



## An Outline of The Praise to Tara with Twenty-One Verses of Homage

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*Namo buddhaya.*<sup>1</sup>

The Praise is outlined as follows:

1. The actual praise (1–21)
  - A. The praise of Tara’s sambhogakaya aspects (1–14)
    - i. The praise of Tara’s origin (1)
    - ii. The praise of Tara’s bodily features (2–8)
      1. The praise of Tara’s peaceful aspects (2–4)
        - a. The praise of Tara’s brilliance (2)
        - b. The praise of Tara’s hand symbols and qualities (3)
        - c. The praise offered by the Buddha and bodhisattvas (4)
      2. The praise of Tara’s wrathful aspects (5–8)
        - a. The praise of Tara’s might (5)
        - b. The praise offered by the great worldly gods (6)
        - c. The praise of Tara’s enlightened activities (7–8)
          - i. The praise of Tara’s common activities (7)
          - ii. The praise of Tara’s uncommon activities (8)
          - iii. The praise of Tara’s ornaments and features (9–14)
      3. The praise of Tara’s peaceful features (9–10)
        - a. The praise of Tara’s hand gestures (9)
        - b. The praise of Tara’s head ornament (10)
      4. The praise of Tara’s wrathful features (11)
      5. The praise of Tara’s common head ornaments (12)
      6. The praise of Tara’s wrathful attributes (13–14)
        - a. The praise of Tara’s radiance and body postures (13)
        - b. The praise of Tara’s hand gestures (14)
    - B. The praise of Tara’s dharmakaya aspects (15)
    - C. The praise of Tara’s enlightened activities (16–21)
      - i. The praise of Tara’s secret mantra (16)
      - ii. The praise of Tara’s might (17)

- iii. The praise of Tara's ability to pacify poisons (18)
  - iv. The praise of Tara's ability to dispel obstacles (19)
  - v. The praise of Tara's ability to dispel diseases (20)
  - vi. The praise of Tara's ability to subdue obstructors (21)
2. The excellent benefits (verses 22–27)
- A. The intention (22)
  - B. The time (23)
  - C. The vast and excellent benefits (23–27)
  - D. A brief summary of the benefits (27)

*This outline was arranged by the upasaka Drakpa Gyaltzen.*



### Translation Origin

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### Bibliography

#### *Tibetan Source*

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#### *Secondary Sources*

Buddha Shakyamuni. *The Praise to Tara with Twenty-One Verses of Homage, and the Excellent Benefits of Reciting the Praise*. Trans. Samye Translations.

1 Homage to the Buddha!