

White Tara

*Dedicated to
His Holiness Guru Vajradhara 12th Chamgon Kenting Tai Situpa*



Care of Dharma Books



Dharma books contain the teachings of the Buddhas; they have the power to protect against lower rebirth and to point the way to liberation. Therefore, they should be treated with respect – kept off the floor and places where people sit or walk- and not stepped over. They should be covered or protected for transporting and kept in a high, clean place separate from more mundane materials. Other objects should not be placed on top of Dharma books and materials. Licking the fingers to turn pages is considered bad form as well as negative karma.

If it is necessary to dispose of written Dharma materials, they should be burned rather than thrown in the rubbish. When burning Dharma texts, it is taught to first recite a prayer or mantra, such as OM, AH, HUM. Then, you can visualise the letters of the texts (to be burned) absorbing into the AH and the AH absorbing into you, transmitting their wisdom to your mind stream. After that, as you continue to recite OM, AH, HUM, you can burn the texts.

7-line prayer to Guru Rinpoche

*This is a terma that appeared on golden paper from a rock-crevice.
Therefore, at all times, keep the Lotus Born inseparable from one's mind, and one-pointedly chant these praises:*

HUNG

ORJEN YULJI NUJANG TSAM

At the North-Western border in the land of Orgyen,

PEMA GESAR DONGPO LA

Upon the heart of a lotus,

YANTSEN CHOGI NGODRUP NYE

You of wondrous, great accomplishments

PEMA JUNGNE SHESU DRA

Known as the Lotus Born,

KHORDU KHANDRO MANGPO KOR

*Surrounded by your entourage of many
dakinis,*

CHÉCHI JESU DADRUP CHI

So that I am able to follow your example,

CHINJI LABCHI SHÉSU SOL

Please come and bestow your blessings.

NÉCHO DIRU JINPO LA

Send your blessings to this excellent place,

DRUCHO DAGLA WANGSHI KUR

*Bestow the four powers on this accomplished
practitioner*

GÉDANG LODREN BARCHÉ SOL

Remove hindrances, confusion and obstacles

CHODANG TUNMONG NGODRUP TSOL

And bestow the supreme and ordinary accomplishments.

OM AH HUNG BENDZA GURU PEMA SIDDHI HUNG

x 3

OM AH HUNG BENDZA GURU PEMA TÖTRENG TSAL

BENZA SAMAYA DZA DZA SARWA SIDDHI PALA HUNG

AH HRI MA HA RI NI SA RADZA HRIYA TSITA HRING HRING DZA DZA

x 3

GURU KHANDRÖ TSOCHÉ CHI

Guru, host of Dakinis, and so on,

DACHA MUPÉ BUNAM LA

to us your faithful children,

LULA KUYI CHINJI LOB

Bless our bodies with your body,

NGALA SUNGJI CHINJI LOB

Bless our speech with your speech,

YILA TUCHI CHINJI LOB

Bless our minds with your mind,

WANGSHI KURWAR CHINJI LOB

Grant us the blessing of the four powers,

JUSHI DAGPAR CHINJI LOB

*Grant us the blessing of the exalted four
tantras*

LAMSHI JONGWAR CHINJI LOB

Grant us the blessing of the skilful four paths,

KUSHI TOBPAR CHINJI LOB

Grant us the blessing that we realise the four kayas

**OM AH HUNG BENDZA GURU PEMA DEWA DAKINI
WAKA ABHIKINTSA AH TSITA ABHIKINTSA HUNG**

**KAYA ABHIKINTSA OM
SARWA ABHIKINTSA HRI**

When in Tagrar, for the benefit of beings, I went to Bangrir, seven days distance, on pilgrimage and in order to invoke rain to help the harvest. There King Tagje Chokyong with faith and devotion presented a silk scarf and respectfully requested that I, Pema Dechen Lingpa, clearly interpret the golden scroll, and the accomplished Urgyen Legpa wrote it down.

