

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

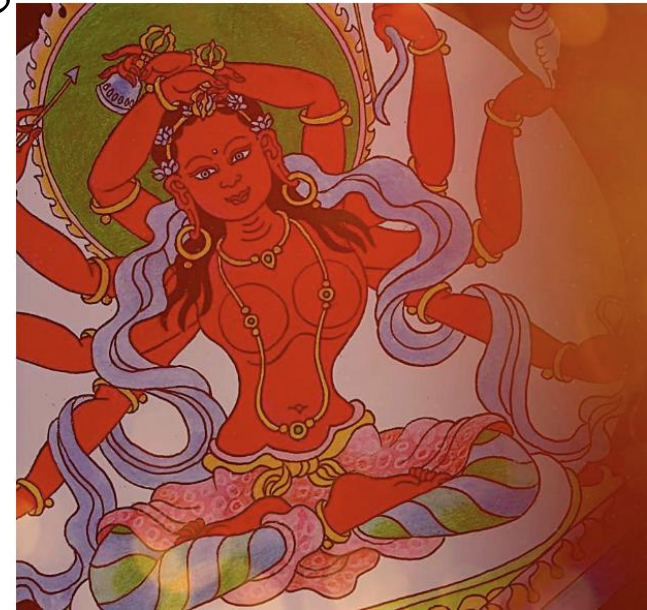
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One

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

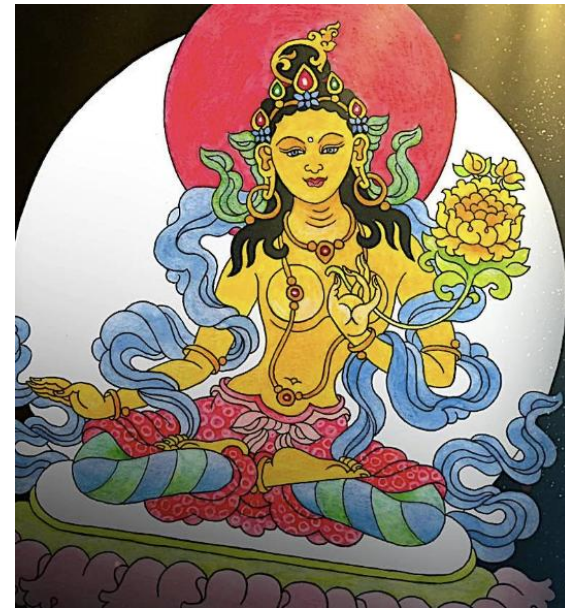
éssence of giving, *kindness,*
patience, zeal, mindfulness,
and wísdom.



Four

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

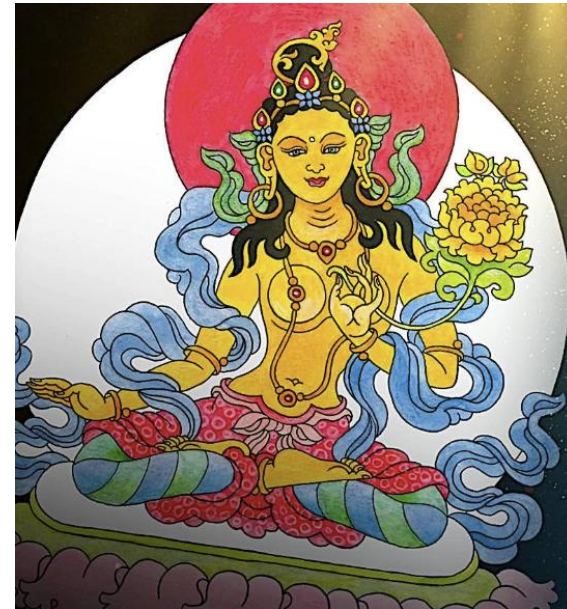
áttained to every perfection
on you the Bo-dhi-sat-tvas rély.



Five

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

youú 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

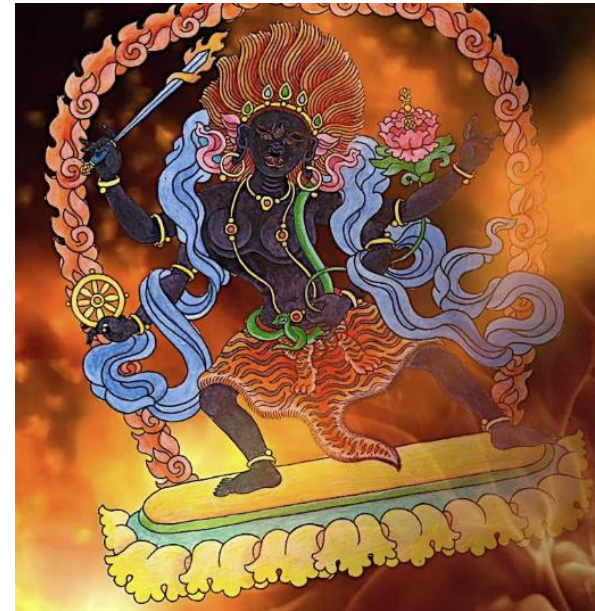
práised in song by hosts of
spirits, zombies,
scent-eaters and Yák-shas.



