



The Practice of Noble Wish-fulfilling White Tara

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Taking Refuge

I and all sentient beings take refuge in the Buddha, Dharma, Sangha, Tārā, and her maṇḍala. (3x)

Generating Bodhicitta

For the benefit of all sentient beings, in order to obtain the state of perfection,
I shall practice the sādhana of Noble Wish-fulfilling White Tārā. (3x)

Prayer of the Four Boundless Qualities

May all sentient beings have happiness and the causes of happiness,
May they be free from suffering and the causes of suffering,
May they never be apart from the sublime bliss that is free from suffering,
May they remain in a state of equanimity, free from attachment and aversion to those near and far. (3x)

Generation of White Tara

In Tibetan:

OM MAHA SHUNYATA JNANA VAJRA SOBHAWA ATMA KO HANG

In Sanskrit:

OM MAHĀ SHŪNYATĀ JÑĀNA VAJRA SVABHĀVA ĀTMAKO HAM

In the space before me appears a white lotus with a moon disc upon it.

The love and compassion of all the enlightened beings appear from this as Noble Wish-fulfilling White Tārā. She sits on a lotus and moon cushion, a luminous moon halo at her back. Youthful and radiant, her right hand gestures in an invitation to liberation. Her left hand, holding an utpala flower, indicates the protection of the Three Jewels, giving courage and assurance to those dominated by fear.

Offering the Seven-Limb Prayer

I bow down in body, speech, and mind.

I present offerings both actually arranged and mentally created.

I purify all deluded actions.

I rejoice in all pure activities.

I request you to remain until total enlightenment.

I request your wise and compassionate guidance.

I dedicate my merit for the benefit of all beings.

Mantra Recitation, Longevity Practice, and Healing Activities

Brilliant light radiates from the syllable TAM within her heart, collecting back the essence of inexhaustible vitality and powerful blessings of body, speech, and mind. Energy streams forth from Tārā's heart and body. I and all beings absorb this nectar of light, and are cleansed and revitalized obtaining the realization of deathlessness.

Ten-Syllable Mantra

In Tibetan:

OM TARE TUTTARE TURE SOHA

In Sanskrit:

OM TĀRE TUTTĀRE TURE SVĀHĀ

Long Life Mantra

In Tibetan:

OM TARE TUTTARE TURE MAMA AYUR JNANA PUNYE PUTING KURUYE SOHA

In Sanskrit:

OM TĀRE TUTTĀRE TURE MAMA ĀYUḤ JÑĀNA PUṆYA PUṢṬIṀ KURU SVĀHĀ

Tara's Prayer

In Tibetan:

Je Tzun P'hag Ma Drol Ma Cheyd Khyen No
Jik Dang Duk Ngal Kun Le Chab Du Sol

In English:

Illustrious and Noble Mother Tārā, please be aware of me!

Grant your protection from all fear and suffering. (3x)



Dissolution

All phenomenal appearances become the maṇḍala of Noble Wish-fulfilling White Tārā. Everything dissolves into light and dissolves into Tārā. Tārā dissolves into my heart center and protects me.

Dedication

By this virtuous practice, may I quickly attain the realization of Noble Wish-fulfilling White Tārā. Accomplishing this may I liberate all sentient beings without exception into the same realization.

Closing Prayers

Dedicate your merit by reciting the aspiration prayer by Mipham Rinpoché:

May I attain in each and every life,
The sublime virtues of existence and peace.
May I pursue the flawless mindset of altruism,
Working for the welfare of others on a vast scale!

Then, recite the dedication and bodhicitta prayers by Śāntideva:

Through this very merit of mine,
May every single sentient being,
Eliminate all forms of negativity,
And practice virtue forevermore!

May supreme, precious bodhicitta,
Take birth where it has not arisen.
Where it has arisen, may it never wane,
But continue to grow forevermore!

For as long as space exists,
For as long as beings endure,
Until then, may I too remain,
To dispel the suffering of all beings.

Conclude by reciting the Prayer of the Six Continuous Aspirations by Longchenpa:

May I in all my lives, no matter where I am born,
Obtain the seven qualities of the upper realms of existence.

May I meet the Dharma immediately after taking birth,
And have the freedom to practice perfectly.

May I please the sublime gurus,
And day and night dedicate myself to the Dharma.

By realizing the Dharma and practicing its innermost essence,
May I cross the ocean of conditioned existence in this very life.

May I teach the sublime Dharma perfectly,
And never become weary and tired of benefitting others in saṃsāra.

By my own impartial and all-encompassing activities to benefit others,
May all attain enlightenment together.

The seven qualities are a noble lineage of human beings, a beautiful body, no sickness, a long life, good fortune, wealth, and great intelligence according to Thinley Norbu Rinpoché.