

# The 108 Names of the Venerable Arya Tara

*Arya Tara Bhadra Nama Ashta Shataka*



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# The 108 Names of the Venerable Arya Tara

## *Arya Tara Bhadra Nama Ashta Shataka*

I pay homage to the Venerable Arya Tara.

### **[Introduction]**

The beautiful, glorious Potala is  
Adorned by different domains,  
A scattering of various trees, and  
The songs of different birds,  
The roar of cascading waterfalls,  
And a profusion of wild creatures.  
Various types of flowers  
Fill the air with their fragrance.

Filled with blissful elephants,  
There is an array of beautiful fruit,  
The melodious sound of honey bees  
And sweet tunes played by kinnaras.

There are assemblies of accomplished vidyadharas,  
Music played by gandharvas,  
Sages free of attachment,  
A further assembly of bodhisattvas, and  
Mighty lords of the ten grounds.

Arya Tara and goddesses  
Are forever perfectly attended  
By thousands of vidya queens.

There is an additional assembly of the  
King of the Wrathful, such as Hayagriva.

## **[Actual work (in 6 parts)]**

### ***1. By whom the teaching was requested]***

Striving for the benefit of all sentient beings  
Is the Bhagavan Avalokiteshvara  
Within the glorious pure land  
On the sage's seat at the heart of a lotus,  
Endowed with resolute determination,  
Compassion, and loving-kindness.

Within the great retinue of gods,  
He perfectly abides, teaching Dharma.

### ***[2) How the request was made]***

From among the inner retinue,  
The Powerful Vajrapani properly arose  
And to the One Endowed with Supreme Compassion,  
Avalokiteshvara, he said:

“How can the fears of thieves, snakes,  
Lions, elephants, tigers and water  
Be pacified? And how can sentient beings -  
Those sinking in the ocean of samsara,  
Those bound by samsara's noose -  
Be freed from the stains  
Of attachment, aversion, and ignorance?  
Tell me, O Great Sage.”

### [3] *Exhortation to listen*

Having been asked, the Bhagavan,  
The Protector of the World, spoke.

The glorious Avalokiteshvara,  
Appraising Vajrapani's realizations,  
Spoke these welcome words:  
"Lord of Secrets, listen:

"Through the protector Amitabha's  
Power of aspiration, I arose and  
Understood the unruliness of the world.

"With her great compassion,  
She is dedicated to rescuing wanderers,  
Like the rising sun and  
The light of a full moon.

"Gods, humans and demigods -  
For all, she is the illuminator,  
Shaker of the three worlds,  
Destroyer of yakshas and rakshasas.

"With a blue utpala flower in her hand  
She says 'Do not fear. Do not fear.'"

### [4] *Venerable Tara appeared and again requested the teaching*

Blazing in mid - air, she said:  
"In order to perfectly care for all wanderers  
In the age of warfare and  
In order to dispel the multitude of fears,  
The conquerors will give birth to me.  
Simply through recollecting my names,  
I will protect all sentient beings.

“I will free all sentient beings  
From the ocean of a myriad of fears.  
Therefore, in the world, the assembly of conquerors  
Will proclaim me Tara, the Liberator.”

With palms pressed together,  
Before Avalokiteshvara she made this request:  
”Teach the 108 names and  
The lords of the ten grounds, their protectors,  
And bodhisattvas on the ground of complete joy  
Will abandon negativities,  
Increase merit, auspiciousness, and renown,  
Increase stores of wealth,  
Dispel all illnesses,  
Establish glory and good fortune,  
And grant long life free of illness.

Cultivate loving-kindness to all sentient beings  
And proclaim those names, Great Sage.”

***[5) Commitment to give the teaching and an exhortation  
to listen (in 3 parts)***

***[ i)The way physically made the exhortation to listen.]***

Avalokiteshvara, thoroughly pleased,  
Observed all the supreme ones  
And radiated this loving-kindness.

Right hand in the mudra of expounding the Dharma,  
The One Endowed with the Signs of Merit  
Thus spoke: ”Great Wise One, very good.  
Very good, Great Ascetic.

**[ ii) Showing [the disciples are] fit vessels]**

With love for all sentient beings,  
You of great fortune, listen:

**[ iii) Benefits of the 108 names]**

Anyone who shares this will become  
Renowned among humans, a lord of wealth.

They will be completely free of every illness,  
Have perfect and universal power,  
Be certain to burn away untimely death,  
And go to the realm of bliss after death.

I will relate all of these;  
Community of gods, listen to me.  
By rejoicing in this,  
One will be praised as well-restrained.

**[6) The actual explanation of the 108 names.**

**[ i) Explanation of meaning.]**

OM. Virtuous One, Majesty,  
Healer of the World, Renowned Melody,  
Encompassing Eyes,  
Glorious Wisdom, Burgeoning Mind,  
Nurturer and Sealer, Svaha.

