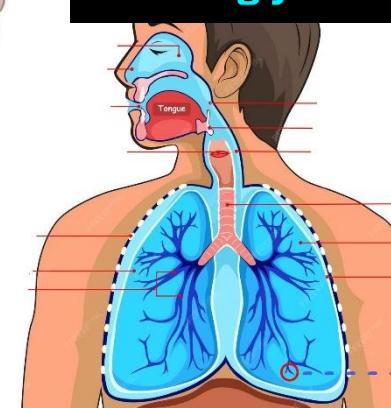
Mindfulness noticing inhalation

Meditation relaxing exhalation

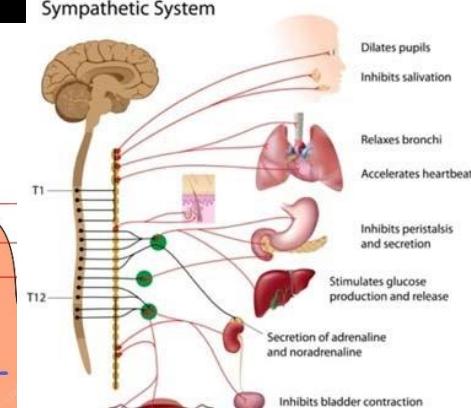
Watch

rest

Fleetingly LESS stressful, LESS permanent, and LESS defining



- Dilates pupils
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- Relaxes bronchi
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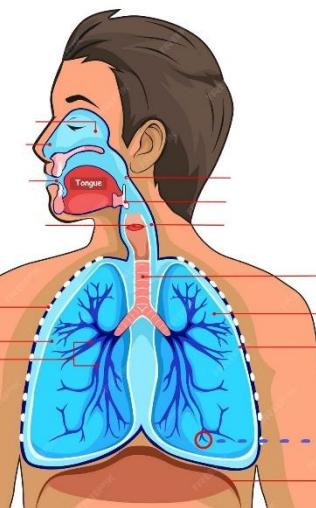
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Mind's Antics of Perception, Emotion, Intention, Cognition, Recollection, & Imagination

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Meditation relaxing exhalation

As NON-graspable as



*This
ease*

**a Vast, Empty Void
like the Illusion of the Infinite, Azure Sky**

**All Manner of Phenomena:
External to Internal,
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- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

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Liberating MEDITATION as described by the seven enlightenment factors

- 7 - Right Mindfulness (*during inhalation that is **vulnerable**, **passive**, **visceral**, **random** & **fleeting***) 1, 2, & 6
- 8 - Right **Meditation** (*during **exhalation** that physically relaxes & mentally releases the duality of aversion & avarice*) 5 & 7

Eight

Hómage to you whose **Tu-re** destroys
the great fears, the mighty démons

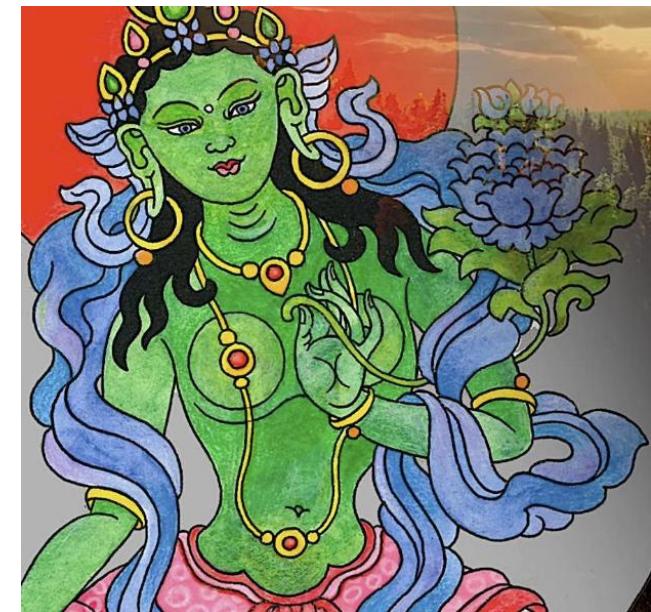
with a wrathful frown
on your lotus face you
slay all foes without exception.



