Protection from All Peril

A Very Concise Daily Practice of Noble Tara

Arranged by

Khenpo Lodrö Donyö Rinpoche
Protection from All Peril

A Very Concise Daily Practice of Noble Tara

Until enlightenment, I take refuge

In the Buddha, the Dharma, and supreme Sangha.

Through the merit of generosity and other virtues,

May I attain buddhahood for the benefit of beings.

Repeat three times.
With utmost faith, I offer homage

To the noble Arya Tara,

All the victors, and their heirs

Throughout the ten directions and three times.

I offer flowers, incense, illumination,

Fragrances, food, music and more,

Both actual and mentally emanated.

May the Arya and her retinue accept them.

Compiled by the khenpo named Lodrö Donyö.
May all beings attain the state of Noble Lady Arya Tara.
Translated and arranged by Eric Trinle Thaye

Cover image by Gega Lama
Version: March 2021
I confess the ten non-virtuous acts,

The five of immediate consequence, and all misdeeds committed from beginningless time till now while overpowered by the afflictions.

I rejoice in all the virtue of the shravakas, pratekyabuddhas, bodhisattvas, and common beings have gathered throughout the three times.

The deva and your mind becoming inseparable, rest in the natural state of the dharmadhatu.

Rest in equipoise for a while.

By this virtue may I quickly accomplisharya tara and establish all beings without exception in that state.

While overpowered by the afflictions.

I rejoice in all the virtue of the shravakas, pratekyabuddhas, bodhisattvas, and common beings have gathered throughout the three times.
I pray that you turn the Wheels of Dharma
Of the lesser, greater, and common vehicles
In accordance with the various minds
And capacities of beings.
I pray that until samsara is empty
You not pass into nirvana,
But compassionately gaze upon beings
Drowning in this ocean of suffering.

Om je tsum ma pak ma drol ma la chak tsel lo
Homage to the venerable Arya Tara.

Homage Tara, TARE heroine.

Homage you clear all peril.

Homage you bestow all welfare.

Svaha to these letters I bow.

You can also recite this blessed verse from Atisha three times or more.

Recite the ten syllables one hundred times or more. Then:
May whatever merit I have gathered
Be the cause of awakening for all.

Before too long may I become
A glorious guide of beings.

Instantly, I take the form of Arya Tara.

Homage—Showing threefold suchness,
You possess full powers of peace.

Ture, most sublime, you vanquish
Hosts of döns, •vetalas and• yakshas.

These are praises •of the• root mantras
And the twenty-one fold homage.

Recite the praise once, three times or more. If you wish:

Oṁ svābhāvā śuddhāḥ śarva dharmāḥ svabhāva śuddho haṁ

Instantly, I take the form of Arya Tara.
Homage to the noble Arya Tara.

Eyes like lightning, instantaneous.
•Born from the• blooming lotus visage
Of the Threefold World’s Protector.

Homage—Hosts of devas, monarchs,
All your joyful armor’s brilliance
Does away with strife and bad dreams.

Homage—Your two eyes, the fullest
Sun and moon, shine ever brightly.

Homage—Your whose face combines a
Hundred autumn moons at fullest,
Light rays spreading from a thousand
Gathered stars shine, blazing brightly.

Clearer of severe contagion.

Saying both•—/h.sc/a.sc /r.sc/a.sc /r.sc/a.sc—and /t.sc/u.sc/t.sc/t.sc/amacron.sc/r.sc/a.sc,

Sun and moon, shine ever brightly.

Saying both•—HA RA—and TUTTĀRA,
Clearer of severe contagion.

Om—Homage to the noble Arya Tara.

Homage—Tara, swift, heroine.

Eyes like lightning, instantaneous.

Homage—Hosts of devas, monarchs,
All your joyful armor’s brilliance
Does away with strife and bad dreams.

Homage—Your two eyes, the fullest
Sun and moon, shine ever brightly.

