

Meaning of White Tara mantra

白度母咒語含意



ཨོྫ་རཱེ་རུ་རཱེ་རུ་རཱེ་མ་མ་ཨུ་ཡུ་རྫོག་པ་སུ་ཐུ་སྤྱི་ཀུ་སུ་སྤྱི་ཏུ།

Mantra:

om tāre tuttāre ture
mama āyur jñāna punye puṣṭim kuru svāhā

Meaning of Mantra:

om O liberator, O liberator from pain, O swift one,
make my lifespan, knowledge, and merit blossom svāhā

咒语:

嗡 达瑞 度达瑞 度瑞 妈妈
阿优儿 佳那 布涅 布真 咕汝 梭哈

咒意:

嗡 解脱母! 解脱苦难母! 疾速救度母!
令我寿命、智慧、福德盛开增长 梭哈

At H.E. Garchen Rinpoche's request, this was translated from the Sanskrit by Meghan Howard
and from English into Chinese by Theresa Ai Stevenson.

奉尊圣 噶千仁波切旨意, Meghan Howard (梅根·哈瓦德) 将此白度母咒意由梵翻英,艾建宜由英翻中。2014/3/14



祈愿众生怙主噶千尊,法体安康永住世;愿永不离上师度母大悲心。

May glorious Garchen, the protector of all beings, remain steadfast.

May we never be separated from Guru Tara, the mind of great compassion.



Footnote:

tāre: liberator./ tuttāre: liberator from pain./ ture: swift one./ mama: my./
 āyur: lifespan./ jñāna: knowledge./ punye: merit./
 puṣṭim: abundant. "puṣṭi" is related to the word "puṣpa" for "flower"./ kuru: make./

咒语词义:

「达瑞」:解脱者。「度达瑞」:除苦者。「度瑞」:迅捷者。「妈妈」:我的。
 「阿优儿」:寿命。「佳那」:智慧。「布涅」:福德。
 「布真」:增长,成熟,丰富,荣盛。此字字根“布地”和花“布巴”有关。「咕汝」:令。

编按:本文之白度母圣相乃第八世噶千仁波切心意示现之度母相。第八世噶千仁波法照于2013年摄于台湾台北。感谢发心师姐提供。
 The Picture of Garchen Rinpoche was taken in Taiwan 2013 and is available courtesy of an anonymous Taiwanese Dhrama sister.