Nine

Hómage to you beautifully adorned
by the Three Jewels'
gesture at yoúr heart

yoúr wheel shines
in all directions
with a whirling mass óf light.



Ten

Hómage to you, radiant and joyful
whose crown emits a garland óf light

yoú, by the laughter of Tu-ta-re
conquer demons
and lords of thé world.



Eleven

Hómage to you with power to invoke the assembly of local protéctors

(*with*) your fierce frown
and vibrating **Hum** you bring
freedom from ALL povéry.



Twelve

Hómage to you with
crescent moon crown all your
adorn**h**ments dazzling bright

fróm your hair-knot
A-mi-ta-bha shines eternal
with great beams óf light.



Thirteen

Hómage to you
who dwell in a blazing wreath
like the fire at the end of this age

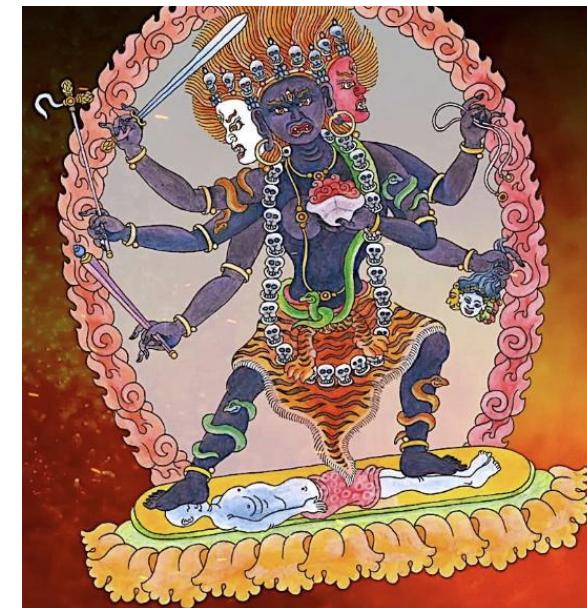
yoúr right leg outstretched
and left drawn-in, joy surrounds
you who defeat hosts óf foes.



Fourteen

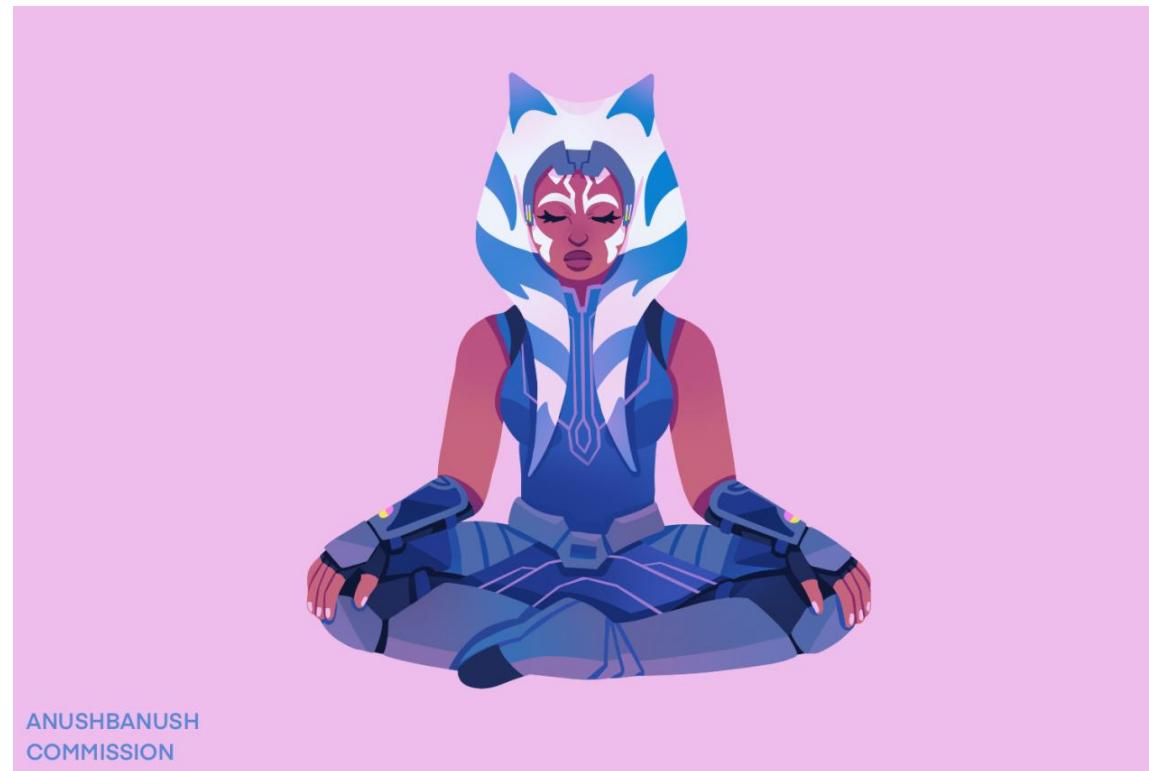
Hómage to you whose foot
stamps the earth and whose palm
strikes the ground by yoúr side