Homage—Your whose face combines a
Hundred autumn moons at fullest,
Light rays spreading from a thousand
Gathered stars shine, blazing brightly.
Homage—Golden, a blue lotus  
Grown in water graces your hand. 
Your deeds comprise giving, effort, 
Discipline, peace, patience, dhyana. 

Homage—Tatha•gatas’• ushnisha  
Agent of unbounded victory. 
All the victor’s children who have 
Gained the paramitas serve you. 

chak tsel tu re zhap ni dap pe 
Homage—TURE stamping your feet, 
Hum gi nam pe sa böñ nyi ma 
Seed herself of HŪM’s expression. 
Ri rap men dha ra dang bik je 
Shaker of three worlds and mountains— 
Jik ten sum nam yo wa nyi ma 
Meru, Mandara, and Vindhya. 

Chak tsel lha yi tso yi nam pe 
Homage—Your form, a divine lake, 
Ri dak tak chen chak na nam ma 
Holds the hare-marked one in your hands. 
Ta ra nyi jö pe kyi yi ge 
You say TĀRA twice and with PHAT, 
Duk nam ma lü pa ni sel ma 
You dispel all poisons, bar none. 

chak tsel ser ngo chu ne kye kyi 
Homage—Golden, a blue lotus 
Peme chak ni nam par gyen ma 
Grown in water graces your hand. 
Jin pa tsön drü ka tup zhi wa 
Your deeds comprise giving, effort, 
Zö pa sam ten chö yül nyi ma 
Discipline, peace, patience, dhyana. 

Chak tsel de zhin shek pe tsuk tor 
Homage—Tatha•gatas’• ushnisha 
Ta ye nam par gyel war chö ma 
Agent of unbounded victory. 
Ma lü pa röl chin pa top pe 
All the victor’s children who have 
Gyel we se kyi shin tu ten ma 
Gained the paramitas serve you.
Homage—Sounds of /t.sc/u.sc/t.sc/t.sc/amacron.sc/r.sc/a.sc /h.sc/umacron.sc/uni1E43.sc
Fill Desire, •space and• directions.
Your feet quash the seven world realms,
Mighty •summoner• of all, bar none.
Homage—Shakra, Agni, Brahma,
•Vayu, and• other lords revere you.
You are praised by ghosts, vetalas,
Gandharvas, and hosts of yakshas.

Homage—Blissful, •virtuous,• peaceful—
Your domain is peace-nirvana
Complete, bearing svāhā and om,
Conqueror of all great misdeeds.

Homage—•Gladly urging• thorough turning
Shattering your •enemies’• bodies.
Torch light shines from /h.sc/umacron.sc/uni1E43.sc-awareness
And your ten-rune speech arrangement.

Ghom: chak tsel de ma ge ma zhi ma
Your domain is peace-nirvana
Complete, bearing svāhā and om,
Conqueror of all great misdeeds.

Ghom: chak tsel kün ne kor rap ga we
Homage—•Gladly urging• thorough turning
Shattering your •enemies’• bodies.
Torch light shines from hūṃ-awareness
And your ten-rune speech arrangement.
Homage—With your palms and feet you Wholly quell all your foes’ sorcery.

Right bent, left stretched, your legs trample,
Riled, your blazing flames blaze brighter.

Homage—With your palms and feet you
You annihilate brave demons.

Lotus-faced and fiercely scowling,
You slay every adversary.
Homage—At your heart your fingers grace you with the Three-Jewels' mudra.

Wheels of all directions grace you in the chaos of your light rays.

Homage—Wholly joyful splendor, streams of your crown's light entwining.

With your laugh, deep laugh you subdue the worlds and maras.

Homage—You've the power to summon all earth guardians and their hosts.

From your trembling scowl, the sound hū liberates from all destitution.

Crescent moon tiara, all your jewelry blaze most brightly.

Ever you emit light rays from Amitabha in your tresses.