E Ma Ho (an expression of wonder), this king of supplications, the guru's seven lines, was revealed by the king of tertons, Pema Dechen Lingpa, under the auspices of the king of dharma lords Tsewang Norbu, as transmitted to the king of transmission holders Powa Tob.

It provides profound purpose for the beings of the fortunate age. Those that exert themselves on the excellent path of the Guru's Supplication will gain excellent understanding, opportunities, and attain all happiness. They will certainly reach the excellent land of Dewachen. So it is said.

May auspicious fortune arise.



The All-Accomplishing Melody

-A prayer praising those of the Practice Lineage

NYINGTO CHENPÖ PAYUL LENMANG DRO

*With great courage you travelled to India,
many times*

DRUBPA CHENPÖ CHOTRUL CHIYANG TUN

*Through great accomplishments you manifested
many miracles,*

NUTU CHENPÖ KUDRA TSÉNÉ CHÉ

With great power you eradicated your enemies,

TSÖNDRU CHENPÖ DRUBPÉ GYALTSEN TEN

*Through great diligence raised the banner of
victory,*

TEKPA CHENPÖ RIGCHOG YONGSU SÉ

*Through the supreme Mahayana way, you
achieved full awakening.*

TRINLÉ CHENPÖ KHADANG NYAMPAR DAL

Your great activities as vast as the sky,

DAMPA NAMLA GÖPÉ SOLTAP TÖ

*Supreme Ones, through the power of my prayers
and devotion,*

TENPA RINCHEN CHOCHUR GYÉ PA DANG

*May the precious teachings spread, throughout
the ten directions,*

LODRO CHENPÖ CHOKUN DENYI ZIG

*Through great intelligence you saw the
essence of Dharma,*

LOTSA CHENPÖ SHABLA SOLWANDEP

Great Translator (Marpa), to you I pray.

KACHÉ CHENPÖ LAMA NYÉPAR DZÉ

Through great hardships pleased your guru,

REPA CHENPÖ SHABLA SOLWANDEP

Great Yogi (Milarepa), to you I pray.

CHAGYA CHENPÖ TOKPA NGONDU GYUR

*You clearly manifested realisation of the Great Seal
(Mahamudra).*

NYIGOM CHENPÖ SHABLA SOLWANDEP

Great Meditator (Gampopa), to you I pray.

DRUBGYU TENDZIN CHONAM SHABTEN CHING

*May the great holders of the Practice Lineage
live long,*

JIGTEN GELEK CHENPÖ CHABPAR SHO

*May great happiness and auspiciousness pervade the
world.*

This prayer arose in a pure dharma-vision of the omniscient Lama Jamyang Khyentse Wangpo.



Dorje Chang Thungma

(The Short Prayer to Vajradhara by Bengar Jampal Zangpo, written on the basis of his realisation after 18 years in retreat on the little island of Tsenmodo in the middle of Namtso lake, invoking the blessings of the Kagyu Lineage)

DORJE CHANGCHEN TELO NARO DANG
Great Vajradhara, Tilopa, Naropa,

MARPA MILA CHÖJE GAMPOPA
Marpa, Milarepa, and Lord of Dharma, Gampopa,

DUSUM SHÉCHA KUNKHYEN KARMAPA
Knower of the three times, omniscient Karmapa,

CHEZHI CHUNGJE GYUPA DZIN-NAM TANG
Lineage holders of the four great and eight lesser schools,

DRITAK TSALSUM PALDEN DRUKPA SOK
Drikung, Taklung, Tsalpa, glorious Drukpa and others,

ZABLAM CHAKGYA CHELA NGANYÉ PÉ
You who have thoroughly mastered the profound path of Mahamudra,

NYAM-MÉ DRÖGÖN DAKPO KAGYU LA
Unrivalled protectors of beings, the Dakpo Kagyu,

SOLWANDEPSO KAGYU LAMA NAM
I pray to you, the Kagyu Lamas,

GYUPAR DZIN-NO NAMTAR CHINJI LOB
Grant your blessing that we may follow your tradition and example.