wíth a wrathful glance and the
syllable **Hum** you subdue
all in the seven stágés.



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Let's Practice the **SECOND** Set of the **Awareness and Letting-go** that is **Meditating Like a Jedi**
the Seventh and Eighth folds of the Buddha's eight-fold path



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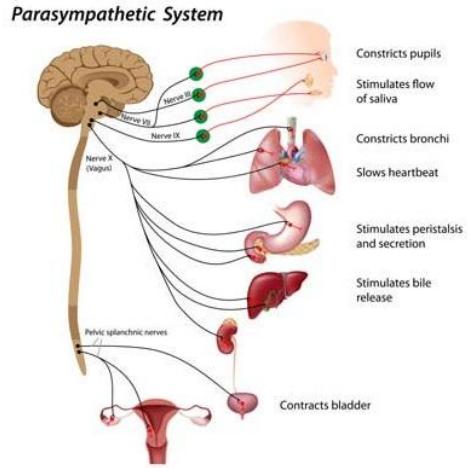
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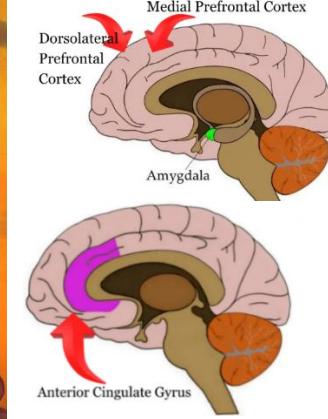
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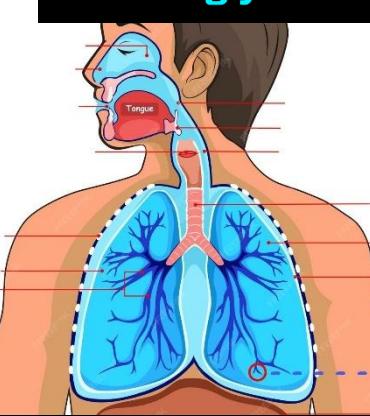
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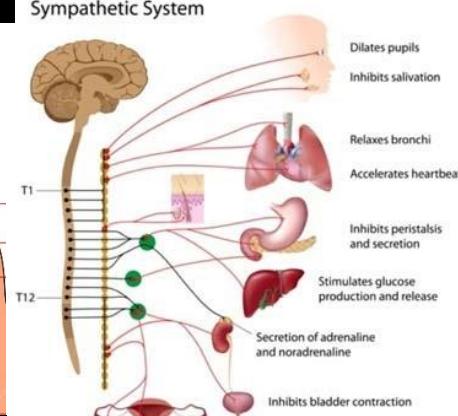
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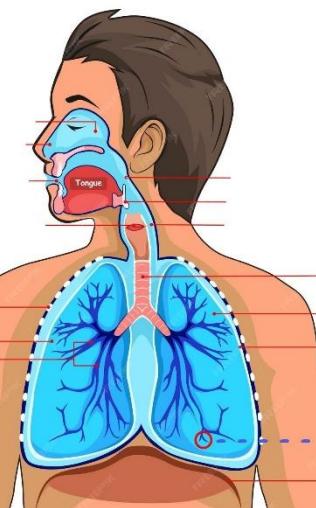
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Fifteen