Seven

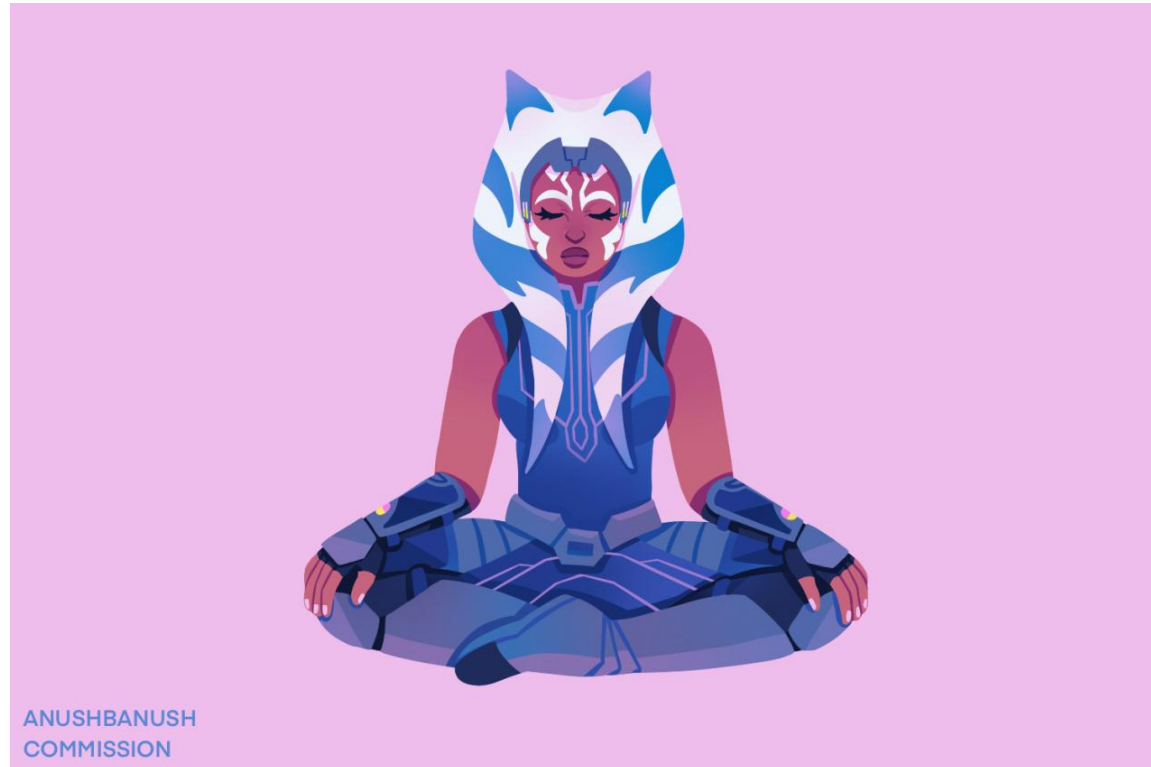
Hómage to you whose **Trey** and **Pey**
destroy external wheels of mágick

