



Black Tara's Ultimate Protection Ritual

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We Dedicate the Merit to the Benefit of All Sentient Beings.

Black Tara's Ultimate Protection Ritual

Protects from 9 Evils, 8 Demon Classes and Curses



Black Tara, Vadi Pramardani Tara, is mother Arya Tara's wrathful, powerful form for crushing the harm-doers of the eight classes. This practice suppresses all evil intentions, black magic, curses, demons and spirits, war-bringers and trouble-makers. She destroys the 8 classes of Harm-Doers, the 9-Evils and helps transform the 5 poisons.

Tara Who Destroys all ENEMIES

She is called Tara Who Destroys all Enemies, and Tara who is Invincible. She is the 7th of the twenty-one Taras, and one of the most reassuring in times of threat, danger or attack from internal or external enemies.

How does she destroy enemies? By destroying the five poisons in the minds of enemies (keshas). All of these enemies are actually harmful mental states:

- Anger and Hate
- Jealousy
- Greed
- Attachments
- Ignorance (Delusion)

Most demons, black magic, evil intentions and harm-doers arise from Anger and Hate. These are symbolized with the Black color (wrath) and blue or dark blue (the colour of soothing water, which cools the anger).

Black Tara, is beautiful Mother Arya Tara in her wrathful energetic form, ready to destroy totally the anger and hate in all harm doers of the eight classes.



8 Classes of Harm-Doers

The 8 Classes of Harm-Doers (besides humans) are:

Yamas (gshin rje) : death-bringing demons
Tsan (btsan): War-like evil spirits (tsen) and war-like non-human spirits (tsan), also disease-causing demons and powerful ghosts. Can also be demons of mountains, rivers, hunting demons, etc.

Maras (bdud): These are the demons of our poisons: hate, seduction, attachment, jealousy, pride. The Maras were defeated by Buddha under the Bodhi Tree.

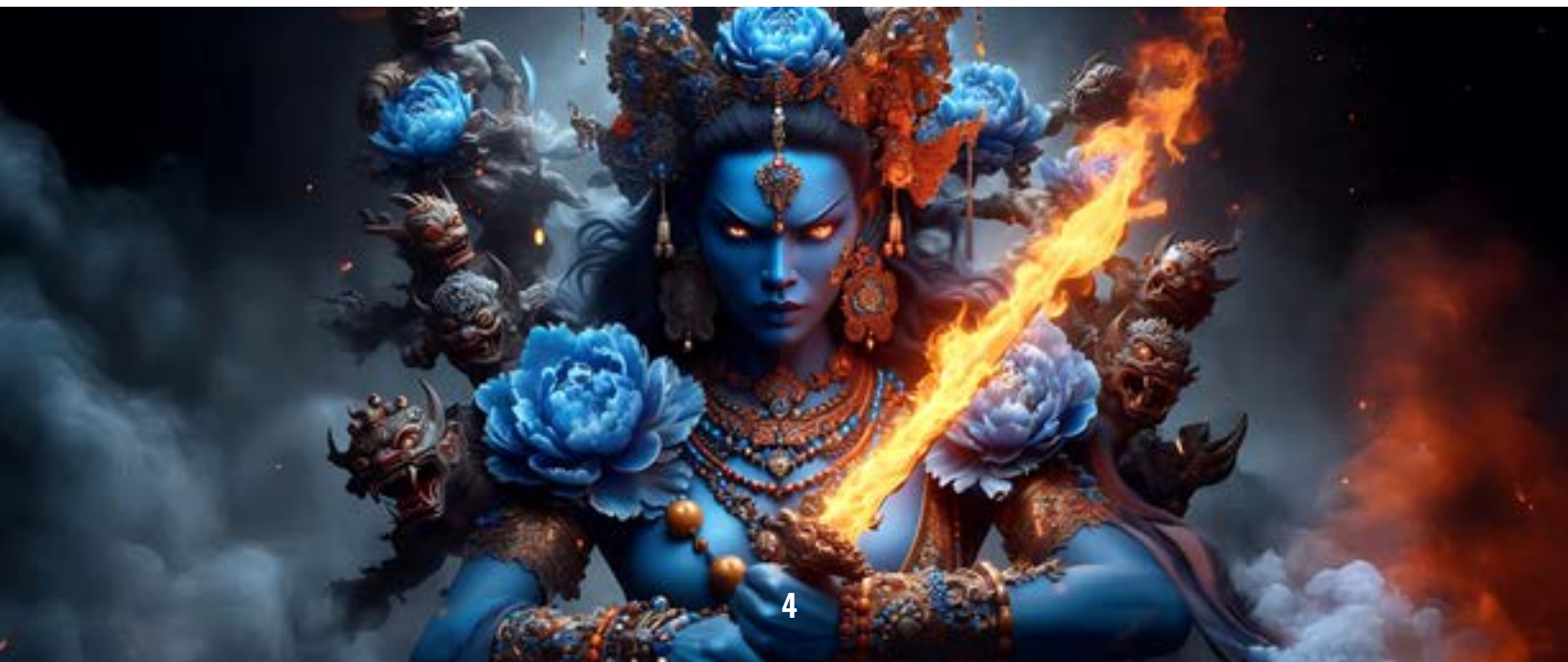
Mamo (mamo): wrathful female deities: natural spirits but with a tendency to be destructive (stormy spirits) — for example, if you pollute nature, a mamo may be vengeful

