



WHITE
TARA
SADHANA

WHITE TARA SADHANA

The brimming nectar of immortality borne on the continuum of wish-fulfilling wheel holy White Tara.

Visualise yourself surrounded by a field of all sentient beings. They are all in human form. to your left is your mother of this life and to your right your father of this life. Those beings you like are behind you and those you don't like are in front of you. In the space in front of you visualise Arya Tara seated on a lotus and moon seat. Around are all the Buddhas and Bodhisattvas of the three times.

REFUGE AND BODHICITTA

From now until I am enlightened, I and all sentient beings
Go for refuge to the Buddha, to the Dharma and the Sangha.
By the merit that I collect through the practice of giving and other perfections,
May I quickly attain the state of a Buddha to be able to benefit all sentient beings. (3x)

THE FOUR IMMEASURABLES

May all sentient beings be freed from suffering and its causes.
May all sentient beings have happiness and its causes.
May all sentient beings have only higher rebirth and enjoy the bliss of liberation.
May all sentient beings dwell in equanimity, free from attachment and aversion, feeling close to some while keeping others distant.

EMPTINESS MEDITATION

OM SVABHAWA SHUDDHA SARVA DHARMA SVABHAWA SHUDDHO HAM
(Literally: I am the embodiment of the purity of all subjective and objective phenomena)

SELF-GENERATION

From the sphere of emptiness appears a white lotus and on it a moon disc. On that appears my own mind in the form of a white syllable TAM, which transforms into an utpala flower marked by TAM. From this I transform into the self-generated life-granting Arya Tara, with one face and two arms. My right hand grants supreme attainment and with my left I hold an utpala flower. In youthful aspect, I am adorned with all the major and minor marks of a Tathagata and am endowed with seven eyes. Screened by a full moon behind me, my crown is marked by an OM, my throat by an AH and my heart by a HUM.

INVOKING THE WISDOM BEINGS AND INITIATING DEITIES

From the seed syllable at my heart light is emitted inviting the wisdom beings and initiating deities. The wisdom beings merge inseparable with me, Tara, and the initiating deities confer empowerment. By the overflow of nectar my crown is adorned with Amitayus. From the TAM at my heart light is emitted, activating the infinite nectar of longevity from beyond cyclic existence and dissolving it back into my heart.

RECITATION AND VISUALISATION

From the red HRI at Amitayus' heart, rays of red light shine out into the ten directions hooking back the essence of long life from all samsaric and non-samsaric beings and from the four elements, and also hooking back all the life previously stolen by black magic and so forth. All this is drawn into the nectar in the long life vase in Amitayus' lap. the nectar increases limitlessly and overflows into my crown and completely fills my body.

At my heart, in the tigre (the small circle) on the white TAM, sits my own Guru (or anyone whose long life you want to pray for). Surrounding him on a moon disc are all sentient beings: enemies, friends and strangers. Surrounding them on the edge of the moon disc are the letters of the mantra: OM TARE TUTTARE TURE MAMA AYUR PUNYE JNYANA PUSHTIM KURU YE SVAHA The nectar flowing through my body completely eliminates from my Guru all hindrances to his long life, which are in fact my own karmic vision. The nectar also purifies the hindrances to life and the black karmic vision of all sentient beings. At the same time, light from the letters of the mantra fills my own Tara body and the bodies of all the sentient beings at my heart, especially of those practising virtue in the three worlds.

Whilst doing this visualisation repeat 21 times:

OM TARE TUTTARE TURE MAMA AYUR PUNYE JNYANA PUSHTIM KURU YE SVAHA

Then as often as you like: OM TARE TUTTARE TURE SVAHA

Think strongly: the hindrances that cause my Guru to appear sick or that prevent his holy wishes from being fulfilled are all purified; all sentient beings are purified; and all human beings who are accumulating virtue even by just taking refuge or by repeating OM MANI PADME HUM achieve long life.

PRAYER

Upon seeing the signs of untimely death, instantaneously by clearly beholding the holy body of the wish-fulfilling wheel Tara, may I intrepidly conquer the Lord of Death and swiftly attain the rank of an immortal master of knowledge.

DEDICATION

Due to this merit may I quickly become Arya Tara and lead each and every sentient being into her enlightened realm.

FOOTNOTE

If one has not received the proper empowerment of White Arya Tara, one should visualise White Tara above the crown of one's head whilst saying the mantra, and not visualise oneself as the deity