Hómage to the blissful, virtuous,
peaceful, one object of practice,
Nir-va-ná’s peace,

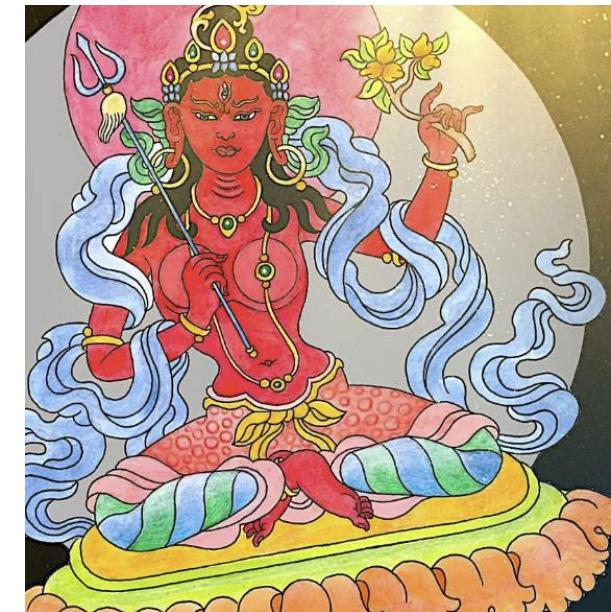
pérfectly endowed
with Sö-ha and Om
overcoming all the great évils.



Sixteen

Hómage to you with joyous retinue
you subdue fully all enemíes' forms

thé ten-syllable mantra adorns
your heart and your knowledge
Hoom gives liberátion.



Seventeen

Hómage to **Tu-re** with stamping feet whose essence is the seed-syllablé **Hoom**

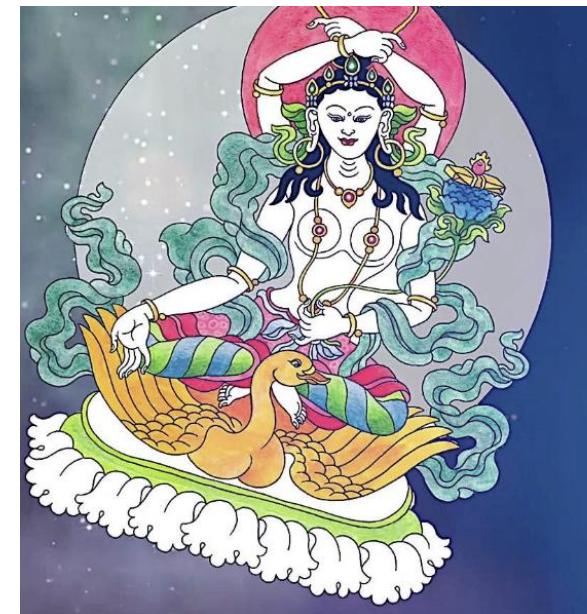
yoú cause Me-ru, Man-da-ra,
Vin-dya and the three worlds
to tremble ánd shake.



