



White Tara of Long Life Empowerment Wongkur

SADHANA for WONGKUR



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May all Beings be Free from Ill Will,
Affliction, Anxiety, and the Three Root Poisons
of Attachment, Aversion, and Delusion.

May all Beings Guide themselves to Awakening,
Inner Liberation, Enlightenment.

Gautama Buddha's core teachings are summarized in a simple synthesis called the **Four Noble Truths** {**Ennobling Truths** by the nature of Virtue} which state:

Noble Truth 1: **There is suffering.**

Noble Truth 2: **There is a cause for suffering.**

Noble Truth 3: **There is an end to suffering.**

Noble Truth 4: **There is a path leading to the end of suffering.**

Noble Truth 4 refers to the Eightfold Path, known as the Noble Eightfold Path.

The **Noble Eightfold Path** {**Ennobled** by Virtue} is Gautama Buddha's remedy leading to the down-going and ending of personal suffering in this lifetime. It can ultimately help the complete awakening of your inner Buddha nature and liberation from the blind becoming of uncontrollable rebirth in cycles of suffering in Samsara.

The Noble Eightfold Path works with human nature to develop great human potential. It is a practical and humane process that nourishes and strengthens personal Wisdom, Ethical Behaviour, and Mental Cultivation.

The eight aspects of the Eightfold Path are:

<i>Wisdom</i>	Right View
	Right Thought
<i>Ethical Behaviour</i>	Right Speech
	Right Action
	Right Livelihood
<i>Mental Cultivation</i>	Right Effort
	Right Mindfulness
	Right Concentration

Meditation Techniques and meditative Tools of Mental Cultivation, such as this Sadhana, use and nurture Right Effort, Right Mindfulness, and Right Concentration.

DEDICATION and HISTORY

This Sadhana text for the White Tara of Long Life Wongkur was designed, crafted, and edited by Lama Karma Tsundulp Lodro and Chrys Antaya in Yukon, Canada. We dedicate the merit of this project to His Holiness the 17th Gyalwang Karmapa Ogyen Trinley Dorje and to the memory of two brilliant and inspiring teachers: the Venerable Namgyal Rinpoche and His Holiness the 16th Gyalwang Karmapa Rangjung Rigpe Dorje.

White Tara teachings have several variations imparted through the centuries in many Buddhist lineages. This Wongkur draws upon many sources including:

Wongkur ceremonies and Teaching by Venerable Namgyal Rinpoche.

Wongkur ceremonies and Teaching by His Holiness the 16th Gyalwang Karmapa Rangjung Rigpe Dorje.

Buddhist Tantric DEITY MOTIFS

Enlightened Mahāsattva deities (Yidams, Celestial Wisdom-beings) and saintly human Boddhisattvas featured in wongkurs are esoteric avatars of ourselves. They each reflect different facets of elevated spiritual potential we all have. All of them represent our ultimate Buddha-nature of transcendent awakened enlightenment. Every aspect of their posture and adornment is a mystical symbol with spiritual meaning. The avatars are depicted as either male or female, but all are of equal benefit to women and men.

Venerable Namgyal Rinpoche : Wongkur Symbolism

The meditation exercises for visualization [and imagination] in wongkurs are very important as they are rich in symbolism, and it is through symbolism that we can contact and integrate our depth consciousness.

Difficulty in visualizing [or connecting with] a certain symbol points to a corresponding lack or imbalance in the psyche. You must knock on the door of the depths again and again with the reluctant symbol, the one that will not come across.

Think consciously, as you are mind-building, “What does this symbol mean?” Alternatively, if you know the meaning of a symbol intellectually, it can be worked with consciously in meditation to bring about re-integration.

Introduction to WHITE TARA

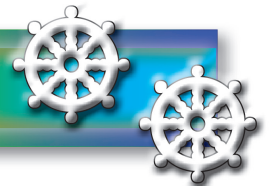
White Tara of Long Life (*Sanskrit: Ārya Tarā, Sita Tarā; Tibetan: Jetsun Dolma*) is a powerful, multi-faceted female aspect of Buddha-nature and is fondly called “She Who Saves”. White Tara is one of many different forms of Tara, all of which have healing aspects and assist in diverse ways to awaken and liberate our inner Buddha natures. White Tara of Long Life is one of the “Great Healers” and encompasses every level of health and healing, with particular focus on repairing the Aura and healing the Subtle Energy Body.

White Tara’s immense scope is partially represented by her iconic tools: an eight-spoked Wheel of Dharma; a sprig of Uptala flowers in three stages of life representing Past-Present-Future and the Cycle of Interdependent Origination; a Vase of Healing Nectar nestled in the full Uptala blossom of Present time; and the complex Heart Mandala Wisdom Wheel.

