Seven Verses of Supplication to the Protectress Tara
Noble Lady White Tārā
Noble Goddess, Mother Tara, you dwell in the realm of the unborn, dharmadhātu mother. You, who bestows happiness on all sentient beings, please protect me from all fears!
Mother Goddess, please protect sentient beings, my mothers wandering in samsara with minds controlled by afflictions, who do not recognize that they themselves are dharmakāya!
Genuine Mother Goddess, please protect those who follow the conventional meanings of words and are deceived by errant tenets, for the Dharma has not truly taken birth in their hearts!
Mindful Mother Goddess, please protect those who have seen the nature of mind — so difficult to realize — but do not habituate it, and so remain lost in negative activities!
Goddess of non-dual mind, please protect those who are bound, no matter what they do, by habitual, dualistic grasping at concepts in the mind that is self-arisen, non-dual primordial wisdom!
Omniscient Mother Goddess, please protect those who have dwelt in the authentic truth but do not understand the interdependence of cause and effect, and thus are blind to the meaning of what is to be known!
Having the unelaborated, space-like nature, from which everything is indivisible, Complete Buddha Mother, please continue to protect those disciples who are ordinary!
When Lord Jigten Sumgön had a vision of the seven Taras at the Echung cave, he supplicated them with this prayer known as the Seven Verses of Supplication to the Protectress Tara. It is widely known for its extremely powerful blessings.
嗡，八畏救怙母前我頂禮，
吉祥光耀母前我頂禮，
除惡道門母前我頂禮，
導善趣道母前我頂禮。
恒常有您作助伴，
尚祈悲心垂救怙。
阿底峽尊者之度母讚文。
OM. Homage to you, the protector who liberates from the eight fears! Homage to you, blazing with auspicious glory! Homage to you, closing the door to evil destinies! Homage to you, guiding to the higher realms! You have always been by my side. Continue ever more to protect me with compassion!

This was spoken by the great pañḍita Atisha.
南無阿亞達惹耶！
三世諸佛之母救度母，
八怖救怙天女具悲心，
百種名號從怖與苦中，
拯救母您悲心憶念我；
Namo Ārya Tāreye! Mother of the three times’ buddhas, Lady Tara, one who protects from the eight fears, compassionate goddess, you whose hundred names protect from all suffering and fear, please regard me with compassion!
於我善惡具縁一切之，
此生之後中陰分位中，
不離悲心攝受尊聖母，
外內密之障礙皆息除，
所思任運成就祈加持。

偉瑟多傑所云；噶千仁波切縁觀利他而附也。
Noble Lady, with indivisible compassion, look after all those connected to me, whether good or bad, in every circumstance, in this and future lives, and in the bardo! Pacify outer, inner, and secret obstacles, and grant blessings to accomplish all wishes spontaneously.

*Considering the benefit of others, the Old Gar expanded on the words originally spoken by Ösel Dorje.*
噶耶！
您乃三世佛之母，
視諸衆生如子大悲母，
解脫一切我執鐵枷鎖，
利益衆生願與您等同。
具信弟子祈請皆滿願。噶千仁波切撰。
Oh, Mother of the three times' buddhas who loves all sentient beings as a mother loves her child: may I become free from the iron shackles of self-grasping and may my activities that benefit beings equal yours.

*May the prayers of faithful disciples be fulfilled. Written by Konchog Gyaltsen, the one named Gar.*
嗡 達瑞 度達瑞 度瑞 媽媽 阿優兒

佳那 布涅 布真 咕凍 梭哈

咒意：
嗡 解脫母！ 解脫苦難母！
疾速救度母！
令我壽命、智慧、福德盛開增長 梭哈

OṂ TĀRE TUTTĀRE TURE MAMA ĀYUR
JṆĀNA PUṆYE PUṢṬĪM KURU SVĀHĀ

OṂ Oh Tara, swift liberator from pain, make my
lifespan, wisdom, and merit increase SVĀHĀ
千手代表千位轉輪王，
千眼代表千尊賢劫佛，
具足悲心遍滿如虛空，
觀音菩薩尊前我頂禮。

解脫六道之波羅蜜心要：
嗡 瑪尼 悲美 叻 捨
Your thousand arms are the thousand wheel-turning kings.
Your thousand eyes are the thousand buddhas of this fortunate eon.
Your love is boundless like space.
I supplicate to the Bodhisattva Chenrezig.

The heart essence of the Six Perfections that frees from the six classes of samsara:

OM MAṆI PADME HŪṂ HRĪ
願我迅速以此善，
成就觀音自在已，
盡諸衆生一無餘，
悉皆安置波之地。

此觀音讚文乃第八世噶千仁波切於
二〇〇八年十二月所繕也。

奉第八世 噶千仁波切之意旨，二〇一〇年春
行者普舟恭譯此諸讚文於美國噶千關房。
二〇一五年春修訂。賢善吉祥！
By this virtue may I swiftly accomplish Lord Chenrezig and may I bring every being without exception to that state.

This Chenrezig prayer was modified by Garchen Rinpoche in 2008.

Translated by Ina Trinley Wangmo and edited by Kay Candler in 2017. English translation © 2017. All rights reserved.
Avalokiteshvara with Thousand Arms and Eyes