Eighteen

Hómage to you who hold in your hand
a moon like a celestiál lake

sáying **Ta-re** twice and the
syllable **Pey** you dispel all
poisons without excéption.



Nineteen

Hómage to you on whom the
kings of gods the gods themselves
and all spirits rély

yoúr armor radiates joy to all
you soothe conflicts
and nightmares ás well.



Twenty

Hómage to you whose eyes,
like the sun and moon,
radiate with pure brilliánt light

úttering **Ha-ra** twice and
Tu-ta-re dispels extremely
fearsóme plagues.



Twenty-one

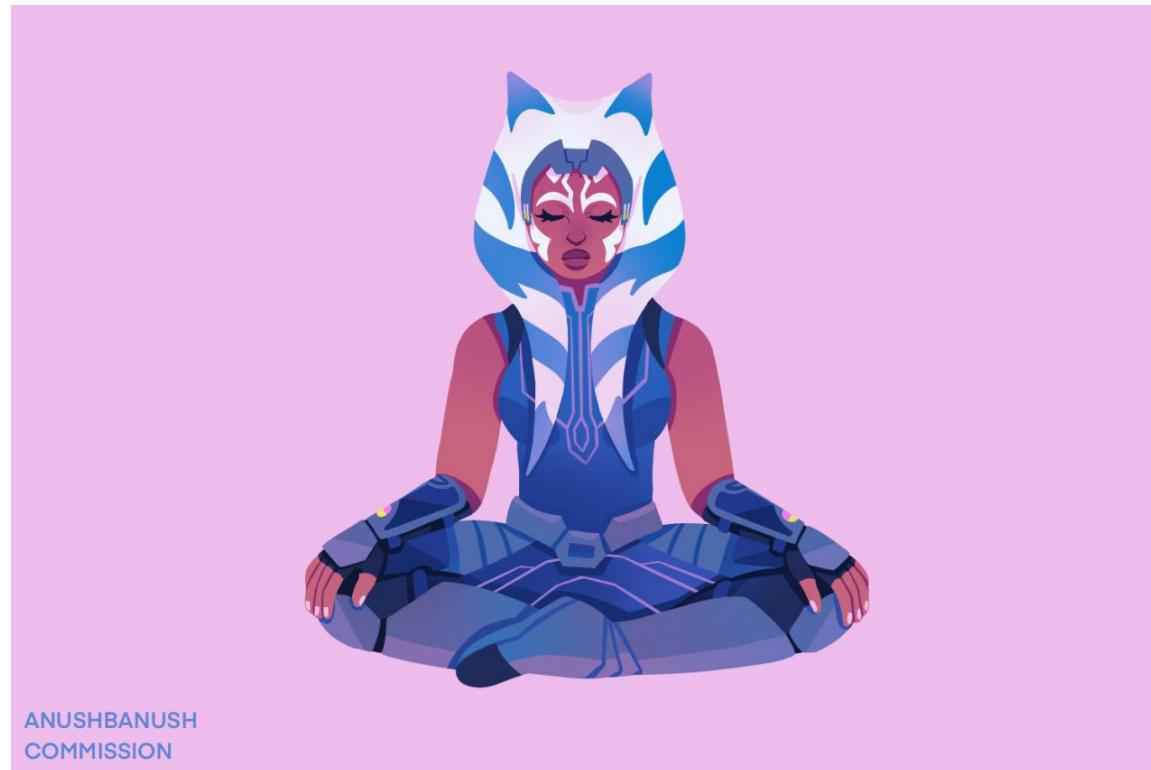
Hómage to you, adorned with
three natures perfectly endowed
with peacefúl strength

you destroy demons, zombies,
and Yak-shas oh Tu-re,
most exalted and súblime!