White Tara of Long Life meditations can help clarify, focus, and strengthen all aspects of healing as well as help us attain our maximum vitality and longevity, gain clear wisdom, heal the body’s energy matrix, and purify negative karma in this lifetime. The ultimate goal is spiritual awakening, inner freedom, and complete liberation from suffering.

The most important exercise in this sadhana is to visualize or imagine yourself as White Tara of Long Life. Additionally, to strengthen your connection to the universe’s vast healing energy, visualize or imagine a cosmic White Tara of Long Life Wisdom-being who compassionately showers you with blessings and transformative gift waves of healing and healing wisdom.

PREPARE for INITIATION



GESTURE of Appreciation and Gratitude:

{ Bow your head or, those who wish, may do a prostration }

Reflect upon the benefit provided to you by all those beings, past and present, who have worked to create, record, preserve, and share teachings which assist the down going of suffering for all beings.

Reflect upon the benefit provided to you by everyone who has helped you reach a place and time where you can access teachings which assist the down going of your own suffering.

MANDALA OFFERING to Request the Wongkur Empowerment:

Mentally offer this planet and the solar system to the Lama, as a representation of White Tara of Long Life. The mandala offering of our home in the cosmos is both a request for, and appreciation of, this precious teaching.

REFUGE (to Illuminate, Strengthen, and Protect Your Path to Awakening)

Imagine the sources of Refuge dissolve into light and absorb into you:

*{ Recite Aloud * Repeat after the Lama }*

Like a hunted animal I go for Refuge to the Three Precious Jewels:
the Buddha the Dharma and the Sangha.

Like a hunted animal I go for Refuge to the Three Precious Roots:
the Lama the Yidams and the Protectors.

Personal RESPONSIBILITY:

*{ Recite Aloud * }*

I sincerely regret any mental or physical injury I may have caused
to any sentient being and I aspire to cause no further injury
to any sentient being.

VAJRA SATTVA PURIFICATION:

*{ Recite Aloud * }*

OM VAJRA SATTVA AH

BODHISATTVA ASPIRATION:

*{ Recite Aloud * }*

I strive to awaken to complete enlightenment to help all beings
achieve buddhahood.

BRAHMA VIHARAS (Four Divine Abodes):

*{ Recite Aloud * }*

I strive to cultivate Friendliness Compassion Sympathetic Joy
and Equanimity toward myself and all beings.

May all beings be happy

May all beings be free from sorrow

And in the supreme joy that arises

May all beings be established in perfect equanimity.

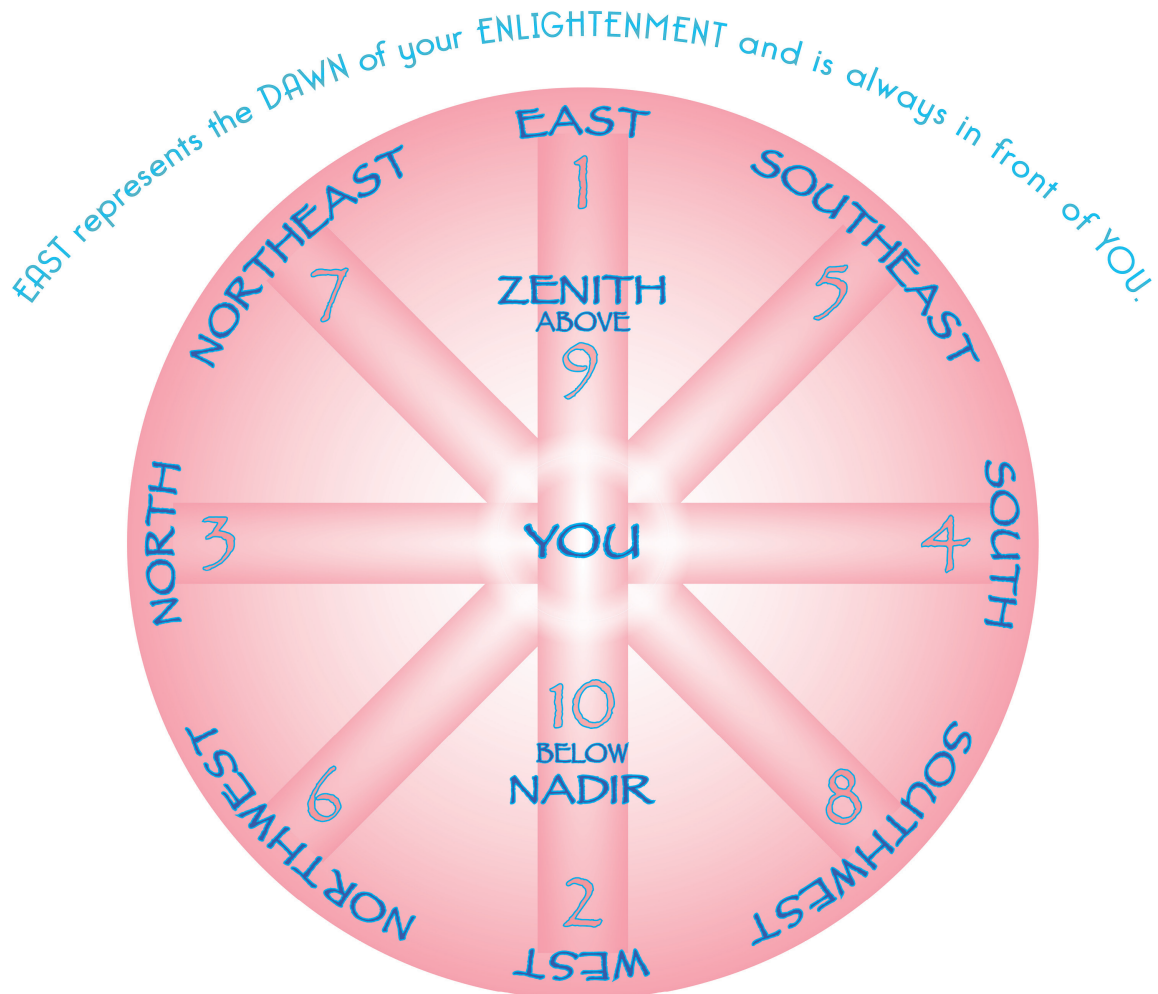
METTA (Strengthens the Heart; is one of the Four Brahma Viharas):