Rakshasa (sprin po): supernatural mostly malevolent beings, can be cannibals. Rakshashi are female.

Yaksha (gnod sbyin): usually benovolent but sometimes mischievous or capricious, (rarely evil but they can be harm-doers) connected with water, fertility, trees, the forest, treasure and wilderness

Kinnara (mi-am ci): usually look like part human and part bird and associated with music, but they can, like any being with power, be harm-doers, although usually they are benevolent.

Bumipati (sa dbag): these are deities often associated with fire, normally good and wise, but like any non-enlightened being can be a harm-doer (i.e. fire can also harm).



Can I Practice This?

Always be guided by your own teacher and lineage, however all 21 Tara practices can generally be practiced by anyone (even a non-Buddhist) as long as you practice this as a merit supplication.

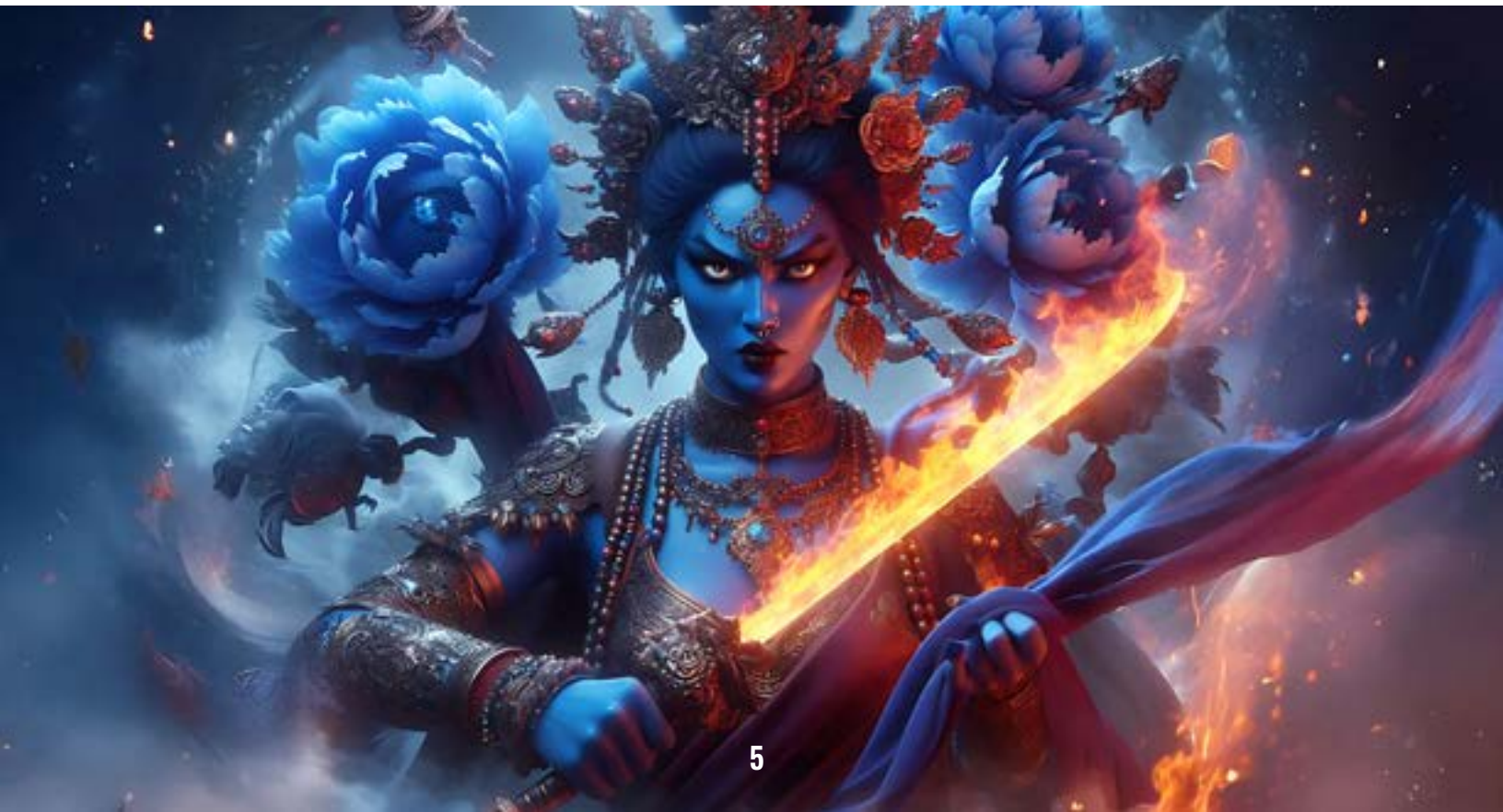
This means it is an offering, praise, practice and supplication, but without self-generation meditation (which requires the empowerment of the body).

The mantra is effective even without empowerment, but if you have Green Tara mantra empowerment you also already have “empowerment of the speech.”

It is recommended to receive teachings and empowerment for Green Tara when you have an opportunity.

Recommendation

It is recommended, when you have time, to do the short Mother Tara (Green Tara) first, followed by Black Tara. Ideally, also chant the 21 Taras Dharani or praise in Sanskrit. (See video resources.)



Tara's Ultimate Protection

RITUAL AND MANTRAS



Refuge in the Three Jewels

(Unless you have a health condition, it is best to bow three times or prostrate three times, as you are physically able. Otherwise, mentally is fine.)

I and all living beings equal in number to the extent of space, from this time forth until the attainment of the essence of Enlightenment, go for refuge to Tara, and the fully Enlightened Bhagavan Buddhas. We go for refuge to the sacred Dharma teachings. We go for refuge to the Sangha community of Arya Noble Ones. (3x)

Bodhichitta

In my heart I turn to the Three Jewels of Refuge, may I free suffering creatures. May the compassionate spirit of love grow within me, that I might complete the enlightening path.

VISUALIZATION

.....

(Recite and visualize to the best of your abilities.)