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Let's Practice the THIRD Set of the Awareness and Letting-go that is Meditating Like a Jedi
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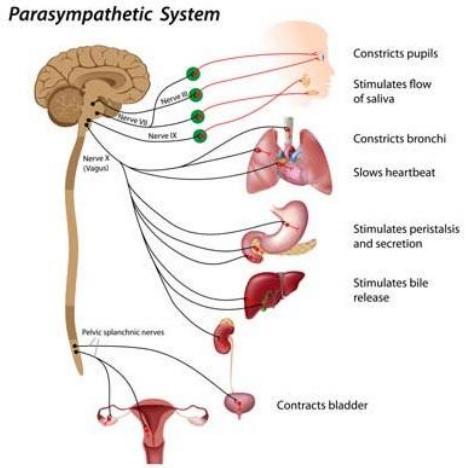
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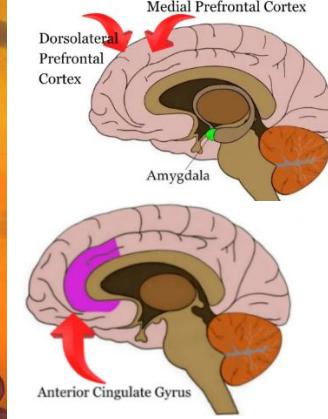
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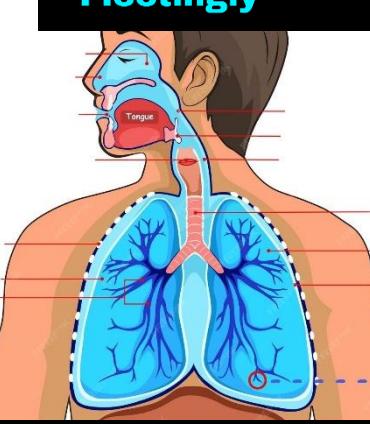
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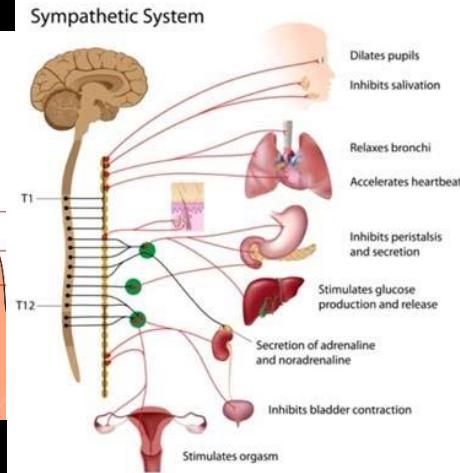
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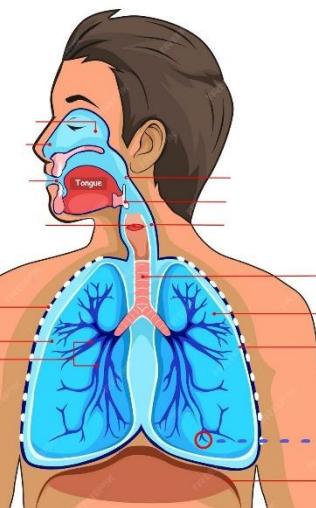
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Bodhichitta, Refuge, and Bowing

Bo-dhi-chit-ta

In our compassion
may we long to free all beings
from the toxic tyranny of ever:

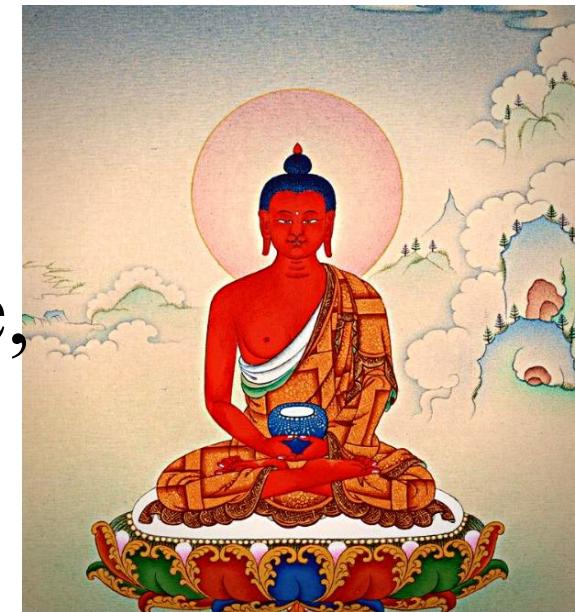
háting, craving, and confusion
metaphorically known
as the three *mental poís*ons.