Imagine, visualize, or feel a gentle warmth of Friendliness and Kindness in your Heart chakra that overflows to fill your body, and streams out through your skin. Guide your heart radiance out into infinite space in the ten directions while reciting this prayer for all beings. Repeat after the Lama:

May all beings have happiness and the cause of happiness.

May all beings be apart from sorrow and the causes of sorrow.

May all beings not be separated from the bliss that is sorrow-less.



WISH for Long Life for the Lamas: { Recite Aloud * Repeat after the Lama }
May Lamas and all beings who help reduce the suffering of others
.... live long healthy happy productive lives of equanimity.
.... May all their compassionate aspirations be speedily achieved.

ASPIRATION of Merit: { Recite Aloud * }
May the merit of these aspirationsand our right actionsremove
all disease all injury all obstacles and all dangers from us.



ROOT INITIATION

OM SVABHĀVA ŚUDDHA SARVA DHARMA
SVABHĀVA ŚUDDHA HŪM

Everything is now dissolving into the pure, deathless, bliss void of Sunyata. Attachment to ordinary appearance and clinging to your corporeal form subsides.

All feelings, sights, sounds, and thoughts are now emptiness moving in emptiness.

From the vast depths of the pure bliss void of Sunyata, a shimmer of energy emerges and forms into an open lotus in full bloom.

The sound of TĀRE ĀḤ HŪM resounds in space and within your being.



TRANSFORMATION

The resounding vibration transforms you into the form of White Tara of Long Life seated on a flat moon disk in the centre of the lotus.

Your luminous White Tara body is like the full moon, white and glowing with peaceful radiance and is in perfect health.

You are seated upright in a full lotus posture. Your back is supported by a pure full moon.

Your White Tara body has one face, two arms, and two hands. You have seven eyes: your own two eyes, plus five wisdom eyes of sublime insight: one at the chakra centre in your forehead, one each in the centre of the palms of your hands and the soles of your feet.

You wear magnificent garments of splendid fabrics exquisitely embroidered with shimmering gold, symbolizing the inner riches of spiritual attainment.

You are adorned with a superb crown and mystical regalia of glowing gold decorated with rare jewels: earrings, necklaces, bracelets, armlets, and anklets – all symbolizing the complete liberation of the Wisdom-beings.

Some of your long hair is bound up in a knot on top of your head, and the rest cascades freely down your back and over your shoulders.

Your right hand is in the gracious Mudra of Supreme Generosity.

Your left hand is poised over your heart and gracefully holds a frond of blue mystical utpala flowers between your thumb and ring finger.

The utpala frond has three blossoms representing Past–Present–Future.

A perfect blue blossom in full bloom represents the Present and holds within it a vase filled with precious nectar of long-life, healing, and wisdom.

A fading blue blossom which is going to fruit represents the Past.

A fresh blue unopened bud represents the Future.

Red Buddha Amitabha sits, like a crown of liberation, above your head.

On your forehead centre is a white **OM**

On your throat centre is a red **ĀḤ**

On your heart centre is a blue **HŪṂ**

Transforming these centres into the kayas of the Enlightened Ones.

