

Concise White Tara Sadhana

Refuge

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

Generating Bodhicitta

For the benefit of all sentient beings, in order to obtain enlightenment, I shall practice the sadhana of Arya Tara. (3x)

Yoga of self-generation of the deity

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA SHUDDHA HAM

Nature empty, everything's pure, naturally pure, that's what I am.

Out of this sublime realm appears a white lotus and moon cushion. Upon that I appear as a white TAM.



Light radiates from the TAM, making offerings to all enlightened beings, as well as purifying all sentient beings and their environments. The light dissolves back and I become Tara.

I sit on a lotus and moon cushion, a luminous moon halo at my back. Youthful and radiant, my right hand gestures an invitation to liberation. My left hand, holding an utpala flower, indicates the protection of the Three Jewels, giving courage and assurance to those dominated by fear.

At my crown is a white OM, at my throat a red AH, at my heart a white TAM marked by a blue HUM.

Inviting the wisdom beings and initiation

Light radiates from my heart-syllable, inviting the wisdom beings and initiating deities. The wisdom beings unite inseparably with me. The initiating deities confer the initiation. A Buddha of Infinite Life adorns my crown.

Longevity meditation and mantra-recitation

Brilliant light radiates from the syllable TAM within my heart, collecting back the essence of inexhaustible vitality and powerful blessings of body, speech, and mind.

OM TARE TUTARE TURE MAMA AYUR PUNYE JNANA PUSHTIM KURYE SOHA (1, 3, 7, 21, etc.)

OM TARE TUTTARE TURE SOHA (3, 7, 21, 108, etc.)

Purifying any mistakes

OM PADMASATTVA SAMAYA / MANU PALAYA / PADMASATTVA DENOPA / TISHTA DRIDO ME BHAWA / SUTO KAYO ME BHAWA / SUPO KAYO ME BHAWA / ANU RAKTO ME BHAWA / SARWA SIDDHI ME PRAYATCHA / SARWA KARMA SUTSA ME / TSITAM SHRIYAM KURU HUNG / HA HA HA HA HO / BHAGAWAN / SARWA TATHAGATA / PADMA MA ME MUCHA / PADMA BHAWA / MAHA SAMAYA SATTVA AH HUNG PHAT. (1,3 times)

Praise

OM, I and all prostrate to the liberator, the fully realized, transcended subduer.

I prostrate to the glorious mother who liberates with TARE

The mother who eliminates all fears with TUTTARE

The mother who grants all success with TURE

To SOHA and the other syllables we offer the greatest homage.

Dedication:

If foreseeing signs of premature death, may I clearly perceive White Tara the Wish Granting Wheel (Yi Zhin Khorlo) and achieve the realization of deathlessness.

By this virtue may I quickly attain the essence of Noble Tara and secure every being without exception in that state.

Colophon:

From the traditional Tibetan, adapted from the Short White Tara Sadhana translation by www.jewelheart.org, for the occasion of the White Tara Longevity initiation by Geshe Sonam Ngodrup at Lama Yeshe Ling, Burlington ON, August 2021.