

TARA MANIFESTATION FOR PROTECTING FROM CONTAGIOUS DISEASES

PRAISE

[to add at the end of the first part, before transformation]

**namaḥ candrārka-saṃpūrṇa
nayana-dyuti-bhāsvare
hara-dvir-ukta-tuttāre
viṣama-jvara-nāśani**

NAMA CHANDRARKA SAMPURNA

NAYANA DYUTI BHASWARE

HARA DWIR UKTA TUTTARE

VISHAMA JWARA NASHANI

*Homage to you, whose two eyes are bright
With the radiance of the sun and full moon.
Uttering HARA twice and TUTTARE
You dispel all virulent epidemics.*

MANTRA

[to add after the recitation of the main mantras during transformation]

ॐ तूरे तुतूरे तुरे नूमा तूरे मनो हारा
हूम हारा स्वहं

**OM TARE TUTTĀRE TURE NĀMA TĀRE MANO HARA
HŪM HARA SVĀHĀ**