Protection from All Peril

A Concise Daily Practice of Venerable Noble Tara

Arranged by
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སངས་རྒྱས་བཅོམ་པར་དུ་བདག་ནི་སྐྱོབས་སུ་མཆོི།

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འགྲོ་ལ་ཕན་ཕྱིིར་སངས་རྒྱས་འགྲུབ་པར་ཤོག

By the merit of generosity and other virtues,

May I attain buddhahood for the benefit of beings.

By the merit of generosity and other virtues,

May I attain buddhahood for the benefit of beings.
O Tara, born from a green tāṃ,
From the Potala, the sacred realm,
The gods and demigods bow down
I prostrate to the mother Tara,
Who frees all beings with the light of tāṃ,
Please come here with your retinue.
Their crowns before your lotus feet.
Who liberates from all privation.
Seven Branch Prayer

To venerable Noble Tara

In the three times and ten directions,

I offer flowers, incense, lamps,

Both real and mentally created.

And all victors and their heirs

I pay homage with utter faith.

Scents, food, music, and so forth—

Noble assembly, please accept them.
I confess the ten nonvirtues, I’ve done from beginningless time till now I rejoice in the merit of all virtues By shravakas, pratyekabuddhas, Five heinous acts, and all misdeeds When under the afflictions’ sway. Accumulated in the three times Bodhisattvas, and other beings.
Please turn the wheel of dharma of

According to the specific aims

Until samsara has been emptied,

But look with compassion on all beings,

Who sink in the ocean of suffering.
May all the merit I’ve amassed
And before long, may I become

Instantly, I take the form of Noble Tara.

Become the cause of enlightenment,
A glorious guide for wandering beings.

Om svabhāva śhuddhāḥ sarva dharmāḥ svabhāva śhuddho ham

Rang nyi ke chik gi pak ma drol me kur gyur

Instantly, I take the form of Noble Tara.
The Twenty-One Homages

οṁ je τζιེ ma पak ma dROL ma la chak tsel lo  
OṂ—Homage to the venerable Noble Tara.

chak tsel dröl ma nyur ma pa mo  
Homage! Tara, swift, heroic,

jik ten sum gön chu kye zhel gyi  
Born -from the- open lotus blossom

You with flashing lightning eyes were  
Face of the Three Worlds’ Protector.
Homage! You, whose face combines a Blaze with beams of light as brilliant

Homage! Golden one whose hand is Graced with a blue lotus flower,

Your domain is giving, effort,

Discipline, peace, patience, dhyana.

Hundred autumn moons at fullest,

As a thousand constellations.

Graced with a blue lotus flower,
chak tsel de zhin shek pe tsuk tor
Homage! Boundlessly triumphant,

ta ye nam par gyel war chö ma
You, tathagata’s ushnisha,

ma lü pa röl chin pa top pe
Are revered by bodhisattvas

gyel we se kyi shin tu ten ma
Who’ve attained all paramitas.

chak tsel tut ta ra hum yi ge
Homage! With TUTTĀRA HŪṂ, you

dö dang chok dang nam kha gang ma
Fill Desire, Form and Formless.

jik ten dün po zhap kyi nen te
Trampling on the seven world realms,

lü pa me par guk par nü ma
•Able to• summon every being.
Homage! Indra, Agni, Brahma,
You are praised by hosts of spirits,
Vayu, and all lords revere you.
Gandharvas, vetalas, and yakshas.
Crush opponents’ cursed devices.

Right bent, left straight, your feet trample;
Flames burn, blaze, and roil intensely.

Homage! With a trāṭ and phāṭ you
Vayu, and all lords revere you.
Gandharvas, vetalas, and yakshas.
Crush opponents’ cursed devices.

Right bent, left straight, your feet trample;
Flames burn, blaze, and roil intensely.
Homage! Terrifying
ture
Lotus-faced and fiercely scowling,

Vanquisher of mighty maras,

Ornamented by a wheel, your

You slay every adversary.

Homage! At your heart, your fingers

Grace you with the Three Jewels’ mudra.

Ornamented by a wheel, your

Dazzling light fills all directions.
Homage! Your crown of delight and

With your laugh, deep laugh TUTTĀRA,

Splendor shines forth streaming light rays.

You subdue the worlds and maras.

Homage! You are •able to• summon

All the hosts of earth protectors.

Your scowl trembles and the sound HŪM

Liberates •from all• deprivation.
### Homage! Crescent moon tiara,

| chak tsel da we dum bū u gyen | gyen pa tam che shin tu bar ma |
| Homage! Crescent moon tiara, | All your jewelry blazes brightly. |
| rel pe trö na ö pak me le | tak par shin tu ö ni dze ma |
| From your tresses, Amitabha | Constantly shines brilliant light rays. |
| chak tsel kel pa ta me me tar | bar we treng we ü na ne ma |
| Homage! Standing in a blazing | Ring of aeon-ending fire, |
| ye kyang yön kum kün ne kor ge | dra yi pung ni nam par jom ma |
| Right straight, left bent, wreathed in joy, you | Vanquish hosts of adversaries. |
chak tsel sa zhi ngö la chak gi
Homage! With your palms and soles, you

Homage! Blissful, virtuous, peaceful,

Homage! Your domain is peace-nirvana.

til gyi nün ching zhap kyi dung ma
Strike and stomp on the earth’s surface.

rim pa dön po nam ni gem ma
Crush those on the seven levels.

nya ngen de zhi chö yül nyi ma
Your domain is peace-nirvana.

dik pa chen po jom pa nyi ma
Overpower great wrongdoing.

svāhā om dang yang dak den pe
With the svāhā joined to oṃ, you
Homage! Wreathed in joy, you crush the
Bodies of all adversaries.

The arrangement of ten letters
And awareness Hūṃ shine brightly.

Homage! TURE, your feet stamping,
With a Hūṃ as your seed letter,

You make the three worlds and Meru,
Vindhyā, and Mandara tremble.
Homage! Marked by a hare, the moon you

Saying TĀRA twice with PHAT, you

Homage! Kings of hosts of devas,

Gods, and kinnaras revere you.

Armored in delight, your brilliance

Clears away bad dreams and conflict.
chak tsel nyi ma da wa gye pe
Homage! Your two eyes—the fullest

ha ra nyi jö tut ta ra yi
Saying HARA twice TUTTARE,

chak tsel de nyi sum nam kö pe
Homage! The three natures placed, you

dön dang ro lang nö jin tsok nam
TURE most sublime, you vanquish

chen nyi po la ö rap sel ma
Sun and moon—shine radiantly.

shin tu drak pó rim ne sel ma
You dispel severe contagion.

zhi we tu dang yang dak den ma
Have the power of pacifying.

jom pa tu re rap chok nyi ma
Hordes of döns, •vetalas, and• yakshas.
These are praises of the root mantras.

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

Back to beginning of Praises.
Homage to the venerable noble Tara.

Homage Tara, TARE heroine.

TUTTARA you clear all peril.

You can also recite this blessed verse from Atisha three times or more.
Recite the ten syllables one hundred times or more. Then:
The deity and my mind inseparable,
Rest in equipoise for a while.

By this virtue, may I swiftly
Realize venerable Noble Tara
And bring every sentient being,
Without exception, to that state.
Compiled by the khenpo named Lodrö Donyö—may this contribute to all beings attaining the state of venerable Arya Tara.

Praises and other verses translated by Eric Trinle Thaye and David Karma Choephel. Version: February 2023