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

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Sturgeon's Law

Ninety-percent of everything Sucks

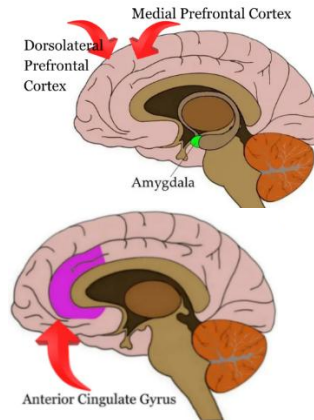
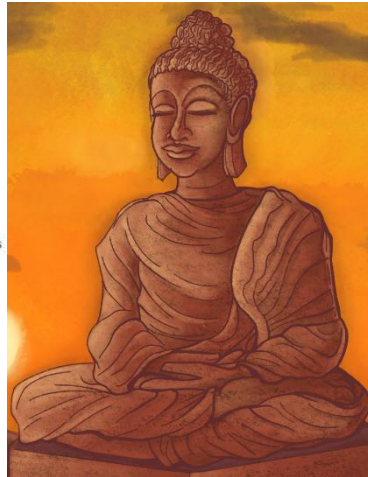
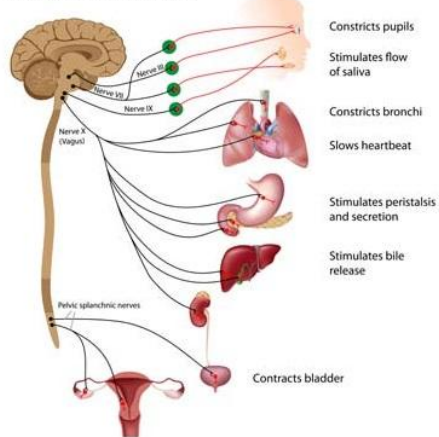
Content	Yin's Spiritual Matriarchy Flexible, Loving, Rational, Laid-back,	Yang's Religious Patriarchy Rigid, Fearful, Superstitious, Controlling,	Cowardly
Compassionate	Egalitarian, Lucid, Cooperative, & Kind	Elitist, Cryptic, Competitive, & Cruel	Cranky
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Awareness and Letting-go, Great completion-stage, or Slicing through Obscuring Emotions of Hope and Fear in English

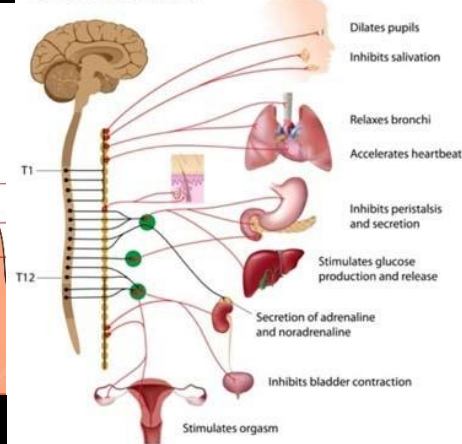
Parasympathetic System



Notice

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

Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

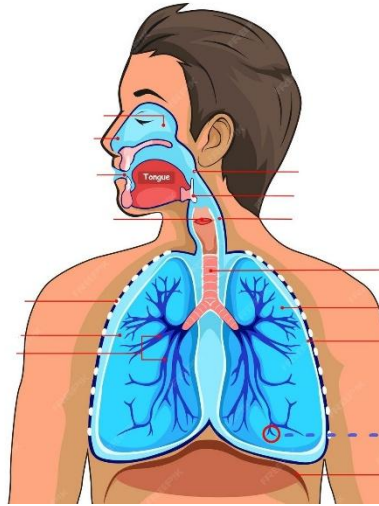
*Watch
rest*

Fleetingly LESS stressful, LESS permanent, and LESS defining

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Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

**Mind's Antics of
Perception,
Emotion,
Intention,
Cognition,
Recollection, &
Imagination**



**All Manner of Phenomena:
External to Internal,
Physical to Mental,
Pleasurable to Painful,
Interesting to Boring,
Glorious to Grotesque**

Mindfulness noticing inhalation

This

*Meditation **relaxing** exhalation*

ease

As NON-graspable as a Vast, Empty Void
like the Illusion of the Infinite, Azure Sky

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What if Enlightenment was simply
the spontaneous, habitual, easy, and effective practice
of (*Gautama or Shakyamuni*) Buddha's Eight fold path?

Wise VIEW supporting release

- 1 - Right View of Impermanence and Emptiness
- 2 - Right Mentally Kind Intention (*essence of the Bodhisattva Vows*)

Compassionate ACTION

- 3 - Right Interpersonally Kind Communication
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- 6 - Right Effortless Effort (*that is Joyful Love's Centered Spontaneity*) 4 & 3

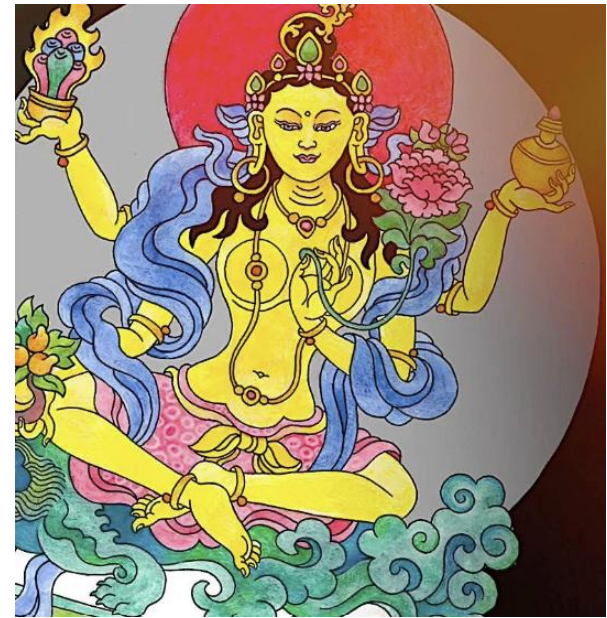
Liberating MEDITATION as described by the seven enlightenment factors