OM ĀḤ HŪṂ

BODY BLESSING

Lama blesses Heads and Hands with IMAGE
of White Tara of Long Life

KAYA ABHIṢIṆCA HŪṂ

STABILIZING

Lama blesses top of Heads with a VAJRA

TIṢṬHA VAJRA

INVOCATION

In your heart, a luminous red bija seed syllable **ĀḤ** appears and transforms into a moon disk, in the centre of which stands a glowing white vibrating syllable **TĀM**.

Innumerable lights shine from the **TĀM** syllable as an offering to all the Buddhas of time and space and reach Wisdom-being White Tara of Long Life in the Buddha realms invoking her presence here.

A shimmer of pure light appears before you and transforms into the cosmic Wisdom-being White Tara of Long Life. Visualize or imagine the Wisdom-being White Tara in space in front of you and slightly above you.

We ask glorious and gracious White Tara to shower us with her great blessings. We ask White Tara to bestow the supreme empowerment on those here in this sacred space who are sincere and respect this teaching.

VASE BLESSING

The Buddhas of the Five Transcendent Families and Five Directions represent the pure illuminated potential of your body, speech, and mind.

Lights rays from our hearts shine out as offerings to the Five Consecration Buddhas inviting them to bestow empowerment blessing on us with luminous rays of purifying transformative light through the nectar in the Lama's vase. Visualize, imagine, sense, or feel that luminous, refreshing, purifying nectar is filling your entire body and cleansing all delusion, obscurations, errors, and defilements from your body, speech, and mind.

OM Buddha family bija seed syllable of White Vairocana in the centre.

HŪM Vajra family bija seed syllable of Blue Aksobhaya in the east.

TRĀM Ratna family bija seed syllable of Yellow Ratnasambava in the south.

HRĪḤ Padma family bija seed syllable of Red Amitabha in the west.

ĀḤ Karma family bija seed syllable of Green Amoghasiddhi in the north.

Lama blesses top of Heads with VASE and pours
Saffron Water into the Right Hands

OM HŪM TRĀM HRĪḤ ĀḤ ABHIṢIÑCA HŪM

OFFERINGS

The physical offerings symbolize the purification and enrichment of our senses, of our outer and inner being, and also symbolize the spiritual treasures we offer to both the White Tara of Long Life within us and to the celestial Wisdom-being White Tara in space in front of us.

These offerings help us to accumulate and perfect the Paramis of generosity, virtue, moral discipline, wisdom, diligence, patience, honesty, concentration, kindness, and equanimity.

In outer form, the ceremonial substances are physical offerings. Inwardly, they function as sensory objects evoking transcendental joy. They symbolize our depth aspiration and the activity of awakening. Their purest nature is the wisdom of bliss and emptiness.

Imagine that our offerings glow radiantly in vast shimmering bowls carved from exquisite jewels.

To White Tara of Long Life within us and to the celestial Wisdom-being White Tara in space in front of us, we offer the eight traditional gifts for honoured guests of pleasant items for body, mind, and the five senses:

Water for washing — also symbolizes removing negativity.

Water for drinking — also symbolizes going for refuge.

Flowers for sight — also symbolize unfolding and enlightenment.

Incense for fragrance — also symbolizes aspiration.

Light for the mind — also symbolizes purification through wisdom.

Scented water for touch — also symbolizes becoming the deity.

Food for taste — also symbolizes abundance and sharing.

Music for hearing — also symbolizes desire for awakening.

May we perfect the two accumulations of merit and wisdom.

To White Tara of Long Life within us and to the celestial Wisdom-being White Tara in space in front of us, we now offer a mandala of the world, with Mount Meru, which represents the entire multiverse and all its contents.

May all beings perfect the two accumulations of merit and wisdom.

RESPECT and APPRECIATION

{ MUSIC } Lama rings Bell

Our gratitude and respect to Arya Tara, you are revered by all beings.

Our gratitude and respect to Arya Tara, mother of all Buddhas, you help us to free ourselves from all limitations, obscurations, and obstructions.

Our gratitude and respect to Arya Tara, you are free from blind becoming, and even seeing your form brings wonder and happiness and inspires us.

Arya Tara, you shine in splendour, and your precious ornaments of liberation sparkle like stars in a beautiful moonlight mountain landscape.

MIND BLESSING

{ MUSIC } Lama rings Bell

In response to these prayers, luminous energy of healing and wisdom flows from the heart of the cosmic Wisdom-being White Tara of Long Life into your heart. The energies of the White Tara of Long Life in space in front of you and White Tara inside you merge within you to become one.

