



GARCHEN BUDDHIST  
INSTITUTE

ཇཱ་རྩ་བླ་མ་རྒྱལ་བའི་འཇཱ་རྩ་བླ་མ་

New Message from H.E. **Garchen Rinpoche**



## PRAYER TO TARA Who Protects From the Eight Fears

ཨོཾ། འཇིགས་པ་བརྒྱད་སྐྱོབ་མ་ལ་ཕུག་འཚལ་ལོ། །

OM, JIK PA GYÉ KYOB MA LA CHAK TSAL LO

Om! Homage to you, who protects from the eight fears!

བཀྲ་ཤིས་དཔལ་འབར་མ་ལ་ཕུག་འཚལ་ལོ། །

TASHI PAL BAR MA LA CHAK TSAL LO

Homage to you, who shines as a beacon of goodness!

ངེ་སོང་སྒོ་འགགས་མ་ལ་ཕུག་འཚལ་ལོ། །

NGEN SONG GO GEK MA LA CHAK TSAL LO

Homage to you, who closes the gates to the lower realms!

མཐོ་རིས་ལམ་འདྲེན་མ་ལ་ཕུག་འཚལ་ལོ། །

TORI LAM DREN MA LA CHAK TSAL LO

Homage to you, who leads the way to the higher realms!

རྟག་ཏུ་བྱེད་ཀྱིས་སྤོངས་པར་མཛད། །

TAK TU KYÉ KYI TONG PAR DZÉ

You are my constant companion.

ད་དུང་སྐྱགས་རྗེས་བསྐྱབ་ཏུ་གསོལ། །

DA DUNG TUK JÉ KYAB TU SOL

Always protect me with compassion!

In times of war, everyone should recite the Prayer to Tara Who Liberates from the Eight Fears. This is a simple prayer that anyone can say. It would be good to make this a daily and ongoing prayer. "She, who protects from the eight fears," has the power to put an end to all wars and conflicts. "She, who shines as a beacon of goodness," helps us in resolving conflicts peacefully and being more considerate of one another. "She, who closes the gates to the lower realms and leads the way to the higher realms," brings those who have died in the war to the higher realms or liberation after death. "You are my constant companion. Always protect me with compassion," means that Tara will always protect you, in this life, in future lives, and the bardo.

When Lord Atisha's ship was about to sink while crossing the sea, he spoke these words of prayer. This is the prayer that should be recited by the entire community. Because this is such an important prayer, you must understand its meaning. I recite it throughout the day and night. I pray for you all and am always with you. You must practice well in difficult times like these. In short, such prayers will help calm the fighting and may help ease the pride and anger of those who are proud and angry. I love you! Thank you! Thank you!

~ H.E. **Garchen Rinpoche** on March 5th, 2022.