

THE SADHANA OF THE WISH-FULFILLING  
WHITE TARA ACCOMPLISHING LONG LIFE



REFUGE AND REQUESTS

From now until we obtain the essence of enlightenment,  
I and all sentient beings equaling the extent of space  
take refuge in the holy glorious Gurus.

I take refuge in the Baghavan, the Blessed One, the perfect Buddha,

I take refuge in the holy Dharma,

I take refuge in the Arya Sangha,

I take refuge in the Wish-Fulfilling White Tara and her retinue.

(recite 3x)

I prostrate and go for refuge to the holy Guru and the Precious Three Jewels.

I request you to bless my mind.



## MOTIVATION

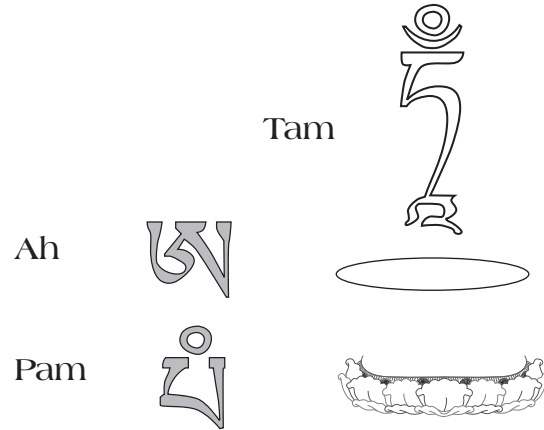
For the sake of all sentient beings I shall attain the state of Buddhahood.

To this end, I will now engage in the recitation and practice of the  
Sadhana of the Wish-Fulfilling White Tara. (recite 3x)

## GENERATING THE DEITY

OM SVABHAVA SHUDDHO SARVA DHARMA SVABHAVA SHUDDHO HAM

All phenomena become empty. From the emptiness arises the syllable PAM. From the PAM arises a white lotus. From the lotus arises the syllable AH. From the AH comes a moon disk. On the moon disk my own mind arises in the form of a white TAM.



Rays of light shine forth from the TAM, accomplishing the benefit of sentient beings. The rays of light dissolve back into the TAM, and as a result of this I transform into the Wish-Fulfilling Arya Tara. I have a white body, one face, and two arms. My right hand is in the gesture of giving the Dharma, and my left hand holds the stem of an upala flower at my heart. The stem is divided into three at the level of the ear: at the end of the central stem is a blossom, on the left is a fruit, and on the right is a closed flower. These three are symbolic of the past, present, and future Buddhas. I am adorned with precious ornaments and fine clothing, and sit upright on the moon disc, my legs crossed in the vajra position. At my crown is a white OM, at my throat a red AH, and at my heart a blue HUM.



Rays of light shine forth from the white TAM, inviting the Wish-Fulfilling White Tara and her retinue of Buddhas and Bodhisattvas from the southern pure land of Potala.

DZA HUNG BAM HOH  
They become non-dual.

From the seed syllable HUM at my heart rays of light shine forth, inviting the initiating deities and requesting initiation. Due to this request, the initiating deities appear holding a vase filled with nectar. Thus, the initiation is bestowed. My body is filled with nectar. All negativities are purified. The water remaining on my crown transforms into Buddha Amitabha, who adorns my crown.

### OFFERINGS TO THE SELF-GENERATION

OM ARYA TARA SAPARIVARA ARGHAM PRATICCHA SOHA  
OM ARYA TARA SAPARIVARA PADYAM PRATICCHA SOHA  
OM ARYA TARA SAPARIVARA PUSHPE PRATICCHA SOHA  
OM ARYA TARA SAPARIVARA DHUPE PRATICCHA SOHA  
OM ARYA TARA SAPARIVARA ALOKE PRATICCHA SOHA  
OM ARYA TARA SAPARIVARA GANDHE PRATICCHA SOHA  
OM ARYA TARA SAPARIVARA NYUDAY PRATICCHA SOHA  
OM ARYA TARA SAPARIVARA SHABDA PRATICCHA SOHA

### PRAISE AND PROSTRATION

“Tare” liberating from samsara  
“Tuttare” liberating from the eight fears  
“Ture” liberating from all obscurations  
I prostrate to the Mother Arya Tara.  
The enlightened activity of the wise, infinite conquerors  
Takes the form of an extremely beautiful goddess  
Who grants supreme attainment and long life to all sentient beings  
I praise you, the white goddess who holds the upala.



## MANTRA RECITATION

Recite the mantra OM TARE TUTTARE TURE MAMA AYUL PUNI GYANA PUDHAM KURU SOHA as many times as possible, doing the following visualization.

The syllables of the mantra OM TARE TUTTARE TURE MAMA AYUL PUNI GYANA PUDHAM KURU SOHA surround the TAM in my heart. Light radiates from the mantra.

OM TARE TUTTARE TURE MAMA  
AYUL PUNI GYANA PUDHAM KURU SOHA

In response to this, from the heart of the Amitabha on my crown rays of light shine forth, drawing in the attainments of long life. Inside the long-life vase in Amitabha's hands is the syllable HRIH. All the attainments of long life dissolve into the HRIH. From the HRIH nectar flows, continuously filling my body. By this activity, I achieve the attainment of immortality.



Hundred Syllable Mantra

OM PEMA SATTVA SAMAYA  
MANU PALA YA, PEMA SATTVA TVENOPA TI TSA,  
DRIDHO MEBHAVA, SUDHO KHAYO MEBHAVA,  
SUPO KAYO MEBHAVA ANU RA DHO MEBHAVA  
SARVA SIDDHI ME PRAYA CHA, SARVA KARMA SU CHA ME,  
CHI TTAM SHRI YAM KURU HUM,  
HA HA HA HA HO, BHAGAVAN  
SARVA TATHA GATA, PEMA MAME MUN CHA,  
PEMA BHA MAHA SAMAYA SATTVA AH HUM PHAT!  
(recite the Vajrasattva mantra at least 3 or 7 times).

## DEDICATION

By these virtues may I quickly  
Attain the state of the Wish-Fulfilling Arya Tara  
And having done so may I place  
Every being without exception into that state.

\*Colophon: translated by Yangsi Rinpoche with Tenzin Namdrol at Deer Park, Madison, Wisconsin, February 10, 2001.