Marked by OM, Of the Desire and Form Realm,  
Striving to Benefit Sentient Beings;

Rescuer from Invading Hordes, Victorious One,  
Goddess, Perfected Wisdom,  
Arya Tara the Liberator, Beautiful,  
Clay Drum, Conch One, Enricher,

Queen of Pristine Awareness, Pleasant Words,  
Face Like the Moon, Great White One,  
Invincible, Clad in Yellow Robes,  
Great White Illusion,

Great Power, Completer of Perfections,  
Great Force, Fiery Goddess,  
Crusher of Aggressive Beings,  
Thorough Pacifier, Body of Peace,

Utterly Victorious, Blazing Light,  
Victory Banner of Lightning,  
Brandishing a Sword, Wheel and Bow,  
Seducer, Paralyzer, Black One,

Night Time, Black One, Night Conduct,  
Protectress, Eradicator of Ignorance, Pacifier,  
Beautiful, Virtuous, Soaring,  
Chaste, Vedic,

Secret One, Cave Dweller,  
Auspiciousness, Accomplisher of Welfare, Pacifier,  
Mother, Vedas, Swift as Thought,  
With Skull Cup, Great Strength,

Chastity, Truthful, Unconquered by Others,  
Great Captain, Compassionate,  
Laying to Waste, Teacher of the Correct Path,  
Bestower of the Supreme, Bestower, Revealer,

Female Form, Inconceivable Suppressor,  
Hermitess, Yogini,  
Accomplished, Fierce, Nectar,  
Goodness, Wealthy, Meritorious,

Great Fortune, Of the Fortunate, Exquisite Revealer,  
 Consummate Accomplisher, Destroyer, Frightening,  
 Wrathful Goddess, Great Yogic Discipline,  
 Wholly Striving for the Benefit of All Sentient Beings,

Refuge, Respectful, Sincere,  
 Lord of Speech, Subtle,  
 Eternal Goddess, Ever Present, Harmony,  
 Accomplisher of All Welfare, Kind-hearted,

Awakener, Healer, Bestower of Wealth,  
 Fearless, Meritorious, Guatama,  
 Ever Watchful Eyes, Born from the Great Being.

*[ ii) Explanation of the benefits ]*

These 108 names -  
 Famed for bestowing benefit,  
 The supreme, marvelous secret -  
 Are difficult to find even in the god realms.

*[Actual explanation of the benefits]*

This will bring prosperity to the fortunate;  
 Poisons will be diminished;  
 Illnesses pacified  
 And happiness bestowed on all sentient beings.

An intelligent person who reads this three times,  
 Performs ablutions and stays in equipoise,  
 Within a short period of time  
 Will achieve glorious dominion  
 And will always be beautiful and happy.

Poverty will turn to wealth;  
 Ignorance will become great wisdom;

Without doubt, one will gain great intelligence.  
Those bound will be released from bondage,  
And will go from ordinary to victorious.  
Enemies will become loved ones  
And one will not be cornered by  
Horned and fanged wild animals.

Having been disturbed by the various fears,  
The recollection of these names  
Will free from all fears and  
Release from untimely death.  
One will achieve good standing  
And have a meaningful human rebirth.  
Only good will result.

Anyone who wakes early  
To recite this  
Will have a long life and  
Will be happy by their glory.

Gods, nagas and yakshas,  
gandharva yakshas and  
gandharva pretas, Kataputana,  
Malevolent elemental spirits, rakshasas and  
Aggressive mamos,  
Yakshinis, pretas and  
Influences causing insanity, harmful spirits,  
Spirits that cause nightmares and forgetfulness,  
All other flesh-eating spirits,  
Various zombies and so forth  
That encourage thoughts of aggression in others  
Will not even step on one's shadow.

Aggressive beings will be bound;  
One will not succumb to illnesses and such,

Will be rich in wealth and qualities,  
Increase in children and grandchildren,  
Become intelligent and remember previous lives,  
Be of good lineage and pleasing for others to see,  
Be majestic and have clear speech,  
Understand all the treatises,  
Venerate and correctly rely on a virtuous friend,  
Be adorned by the mind of enlightenment  
Wherever it arises,  
And never be abandoned by the buddhas.

This concludes the teaching of the 108 Names of  
Venerable Arya Tara by the glorious Arya Avalokiteshvara.

**Colophon:**

Translated by Corey Jackson, at the request of FPMT Education Services, in 2010 based on “A Sanctuary of Relief From the Intimidation Of the Eight External and Internal Fears; A Commentary on the 108 Names of Arya Tara.” by Lobsang Palden, the Sixth Panchen Lama. The outlines of the text in square brackets are taken from said commentary. Lightly edited by Sarah Shifferd, FPMT Education Services, March 2011.

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