- 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

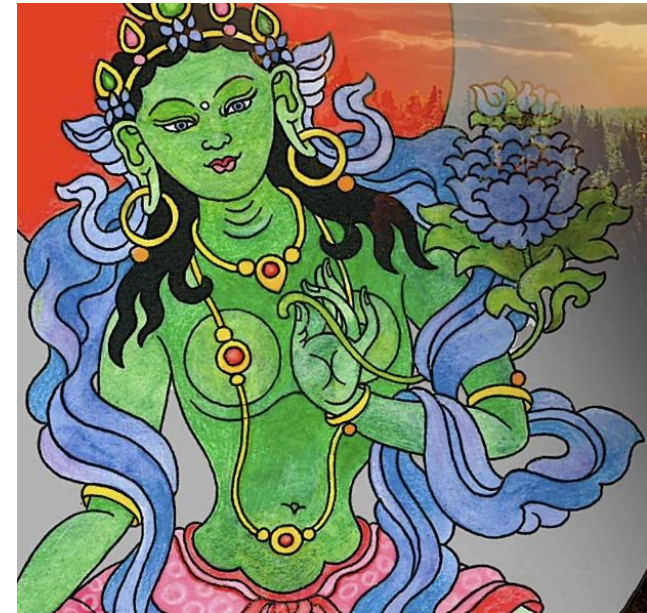
wíth a wrathful frown
on your lotus face you
slay all foes without excéption.



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

youú, 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 povérty.



Twelve

Hómage to you with
crescent moon crown all your
adornments 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

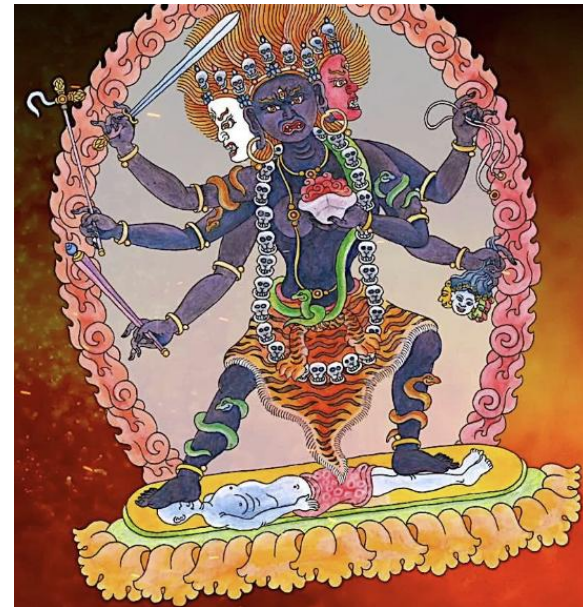
yoúr right leg outstretched
and left drawn-in, joy surrounds
you who defeat hosts óf foes.



