

Praise to Tara

Om, I prostrate to you who protects from the eight fears.
I prostrate to her whose glorious good fortune blazes.
I prostrate to her who blockades the door to the lower states.
I prostrate to her who leads us on the path to the higher states.
Please help me at all times.
Furthermore, please protect me by your compassion.

OM TARE TUTTARE TURE SVAHA

Mantra of Sakyamuni Buddha

OM MUNI MUNI MAHA MUNIYE SVAHA

Mantra of Buddha of Compassion, Avalokiteshvara

OM MANI PEDME HUUNG

Mantra of Padmasambhava

OM AH HUUNG BANZRA GURU PEDME SIDDHI HUUNG

Mantra of Manjushri

OM AH RA PA TSA NA DI

Mantra of Jetsun Milarepa

JE MILA SHEPA DORJE LA SOLWAN DEB SO

Mantra of Lord Jigten Sumgon

**OM AH NAMO GURU BANZRA DRIK TRI LOKYA NATHA RATNA SHRI MULA GURU
MAHAMUDRA SIDDHI PALA HUUNG**

Mantra of His Eminence Garchen Rinpoche

GARCHEN DORJE CHANG-CHEN CHEN-NO