DEN NYI BUDDHIST SOCIETY (ER DI FO XUE YUAN)
Tibetan Buddhist Gelug Lineage - Sacred Chanting & Prayer Text
341B Beach Road, Level 3, Singapore 199567
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Title: Green Tara Mantra ()
Subtitle: O Tre Tuttre Ture Svh Swift Liberator from All Fears
Deity / Lineage: rya Green Tr ()
Chanting Tradition: Den Nyi Buddhist Society Tara 4-Mandala Puja Recording
Recommended Daily Practice: 21 or 108 recitations daily

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1. REFUGE & BODHICITTA MOTIVATION (SANG GYE CHO DANG...)
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Sang-gye cho dang tshog kyi chog nam la / Jang-chub bar du dag ni kyab su chi
Dag gi jin sog gyi pei so nam kyi / Dro la phen chir sang-gye drub par shog (3x)
Until enlightenment I take refuge in the Buddha, Dharma, and Supreme Assembly.
Through the merit of generosity and other virtues, may I attain Buddhahood
for the benefit of all migrating beings. (Recite 3 times)

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2. ROOT MANTRA (SANSKRIT / TIBETAN PHONETICS)
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Om Tare Tuttare Ture Svaha

Mandarin Pinyin / Phonetic Guide:
Om Tare Tuttare Ture Svaha ()

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3. LITURGICAL VERSES & MEANING
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* Chag tsal Ta-re nyur ma pa mo | Tut-ta-re yi jig pa sel ma
Homage to Tare, swift and heroic liberator, who dispels all fears
with Tuttare;

* Tu-re don kun jin pei Drol-ma | Sva-ha yi ger che la rab dud
Savior who grants all aims with Tureto you endowed with the
syllables Svaha I bow in devotion!

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4. SPIRITUAL BENEFITS & DEDICATION OF MERIT
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Swiftly clears obstacles in spiritual practice, health, family, and
livelihood; grants protection from fear and untimely harm, and
fulfills virtuous aspirations.

Dedication:
O Venerable Arya Tara, heed us with compassion: liberate us from all
fears and bestow every worldly and supramundane accomplishment.

Ge-wa di yi nyur du dag / Lama Sang-gye drub gyur ne /
Dro-wa chig kyang ma lu pa / De yi sa la go par shog.