

**SHORT SADHANA OF WHITE TARA**

**PROVIDING LONGEVITY BLESSINGS  
FROM THE TERMA OF PURE UNOBSTRUCTED MIND**



**HIS EMINENCE KHENCHEN LAMA RINPOCHE**

DHAG NANG SANG WI CHOS DHE LEA DROL MA KAR MOI GYUN KHYER SHIN TU DHUS  
PA CHI MED PAL TER ZSHES SHA WA ZSHUG SO!

### **Refuge and Bodhicitta:**

OM - You who are the bridge from the ocean of samsara,  
I take refuge in the noble Tara  
who leads sick and suffering sentient beings  
of the three realms to liberation.

OM KHOR WA LEA DROL TA RE MA÷  
TUT TA RE LA DAK KYAB CHI÷  
TU RE NA WA NAM LEA NI÷  
KHAM SUM SEM CHAN KYAB ZAD SOL÷

The Four Immeasurables:

May all sentient beings possess happiness and the causes of happiness.  
May all sentient beings be parted from suffering and the causes of suffering.  
May all sentient beings never be parted from the happiness that has no suffering.  
May all sentient beings abide in equanimity without attachment or aversion for those near or far.  
(Recite these prayers 3 times each.)

### **Main practice:**

OM SHU NE TA JYA NA VAJRA SO BHA AT MA KO HUNG÷

All inner and outer phenomena are the indestructible union of shunya and wisdom.  
All my feelings, thoughts, perceptions of phenomena and discursive thoughts  
are understood as being shunya.  
From the spaciousness above the top of my head arises a lotus with thousands of white and red  
petals; in the center of the lotus is a moon seat.  
On the top of the moon seat is the heart syllable of Tara - TAM -  
emanating and receiving beams of light.  
The seed syllable transforms into stunningly beautiful White Tara  
radiating white light like a full moon,  
having one face and two arms,  
wearing the thirteen adornments of the Sambhogakaya Buddha:  
auspicious bracelets, anklets, rings, bracelets on the arms, crown, earrings, necklace, ribbons  
hanging over ears, jewel garland hanging down to the heart level and navel, and a shawl.  
Tara's Right hand displaying the mudra of generosity and holding a stem of a white lotus,  
her left hand positioned at the heart level with tips of thumb and the ring finger touching,  
holding the stem of the upala lotus.  
Inside the upala flower is a vase with the nectar of longevity.  
Tara's legs are bent but not crossed and her right leg is in front of her left leg on the full moon  
cushion.

She has seven eyes: one eye on the palms of each hand, one on the soles of each foot, one on the forehead in addition to her two eyes.

From the toes of her right leg flows nectar of radiating white light like a melting full moon.

As the nectar enters my body, I am full of pure bliss and transform into the immortal indestructible diamond form.

While visualizing this recite following mantras:

OM TA RE TUTTA RE TU RE SO HA÷ (21 times)

Short mantra:

OM TA RE TAM SO HA÷ (21 times)

Mantra of activity

(recite this mantra for the rest of the practice):

OM TA RE TUTTA RE TU RE MA MA AH YUR PU YE JYA NA PUTRING KU RU SO HA÷

CHAK STAL TON KI DA WA KUN TU/  
GANG WA GYA NI TSEG PI ZSHAL MA/  
KAR MA TONG TRAK STOK PA NAM KYI  
RAB TU SHE WI WOD RAB VAR MA DANG÷

Homage, Mother whose face is filled  
With the light of an array of a hundred full autumn moons,  
Shining with the brilliant open light  
Of the hosts of a thousand stars.  
(recite this prayer 3 times)

(Or recite the prayer of The Twenty One Taras 12 times)

**Dedication:**

Victorious pure Tara,  
Through this practice may all my sickness,  
demons, unfavorable conditions,  
curses on my body, speech and mind  
swiftly vanish, and may I achieve liberation.

obstacles to the body binding us to samsara - Mantra to remove:

OM TA RE TUT TA RE TU RE SO HA!  
OM KAYAAUR YA CHITTA NI SA MA YA JO DOG!

obstacles of speech binding us to samsara - Mantra to remove :

OM TA RE TUT TA RE TU RE SO HA!  
AH WAKKA AUR YA TI NAN KHROL÷

obstacles of mind binding us to samsara - Mantra to remove :  
OM TA RE TUT TA RE TU RE SO HA!  
HUNG CHITTA SARWA SA MA YA SHAG SHES÷

I make all the auspicious offerings to Tara while reciting:  
ARGHAM, PADYAM, PUSHAM, DUPAM, ALOKAM,  
GANDE, NEWITE, SHAPTA PRATISA SVAHA.

Noble Tara, you are helping beings in samsara,  
you remove all suffering and fears of samsara  
You heal all sickness,  
I praise you - mother of all Buddhas.

If you do this you will be able to see White Tara,  
all your unfavorable conditions will vanish  
all obstacles to long life will be removed.

TASHI SO SAMAYA÷  
May all be auspicious,

Padmasambhava said to Sangye Yeshe: "If you practice this all obstacles to your practice and realization will be removed". Padma Dragnag Lingpa recovered this mind terma after repeated requests of Tulku Konchok Zangpo to remove obstacles that His Holiness Rabjam Rinpoche was facing. Padma Dragnag Lingpa had a dream in which White Tara helped him to remove obstacles. When he woke up Padma Dragnag Lingpa actually saw Tara and upon that encounter recalled the teaching Padmasambhava gave to him in the previous lifetime when he was Padmasambhava's disciple Sangye Yeshe. Padma Dragnag Lingpa says that those who do this practice this sadhana will realize that this practice is uniquely powerful.

As the one and only short path of all the Buddhas,  
The victorious ones have extoled the supreme vehicle, Dzogpachenpo,  
The Original Translation tradition of the victorious Lord, Padmasambhava;  
May all be auspicious for these victorious teachings pervade this entire universe!

Bodhichitta the excellent and precious mind  
where is it yet unborn, may it arise.  
Where it is born, may it not decline.  
But ever increase, higher and higher.

This meditation book has been revised at the request of H.E Khenchen Lama Rinpoche. If you wish to copy any part of this book, please ask first for permission at this e-address: [samostan.gesar@gmx.com](mailto:samostan.gesar@gmx.com). Thank you.  
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