Refuge

In our pragmatism may our liberation
of all others be fueled by the
three *wish-fulfilling* jéwels of:

- following the Buddha's example,
- applying his instructions, and
- cooperating with his stúdents.

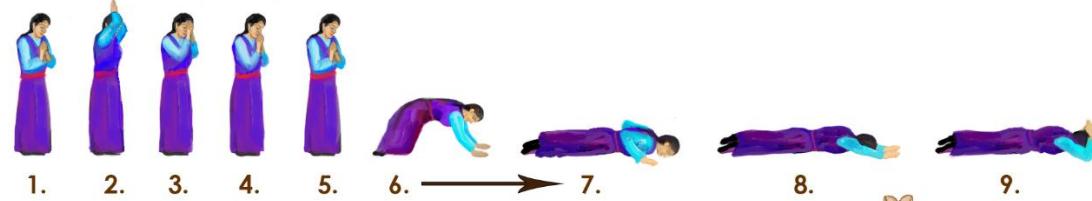


Refreshing, Tibetan-inspired Squat Thrusts

(*Bo-dhi-chit-ta*) May we
free all
(*Refuge*) through the
three jewels!



GOING
DOWN

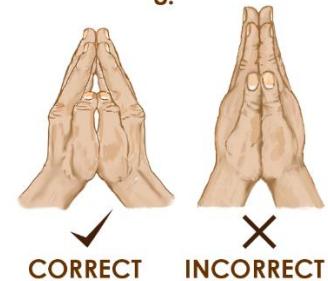


1. 2. 3. 4. 5. 6. → 7.

COMING
BACK UP



7. 8. 9. 10. 11. 12. 13.



CORRECT

INCORRECT

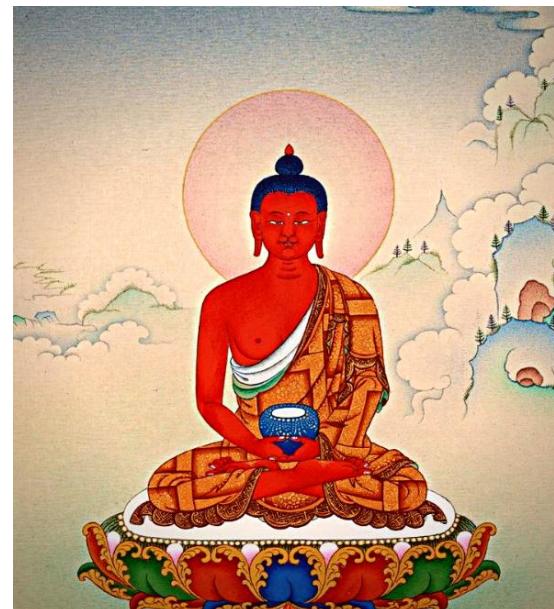


*You have taken your first step
into a much larger world...*

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Lama Jigme Gyatso's

Wishes for the Preservation of the Buddha's Teachings



Máy each meditation teacher truly
understand the Buddha's téachings,

ánd practice, master, as well as share them
generously, lovingly and wisely
in the manner of centered spontaneíty.

Máy each meditation teacher
spontaneously réceive:

- générous patrons,
- enthusiastic students, as well as
- devoted apprentíces,

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and thus may many Dhar-ma centers
be successfully:

- planted,
- nurtured, and
- flourish.

