

**A VERY CONDENSED DAILY
PRACTICE OF WHITE TARA**

**FROM
THE COLLECTED WORKS
OF JAMYANG KHYENTSE THE GREAT**

**BY LOTSAWA TONY DUFF
PADMA KARPO TRANSLATION COMMITTEE**

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INTRODUCTION

This is a very condensed practice of White Tārā intended for daily practice. The text was written by Jamyang Khyentse Wangpo in the mid-19th century in Eastern Tibet. The translation was made in Boulder, Colorado, 1986 by myself for the use of my wife, who had been instructed by Dilgo Khyentse to do the practice.

The text is provided publicly for those who need it. However, it should not be practiced unless you already have the empowerment for White Tārā and have the instructions on how to do the practice. These are important points and, for the sake of one's own sanity, should be greatly respected.

Lotsawa Tony Duff,
Swayambunath,
Nepal,
14th June 2008

A VERY CONDENSED DAILY PRACTICE
OF WHITE TĀRĀ

I take refuge in the Three Jewels.
To benefit beings I will practice the Noble Lady.

OM SVABHĀVA ŚHUDDHĀḤ SARVA DHARMA SVABHĀVA ŚHUDDHO 'HAM

From within emptiness, on top of a lotus and moon,
My mind transforms into the syllable TĀM,
From which appears Noble Tārā with a white body.
Her right hand in the supreme generosity mudrā, her left holding
an utpala,
Peaceful, smiling, beautified by the seven wisdom eyes,
Adorned with the silks and jewelled ornaments,
Supported behind by a moon disk,
She is seated with her feet in vajrāsana.

At the heart center, the union of appearance-emptiness,
Is a white eight-spoked wheel,
With five rims, TĀM at the centre.
Around the edge of the spokes is the additional mantra.
In front is OM; behind, the syllable HĀ; on the eight spokes,
TĀRE and so on—the eight syllables.
Around, on the rims, are the vowels, consonants, pratītya-essence,

A vajra fence, and garland of the five lights.
 Light rays stream out and, having gathered back
 The essence of saṃsāra and nirvāṇa, dissolve into me.
 Thus the siddhis of life, merit, and wisdom
 Are supremely increased.

OM TĀRE TUTTĀRE TURE MAMA ĀYU Ḥ PUṆYA JÑĀNA PUṢṬIṀ KURU
 SVĀHĀ

Recite that as many times as you can. To conclude:

By this merit, may I quickly
 Accomplish Wish-Fulfilling Wheel
 And establish each and every being without exception
 At that level.

Able to live one hundred years and see one hundred autumns,
 Having long life, freedom from sickness, abundant happiness,
 And true accomplishment in the supreme vehicle—
 May such auspiciousness be good and excellent here and now!

*This was written by Khyentse'i Wangpo. May there be virtue and
 auspiciousness.*

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