Lama blesses Heads and Hands with a TORMA

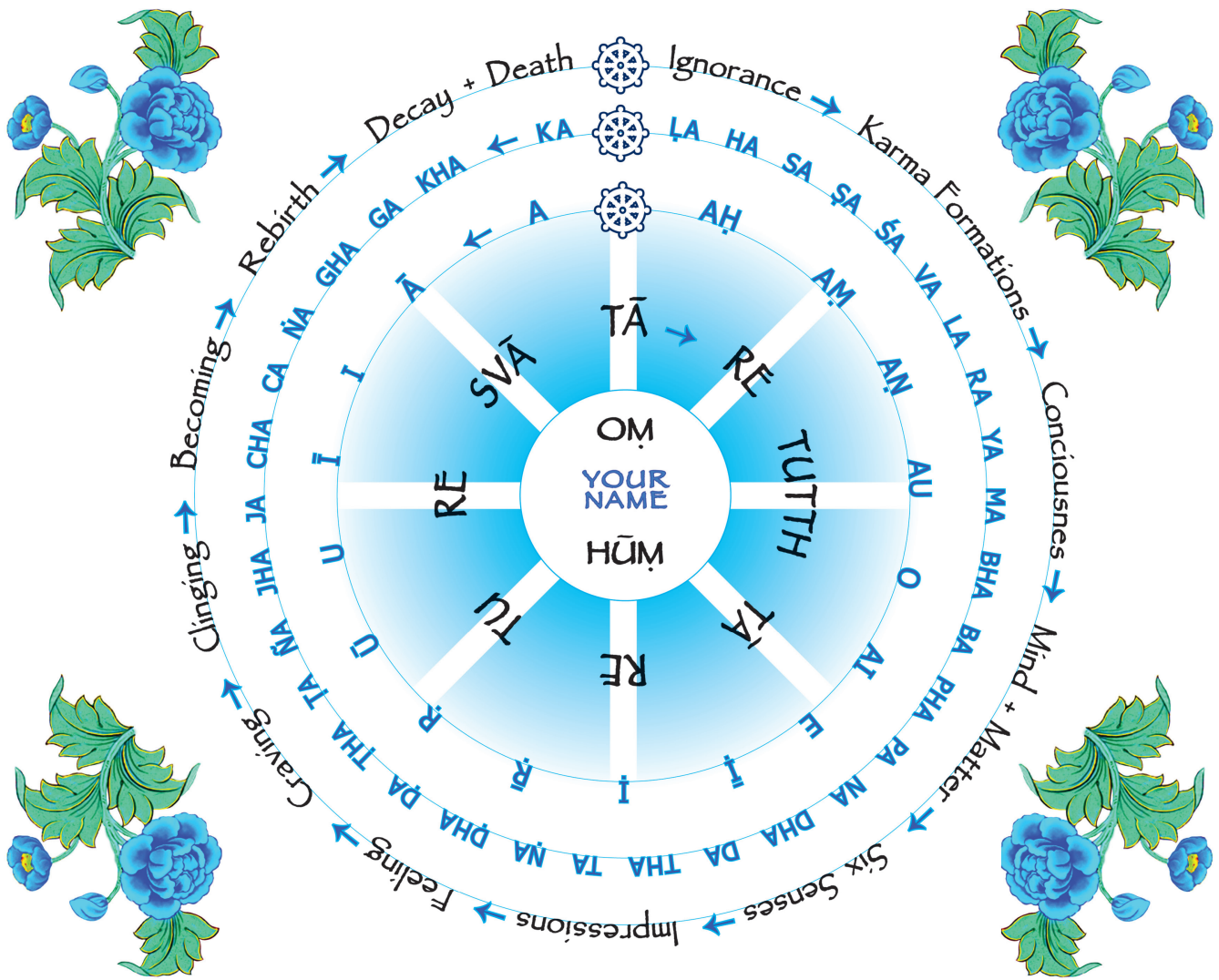
JAH HŪṂ BAM HOH!



Heart Mandala Wisdom Wheel

Now the white TĀṂ syllable in your White Tara heart melts and reforms as the White Tara wisdom symbol, which is a white, eight-spoked wheel.

Five different mantras are at different places on the luminous Wisdom Wheel glowing in your heart. A three-word mantra, with your name included, is in the central hub. Eight syllables of Tara's ten syllable mantra are distributed on the eight spokes. Three complex mantras circle on the three outer rims.



