

## Prayer to the Noble Tara

I take refuge in Buddha, Dharma, Sangha, and Tara.  
May I reach enlightenment for the benefit of all. (3x)

May all beings have happiness  
May they be free from suffering  
May they find the joy that has never known suffering  
May they be freed from attachment and hatred.

In the space before me appears a white lotus. Upon it is a moon cushion and upon that, the love and compassion of all the enlightened appear as the seed syllable  TAM. Light radiates from the  TAM and transforms into the Noble Wish-fulfilling Tara. She sits on the lotus and moon with a luminous aura surrounding her. Youthful and radiant, her right hand gestures an invitation to liberation. Her left hand indicates the Three Jewels, giving courage and assurance to those dominated by fears.

At her crown is a white  OM,  
at her throat a red  AH,  
at her heart is the white  TAM  
marked by a blue  HUM.

Light radiates from the syllables, inviting the wisdom beings and empowering deities. The wisdom beings unite inseparably with Tara. The empowering deities anoint her, confer initiation, and with the overflowing nectar a Buddha of Infinite Life appears on her crown.

I bow down in body speech and mind.  
I offer the best I have to give,  
both real and imagined to fill the space between us.  
I regret and purify all transgressions.  
I rejoice in all virtues  
I request you to remain until total enlightenment.  
I request wise and compassionate guidance.  
I dedicate my merit for the sake of all beings.

Brilliant light emanates from the syllable  TAM within her heart, reaching infinite universes and collecting back the essence of inexhaustible vitality and the powerful blessings of wisdom mind.

The energy streams forth from Tara's heart and body, and I completely absorb this nectar of light, cleansing and revitalizing my body speech and mind.

OM TARE TUTTARE TURE SOHA

If foreseeing signs of premature death, by consistently practicing the path of Noble Tara, may I become a vessel worthy of receiving the powerful blessings of immortality.

By this virtue may I quickly attain the essence of Noble Tara and secure every being without exception in that state.