*In front of me, in the sky on a lotus, a sun, and a moon seat,
arises a black Tam Syllable which transforms instantly into
powerful black Tara.*

*My mother Tara appears blue-black like space. Her black energy
is like dense, piled storm clouds. Her powerful black face is
wrathful, the fierce, protective mother. In her hand is a wisdom
sword, against which no illusory demonic or spirit power
can stand. Wisdom fire arises as a halo around her, shooting
spectacular sparks and meteors.*

*From her heart, blue light shines out, calling the awakened
Buddhas and Bodhisattvas from the ten directions. They
dissolve into her heart, becoming one with her.*

Praise

*To your Black lotus feet I bow, glorious Vadi Pramardani
Tara! With oceans of clouds I make triple offerings: The lands,
jewelled vase, the sun and the moon, And all precious offerings
I make unto you. Powers supreme and powers mundane follow
upon pure devotion to you, my protector!*

Vow and 7 Limb Practice

.....

Land, body, and wealth and all virtues collected, For the sake of all beings I gladly release, and I vow to protect all the vows I have taken. By means of holding both sutra and tantra, may I liberate all living creatures completely.

May the virtues collected flow on toward the Dharma, Preserve it, and nourish the prayers of the masters.

I request that the grace of the Three Jewels of Refuge, following on by cause and effect, shall fulfill all the prayers that I now set forth, and lead me across to enlightenment's shore.

Namo Guru Arya Taraye. Namō Buddhaya. Namō Dharmaya. Namō Sanghaya. (3 times)

Three Times I praise glorious Vadi Pramardani Tara:

Namas trad iti phat kara para yantra pramar dani praty alid ha pada nyase shik hi jvala kulek shane. (3 times)

Homage to Tara, who crushes black magic, and destroys harmful forces.

You dance, right knee bent and the left leg extended, all magic consumed in a blazing inferno.

Prostration

(Bow physically or mentally.)

I prostrate with complete purity to Venerable Arya Tara and all the Buddhas and Bodhisattvas who dwell in the ten directions and three times.

Offerings

(Visualize the offerings. If you have an altar, lay some symbolic offerings, such as flowers or just bowls of water. Traditionally, eight small bowls substitutes for the 8 sensory offerings listed below.)

The whole of space fills with clouds of real and imagined offerings. To you, Arya Tara, I make offerings.

*om ārya tārā saparivāra vajra arghyaṃ pādyaṃ puṣpe dhūpe āloke
gandhe naivedye śabde pratīccha svāhā*

I offer real and imagined flowers, incense, butter lamps, scent, food, music, and so forth. Assembly of Arya Tara, please accept it.

Confession

I confess all my faults from beginningless time until now, committed with a mind under the sway of the afflictions, such as the ten nonvirtues.

Rejoicing

I rejoice in whatever merit has been accumulated in the three times by Hearers, Solitary Realizers, Bodhisattvas, ordinary beings, and others.

Requesting Turning the Wheel

Please turn the wheel of the Dharma according to the intentions and mental dispositions of sentient beings. Until Samsara is emptied, please do not pass into Nirvana but look with compassion upon sentient beings that are drowning in the ocean of suffering.

Dedication or Merit

May whatever merit I have accumulated become the cause of Enlightenment for the benefit of sentient beings.

Four Immeasurables

May all beings have happiness and the causes of happiness.

May they be free from suffering and the causes of suffering.

May they not be separated from the sublime happiness that is free from suffering.

May they rest in the great equanimity that is free of the duality of attachment and aversion.

Karma Visualization

(Visualize as best you can.)

From Tara's body, a stream of light and nectar flows in through the crown of my head, and of those others to be protected, filling our bodies. Thus, we receive all her blessings and the protection of Victorious Black Tara.

Thus I gather the accumulations through prostrating, offering, confessing, and generating the two types of bodhichitta of the preliminaries.

Now, while holding the visualization of Victorious Black Tara, I recite the mantra.

As I recite, I see dark blue light going out from the Black Tam at Tara's heart, blessing all beings in the entire universe, then returning and blessing my own body, speech and mind. The dark blue light surrounds me, in an impenetrable dome of Tara's invulnerable protective energy.