Heart Mandala Wisdom Wheel of White Tara of Long Life

The mantra at the centre hub is formed of: **OM { Your Name } HŪM**

Each of the eight spokes carries one of the eight middle syllables of White Tara's ten-syllable Mantra, which turns to the right:

TĀ RE TUTTH TĀ RE TU RE SVĀ

Outside Tara's mantra, a circle of Sixteen Sanskrit Vowels turns left :

A Ā I Ī U Ū Ṛ Ṝ Ṝ̄ E AI O AU AṆ Aṃ Aḥ

Outside the vowels, a circle of Thirty-four Sanskrit Consonants turns left:

**KA KHA GA GHA ṆA CA CHA JA JHA ÑA ṬA
ṬHA ḌA ḌHA ṆA TA THA DA DHA NA PA PHA
BA BHA MA YA RA LA VA ŚA ŚA SA HA ḶA**

On the outer rim, the Cycle of Interdependent Origination turns right:

Ignorance > Karma Formations > Consciousness > Mind + Matter >
Six Senses > Impressions > Feeling > Craving > Clinging >
Becoming > Rebirth > Decay + Death



All the syllables and words on the Mandala Wisdom Wheel in your heart radiate glowing waves of white light that flicker like dancing candlelight.

WHITE



Light

From the Wisdom Wheel and mantras glowing in your heart, a healing nectar of white light streams out and fills your body.

Luminous white light of healing and purification washes your entire being, overflows through the pores of your skin, and creates a layer of white light one hand-span deep that completely surrounds you.

On the outside of the white layer, a protective indigo-blue coating forms from countless miniature utpala flowers that cover and shield the white light. Outer negativity cannot enter. Your energy strengthens.

The white light pacifies and helps remove illness, evil spirits, negative karmic forces, mental obscurations, and hindrances to the completion of your natural lifespan.

YELLOW



Light

From the Wisdom Wheel and mantras glowing in your heart, a healing nectar of golden yellow light streams out mixing like an opal with the white light in you. Their healing energy fills your body.

Golden yellow healing light washes your entire being, overflows through the pores of your skin, flows out through the white layer around you, through the indigo shield, and creates a new layer. Golden yellow light, one hand-span deep, is now the outermost layer of light surrounding you.

On the outside of the golden yellow layer, a protective indigo-blue coating forms from countless miniature utpala flowers that cover and shield the yellow light. Outer negativity cannot enter. Your energy strengthens.

The golden yellow light generates spiritual energy and accomplishes all activities of increase, particularly increase in knowledge and wisdom.

RED Light

From the Wisdom Wheel and mantras glowing in your heart, a healing nectar of ruby red light streams out mixing like an opal with the white and yellow lights in you. Their healing energy fills your body.

Ruby red healing light washes your entire being, overflows through the pores of your skin, flows out through the white and yellow layers around you and their indigo shields, and creates a new layer.

Ruby red light, one hand-span deep, is now the outermost layer of light surrounding you.

On the outside of the red layer, a protective indigo-blue coating forms from countless miniature utpala flowers that cover and shield the red light. Outer negativity cannot enter. Your energy strengthens.

The ruby red light accomplishes all activities of power, strength, courage, and internal wealth.

GREEN Light

From the Wisdom Wheel and mantras glowing in your heart, a healing nectar of emerald green light streams out mixing like an opal with the white, yellow, and red lights in you. Their healing energy fills your body.

Emerald green healing light washes your entire being, overflows through the pores of your skin, flows out through the white, yellow, red layers around you and their indigo shields, and creates a new layer.

Emerald green light, one hand-span deep, is now the outermost layer of light surrounding you.

On the outside of the green layer, a protective indigo-blue coating forms from countless miniature utpala flowers that cover and shield the green light. Outer negativity cannot enter. Your energy strengthens.

The emerald green light purifies and transforms the karma of all actions and bestows the power of Buddha-like accomplishment.

 BLUE

Light

From the Wisdom Wheel and mantras glowing in your heart, a healing nectar of deep blue light streams out mixing like an opal with the white, yellow, red, and green lights in you. Their healing energy fills your body.

Deep blue healing light washes your entire being, overflows through the pores of your skin, flows out through the white, yellow, red, green layers around you and their indigo shields, and creates a new layer.

Deep blue light, one hand-span deep, is now the outermost layer around you.

On the outside of the blue layer, a protective indigo-blue coating forms from countless miniature utpala flowers that cover and shield the deep blue light. Outer negativity cannot enter. Your energy strengthens.

The deep blue light accomplishes all activities of wrathfulness for protecting the Dharma and protecting your progress on the path to awakening.

Visualize, imagine, or feel the healing energy of white, yellow, red, green, and deep blue lights filling you within and surrounding you in glowing layers.