Fourteen

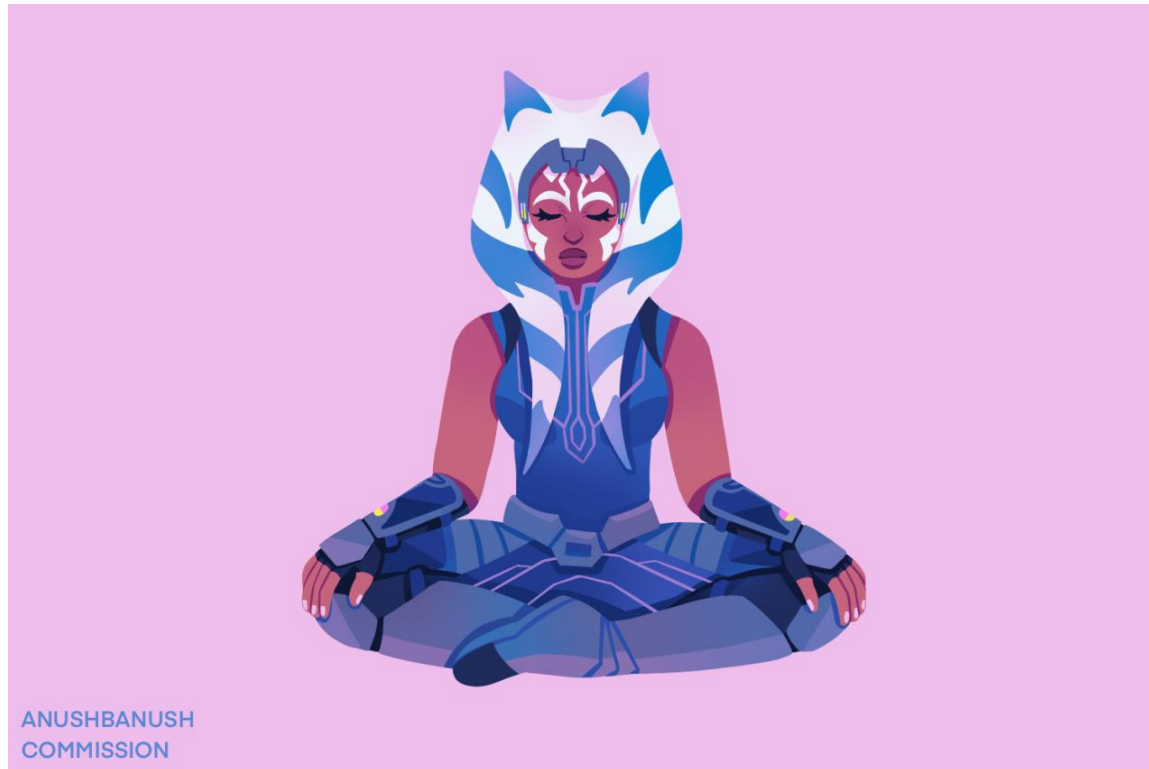
Hómage to you whose foot
stamps the earth and whose palm
strikes the ground by yoúr side

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



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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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*This Session's Second 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

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Sturgeon's Law

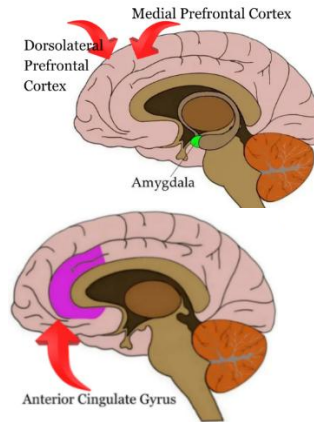
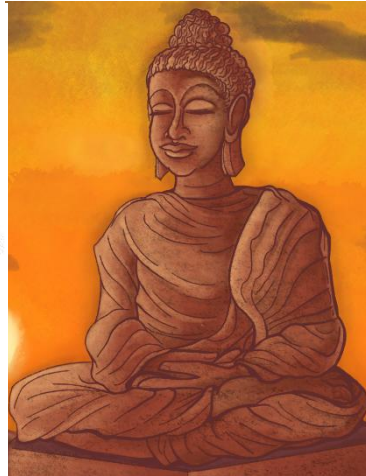
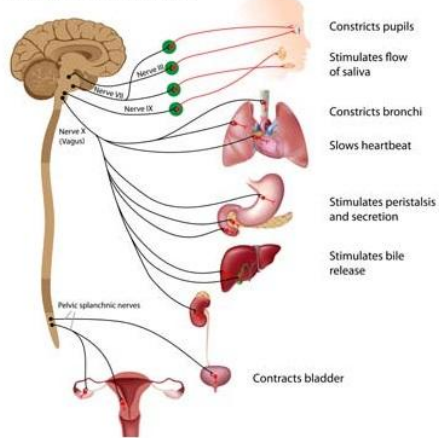
Ninety-percent of everything Sucks

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Parasympathetic System



Notice

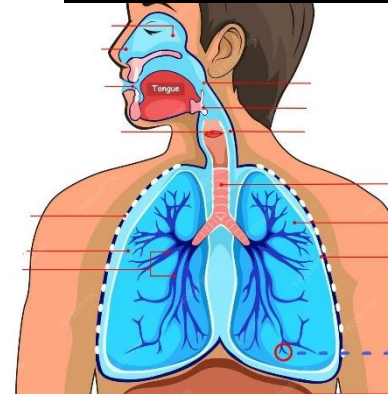
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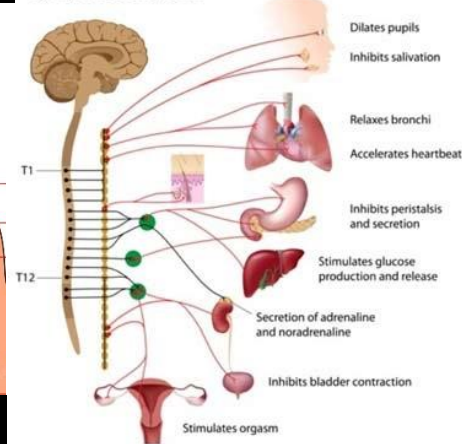
Meditation relaxing exhalation