The blue light continues to go out to all beings. The blue light blesses beings with the wisdom and compassion. It purifies all beings of the poisons: destroying all the anger and hate, jealousy and attachment, ignorance, and greed — the great enemies. In this way, all of my enemies are purified of the demons and poisons, and let go of their hate and desires. Tara's power completely suppresses, overcomes and dissolves away all obstacles.

Black Tara's Mantra

(Recite or Chant 3, 7, 21, 27, 108, 1008 Times as you are able.)

oṃ tāre tuttāre ture sarva vidyā avarṇā ye bhye phaṭ svahā.

Supplications and Request

(Add your own special requests but always include Bodhichitta Request to benefit all sentient beings.)

By the power of praising and supplicating you, wherever I and others reside may illness, obstructive spirits, poverty, and fighting be pacified, and may the Dharma and auspiciousness flourish. Buddhas, bodhisattvas, and the Sangha, please heed me. From the great, beginningless Samsara, I and all beings have performed the virtue of cultivating generosity and ethical discipline and have rejoiced in the expression of these deeds.

By the virtue practiced thus, with the mind of holy generosity, may ornaments and belongings become the host of practitioners, and for the sake of our parents, teachers, masters, and all sentient beings, may we achieve Buddhahood.

By the merit arisen from this virtue, may we acquire all the perfections such as life, merit, enjoyment, a retinue, and virtuous practice, and may all obstacles be pacified without exception. May I attain Enlightenment for the benefit of all sentient beings.

(Here ends the recitation practice.)



Quick Sankrit Pronunciation Guide

1. Pronounce all the letters.
2. c is always soft as in 'churn'
3. ś or ṣ pronounce as in 'sh'.
4. ḥ softly echoes the preceding vowel (it does not combine to make ch or sh sounds)
5. v sounds close to w (but slightly harder, like "svwaha")
6. kh, gh, ch, jh, th, dh, ph, bh: the h's are pronounced so that th is a "t-h" aspirated sound rather than a "th" sound. (For instance phat is not "fat" it's 'p-hut')
7. Vowels are pronounced:
 - a as in u in cut
 - ā as in father
 - i as in bit
 - ī as in beet
 - u as in put or foot
 - ū as in brute
 - e as in bay (e.g. deva)
 - ai as in sigh
 - o as in hope

HELPFUL RESOURCES

FEATURE



Video of this Practice (Recite along):

Black Tara's Ultimate Protection Ritual

<https://www.youtube.com/watch?v=y0OTppXOVLI>



Black Vadi Pramardani Tara Mantra 108 Times, chanted beautifully in Sanskrit:

<https://www.youtube.com/watch?v=7jsBS2igHzM>



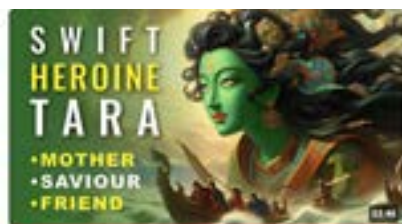
Black Vadi Pramardani Tara Mantra one hour of chanting in Sanskrit:

<https://www.youtube.com/watch?v=bcXvmaL5IIQ>



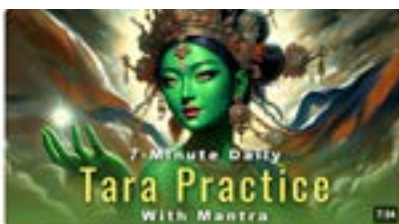
About Black Tara (documentary):

<https://www.youtube.com/watch?v=sC1e3cfyNlg>



About Arya Mother Tara Video:

<https://www.youtube.com/watch?v=-7LsdX6VRtg>



Mother Green Tara 7-Minute (It is ideal to practice Green Tara first when you have the time):

<https://www.youtube.com/watch?v=RgbHrXKTyDE>



All 21 Tara Mantras in 21 Minutes (a good daily practice):

<https://www.youtube.com/watch?v=h4GCzOHx6hk>



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