SPEECH BLESSING



MANTRAS of White Tara

Lama blesses Throats with a MĀLĀ rosary

{ Everyone say White Tara's ten-syllable mantra while visualizing or sensing or imagining waves of radiant lights generated by the vibration of its sound }

 OM TĀRE TUTTĀRE TURE SVĀHĀ 

White Tara of Long Life's Increasing Mantra

 OM TĀRE TUTTĀRE TURE MAMA ĀYUḤ
PUNYA JÑĀNA PUŚṬIṂ KURU SVĀHĀ

The DISSOLVING

Request that the cosmic Wisdom-being White Tara of Long Life and her retinue return to her celestial abode in the Buddha realms.

Now the outer indigo shield dissolves from the deep blue layer of healing lights surrounding you, and the deep blue layer of healing light flows inward and merges into the green layer.

The outer indigo shield dissolves from the opalescent layer of green and deep blue, which flows inward and merges into the red layer.

The outer indigo shield dissolves from the opalescent layer of red, green, and deep blue, which flows inward and merges into the yellow layer.

The outer indigo shield dissolves from the opalescent layer of yellow, red, green, and deep blue, which flows inward and merges into the white layer.

The last indigo shield dissolves from the opalescent layer of white, yellow, red, green, and deep blue, which flows inward and merges into the swirl of healing lights in you that washes every cell and energy pulse in your body.

The radiant flow of healing colours filling you and your White Tara body now dissolve into the spinning Wisdom Wheel shining in your heart, which sends shimmering cascades of healing light out in the ten directions.

The spinning Wisdom Wheel shining in your heart and its shimmering cascades of healing light now gently fade and dissolve like a vanishing rainbow into the Sunyata radiant bliss void of primordial purity.

Lama Rings BELL to start the silent meditation

{ *Everyone sits in quiet meditation* }

Lama Rings BELL to end silent meditation

From the peacefulness of quiet meditation in the Sunyata radiant bliss void of primordial purity, you reappear as White Tara of Long Life. Visualize or imagine your White Tara body adorned with glowing bija seed syllables:

On your forehead centre is a white	OM
On your throat centre is a red	ĀḤ
On your heart centre is a blue	HŪṂ

OFFERINGS

Request White Tara of Long Life and her retinue to appear in space before you and make the offerings as before.

We now imagine giving Wisdom-being White Tara of Long Life the physical and symbolic offerings which help us to accumulate and perfect the Paramis of generosity, virtue, moral discipline, wisdom, diligence, patience, honesty, concentration, kindness, and equanimity.

In outer form, the ceremonial substances are physical offerings. Inwardly, they function as sensory objects evoking transcendental joy. They symbolize our depth aspiration and the activity of awakening. Their purest nature is the wisdom of bliss and emptiness.

Imagine that our offerings glow radiantly in vast shimmering bowls carved from exquisite jewels.

We imagine offering White Tara of Long Life eight traditional gifts for honoured guests of pleasant items for body, mind, and the five senses:

Water for washing — also symbolizes removing negativity.

Water for drinking — also symbolizes going for refuge.

Flowers for sight — also symbolize unfolding and enlightenment.

Incense for fragrance — also symbolizes aspiration.

Light for the mind — also symbolizes purification through wisdom.

Scented water for touch — also symbolizes becoming the deity.

Food for taste — also symbolizes abundance and sharing.

Music for hearing — also symbolizes desire for awakening.

May we perfect the two accumulations of merit and wisdom.

To celestial Wisdom-being White Tara of Long Life in space in front of us, we now imagine offering a mandala of the world, with Mount Meru, which represents the entire multiverse and all its contents.

May all beings perfect the two accumulations of merit and wisdom.

Lama rings Bell

Now with deep sincerity express your own thoughts to White Tara. Any prayer, aspiration, worthy wish, or related meditation can be done here.

Conclude this wongkur by reciting one rosary of White Tara's Increasing Mantra for improving life span, knowledge, and wisdom ([details on page 20](#)):

**OM TĀRE TUTTĀRE TURE MAMA ĀYUḤ
PUṆYA JÑĀNA PUŚṬIM KURU SVĀHĀ**



Everything that now appears is the face of White Tara of Long Life. All manifestation is White Tara's garden. All sound is White Tara's mantra.

If you are unable to perform the wongkur meditations and recitations yourself, it is also effective to have someone do them for you.

Signs of progress in White Tara of Long Life practice often arise in dreams. This wongkur empowerment initiation teaches and authorizes you to do the White Tara of Long Life meditations, which assist to avoid untimely death.

DEDICATION of MERIT

{ Everyone recite aloud repeating after the Lama }

I regret all wrongs and downfalls I dedicate all virtue and merit gained from this practise to the awakening of all beings.

May all beings be free from sickness free from harmful spirits free from obstacles free from dangers and free from suffering.

May the merit of these aspirations and our right actions remove all disease all injury all obstacles and all dangers from us.

May the virtue and merit we dedicate held us and all sentient beings to fully attain the stage of White Tara of Long Life in this very life.