Watch
rest

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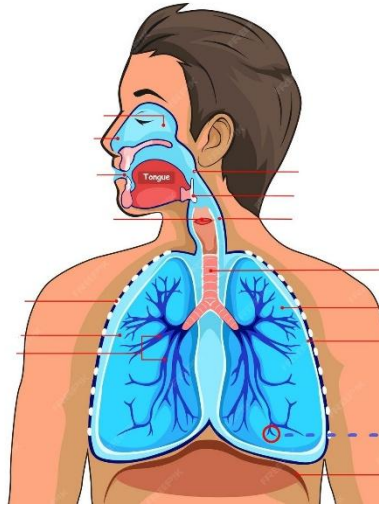
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Sustainably Cooperate with our Sympathetic and Parasympathetic Nervous Systems

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**All Manner of Phenomena:
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Fifteen

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

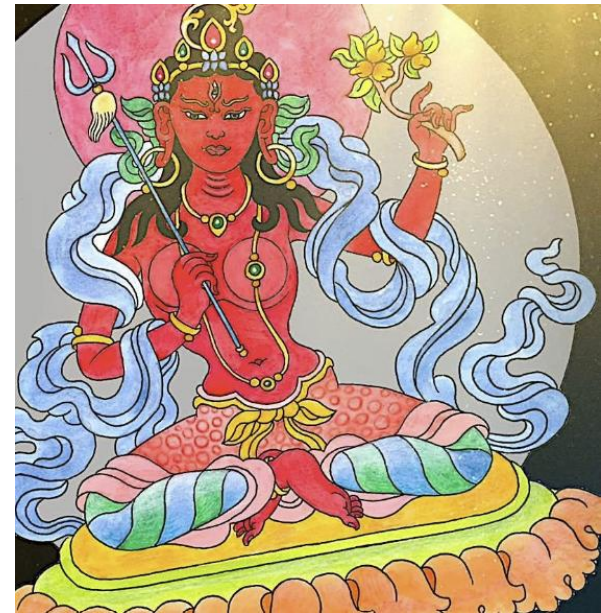
pérfectly endowed
with Sö-ha and Om
overcoming all the great evils.



Sixteen

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

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



Seventeen

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

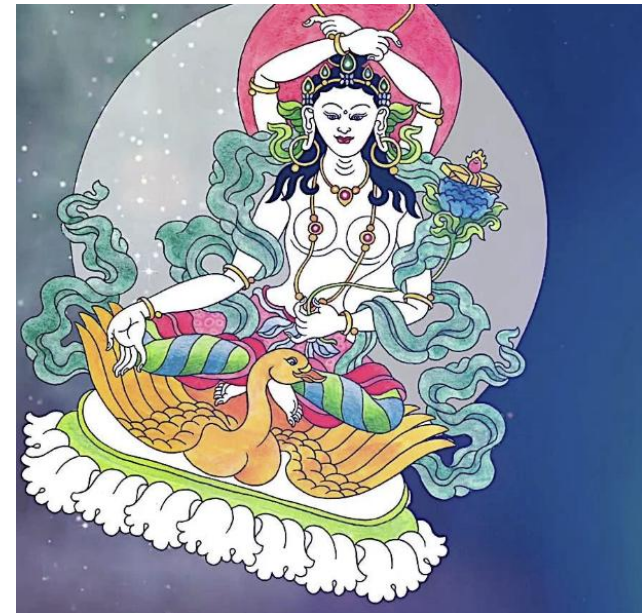
yoú cause Me-ru, Man-da-ra,
Vin-dya and the three worlds
to tremble ánd shake.



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

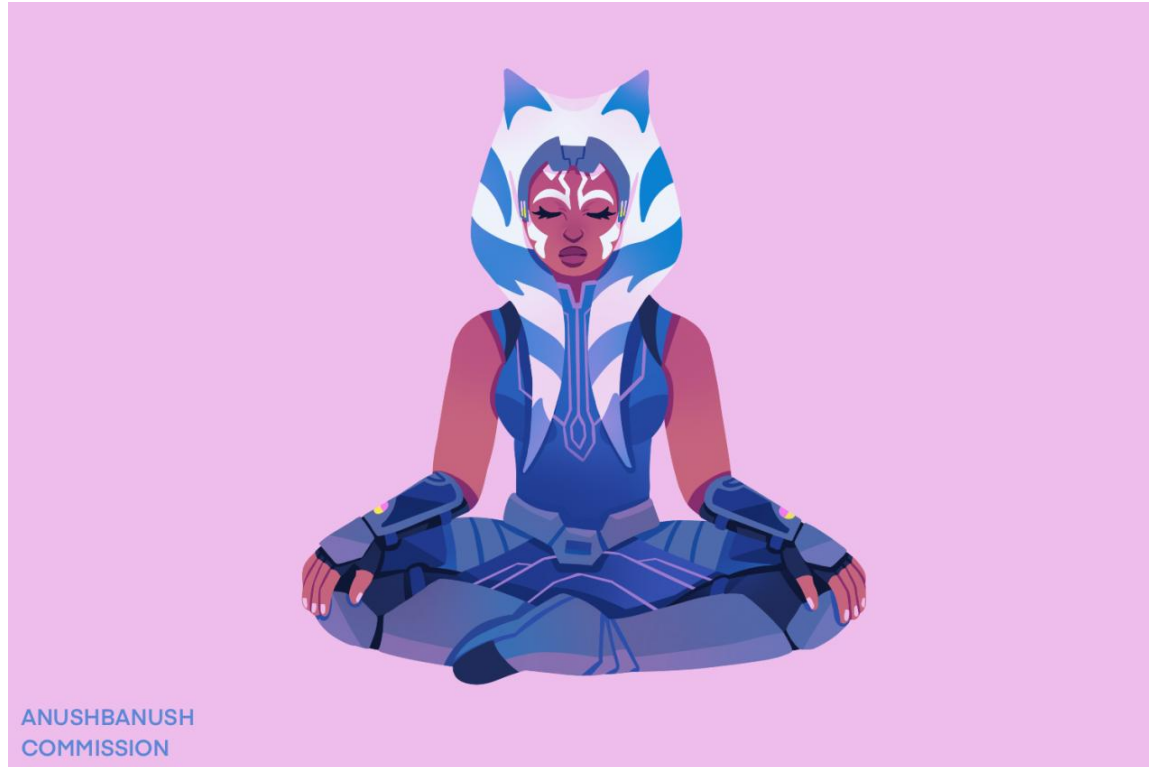
Hómage to you, adorned with
three natures perfectly endowed
with peacefúl strength

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



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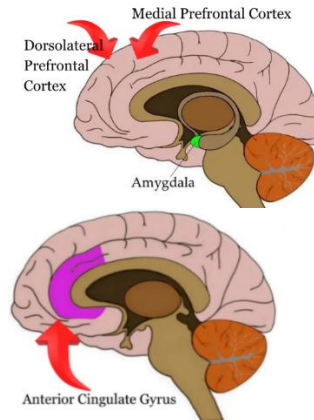
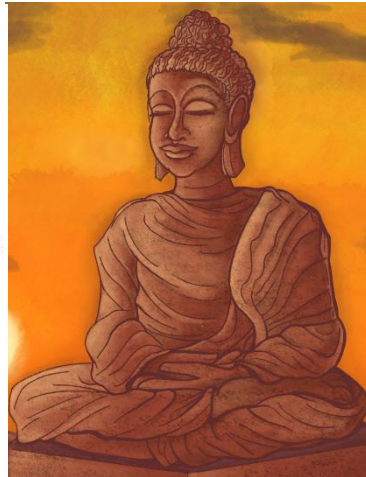
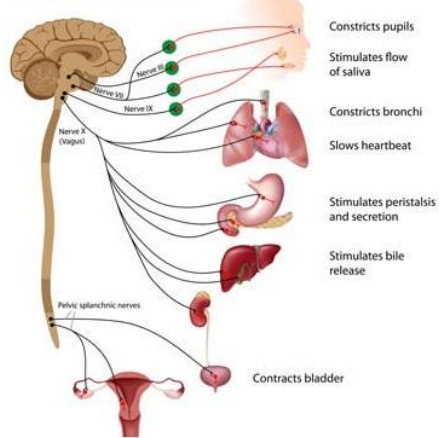
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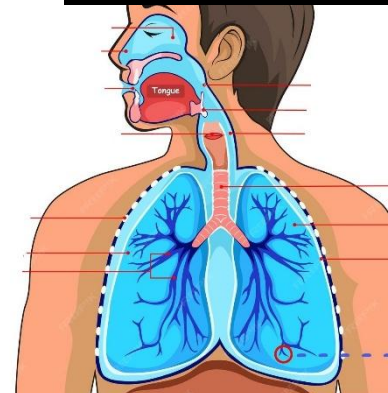
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Parasympathetic System