{ MUSIC } Lama rings Bell

MAY ALL BE WELL AND HAPPY

*{ Everyone give their white Kata scarf to the Lama
and receive a Blessing Cord }*



END of WONGKUR



Following are ways of extending your White Tara of Long Life meditations:



To Include Others in White Tara of Long Life Blessings:

When you create the layers of healing light – white, yellow, red, green, blue – and all the indigo shields around you in the wongkur ceremony or in your own meditations, also imagine your family, friends, and any others are with you inside the healing layers of light.



To Extend White Tara of Long Life Blessings without Obstruction:

Visualize or imagine forming the five layers of healing lights – white, yellow, red, green, blue – without the protective shells of indigo flowers. Continuously radiate out the five healing colours of light in the ten directions while blessing and purifying all manifestations and all situations throughout the universe. Then have the healing lights return and dissolve into the Wisdom Wheel in your heart.



To Increase Wisdom, Attainments, and Aspiration for Awakening:

Pose a specific request or question relating to spiritual attainment. Visualize or imagine forming the five layers of healing lights – white, yellow, red, green, deep blue – without the protective shells of indigo flowers. Radiate the five healing colours continuously out in the ten directions to contact the Buddhas of all time and space throughout the universe asking them for their blessings. Then again pose your specific request. Hold your mind in contemplation and blissful union with the Buddhas and be alert to any answers or help that arises.



To Receive Blessings of Peace, Health, Purification, and Longevity:

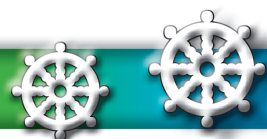
During the wongkur, when you recite **OM AH HÜM** and request the presence of the cosmic Wisdom-being White Tara of Long Life, visualize or imagine her in front and slightly above you and sending white light from her seven wisdom eyes to your main chakras filling you with white healing light. Also visualize, imagine, or feel glowing white energy nectar is flowing from White Tara's heart into the crown of your head as if into a vase. Feel, sense, or imagine your whole body is being purified and healed as you are filled with White Tara's healing nectar of long life, health, and wisdom. Then continue the wongkur meditations.



To Remove Doubts, Obscurations, Ignorance, and Incomplete View:

During the wongkur, when you recite **OM ĀḤ HŪM** and request the presence of cosmic Wisdom-being White Tara of Long Life, visualize or imagine her in front and slightly above you and sending golden yellow light from her seven wisdom eyes to your main chakras filling you with golden healing light. Also visualize, imagine, or feel golden energy nectar flowing from White Tara's heart into the crown of your head as if into a vase. Feel, sense, or imagine your whole body vibrating with knowledge-wisdom as you are filled with White Tara's healing nectar of long life, health, and wisdom. Then continue the wongkur meditations.

Mantra INTONATIONS



Experiment privately with these three variations of intonation. Say the mantra softly with louder emphasis placed only on the enlarged syllables.



OM **TĀRE** TUTTĀRE TURE SVĀHĀ



OM TĀRE **TUTTĀRE** TURE SVĀHĀ



OM TĀRE TUTTĀRE **TURE** SVĀHĀ



White Tara of Long Life INCREASING Mantra

OM TĀRE	{ She who liberates from illness and injury
TUTTĀRE	{ releases from delusions
TURE	{ liberates completely from worldly grasping
MAMA	{ my, mine ❄️
ĀYUḤ	{ life
PUNYA	{ virtues, merits
JÑĀNA	{ wisdom, knowledge
PUŚTRIM	{ increase, thrive, flourish
KURU	{ achieve, accomplish
SVĀHĀ	{ “So be it!” and is also a salutation



MAMA can be replaced with name of someone for whom you are praying.

Commitment PRECEPTS (Samaya Vows)

Samaya precepts are a support for your highest aspirations.

Samaya precepts are a commitment you make to yourself to seek wisdom and liberation, to escape the blind becoming of painful cyclic existence, and to increase the happiness, good health, and inner freedom of all beings, including yourself.

1. I will always seek the full illumination of Bodhichitta.
2. I aspire always to kindness and compassion for sentient beings.
3. I will always strive for insight into impermanence.
4. I will always strive for insight into emptiness.
5. I will not denigrate or insult the words of the Buddha.
6. I will not physically harm or slander the Dharma teachers.
7. I will not criticize other Buddhist traditions.
8. I will not upset the faith people have in the Dharma.
9. I will not reveal sacred teachings to anyone who will not respect the teachings.
10. I will refrain from strong or negative emotions towards my Vajra brothers and sisters in the Dharma.
11. I will always treat, and speak of, women with respect.
12. I will avoid bad company.
13. I will not mistreat my body.
14. I will always be guided by these Samaya commitment precepts.