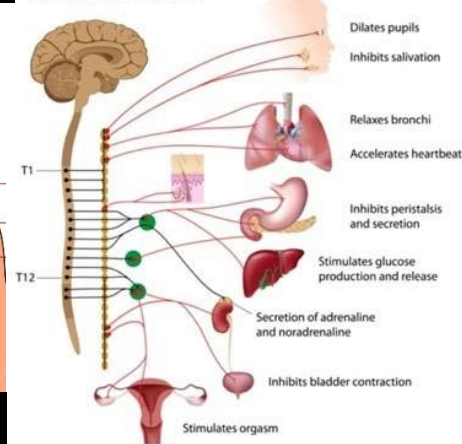


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Sympathetic System



Mindfulness noticing inhalation

Meditation relaxing exhalation

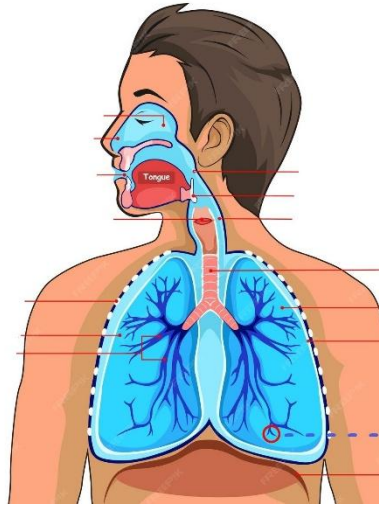
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Bodhichitta, Refuge, and Bowing

Bo-dhi-chit-ta

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

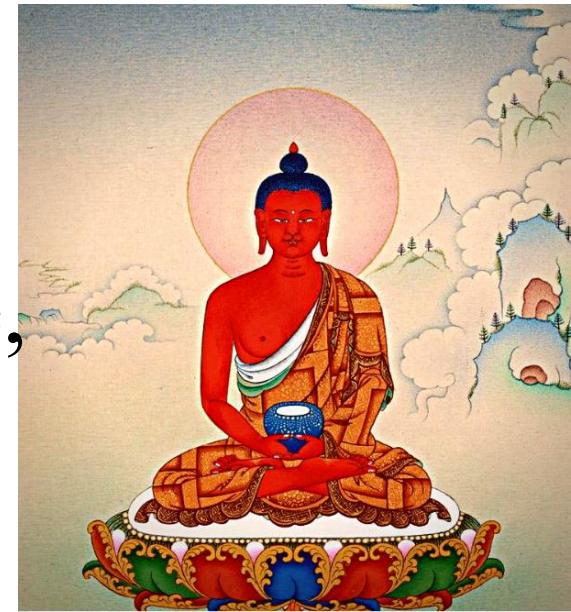
háting, craving, and confusion
metaphorically known
as the three *mental* poísons.



Refuge

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

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



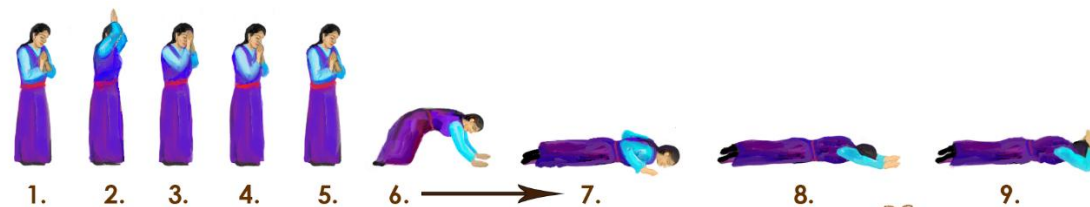
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Refreshing, Tibetan-inspired Squat Thrusts

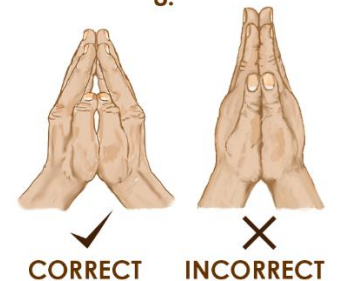
(*Bo-dhi-chit-ta*) May we
free all
(*Refuge*) through the
three jewels!



GOING
DOWN



COMING
BACK UP





*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,

and thus may many Dhar-ma centers
be successfully:

- planted,
- nurtured, and
- flourish.