SHENLOK GOMGYI KANGPAR SUNGPA SHIN
Detachment is the foot of meditation, it is taught,

SENIOR KUNLA CHAKZHEN MEPAR DANG
Attachment to food and wealth disappears

TSENDIR DOTAK CHÖPÉ GOMCHEN LA
To the meditator who gives up ties to this life,

NYEKUR SHENPA MEPAR CHINJI LOB
Grant your blessing that attachment to ownership and honour ceases.

MÖGU GOMJI NGOWOR SUNGPA ZHIN
Devotion is the head of meditation, it is taught,

MENGNÄK TERGO JEPÉ LAMA LA
The Lama opens the door to the profound oral teachings,

GYUNDU SOLWAN DÉPÉ GOMCHEN LA
To the meditator who always turns to the Lama,

CHÖMIN MÖGU CHÉWAR CHINJI LOB

*Grant your blessing that uncontrived devotion
be born within.*

KANGSHAR TOKPÉ NGOWO SOMA TÉ

Whatever arises, its nature is pristine awareness

GOMCHA LOTANG TRALWAR CHINGJI LOB

*Grant your blessing that meditation is
free from conceptual mind.*

CHIYANG MA-YIN CHIRYANG CHARWA LA

They are nothing whatsoever, yet they arise.

KHORDÉ YERMÉ TOKPAR CHINJI LOB

Grant your blessing that the inseparability of samsara and nirvana be realised.

CHEWA KUNDU YANDANG LAMA DANG

*Throughout all my births, may I never be
separated from the authentic Lama*

SATANG LAMJI YÖNTEN RABDZO NÉ

Perfecting the qualities of the stages and paths

YENGMÉ GOMJI NGOSHIR SUNGPA SHIN

*Unwavering attention is the body of meditation,
it is taught,*

MACHÖ TÉKAR JOKPÉ GOMCHEN LA

To the meditator who rests there in naturalness,

NAMTOK NGOWO CHÖKUR SUNGPA SHIN

The essence of thought is Dharmakaya, it is taught.

MANGA ROLPAR CHARWÉ GOMCHEN LA

*To the meditator who reflects upon the unobstructed
play of mind,*

TRALMÉ CHÖCHI PAL-LA LONGCHÖ CHING

May I delight in the glory of the Dharma,

DORJE CHANGYI KONPANG NYURTOP SHO

*Quickly attaining the level of Vajradhara (Dorje Chang)
(awakened mind).*



White Tara

The Daily Practice to White Tara composed by Situ Pema Nyinje

To the Lama and the noble Tara I prostrate. Found in the Origin of Tara from the Anuyoga Tantra, she is the white goddess saving us from death. Originally recognised as an activity aspect of the green wheel (Green Tara), she is known as White Tara, the Wish-Fulfilling Wheel, with her own independent practice lineage. This particular lineage was established by Ngawang Trakpa, and sustained by the great Atisha, and here it has been arranged and abridged as a daily practice for anyone who wishes to practice it.

Lineage Prayer of White Tara Sadhana

NAMO GURU ARYA TARAYÉ

Homage to the Guru, the noble Tara,

DROLMA NGA KGI WANGCHUK SERLINGPA

Tara, Vagishvara, Suvarnadhipi,

DAKPO DUCHEN RECHEN POMDRAKPA

*Gampopa, Dusum Khyenpa (1st Karmapa),
Drogon Rechen (Situ Lineage), Pomdrakpa,*

ORJEN PADANG RANGJUNG YUNGTUN JAL

*Orgyenpa, Rangjung Dorje (3rd Karmapa),
victorious Yungtonpa*

RIGRAL DUNDEN BENGAR GOSHRI JÉ

*Ratnabhadra, Tongwa Donden (6th Karmapa)
Bengar Jampal Zangpo, Lord Goshri (1st Gyaltsabpa)*

SANGJE NYENPA MIKYÖ KUNCHOK WANG

*Sangye Nyenpa, Mikyo Dorje (8th Karmapa)
Kunchog Yenlag (5th Shamarpa),*

KARMA CHAGMÉ DULMO PAL CHENPO

*Karma Chagme, Dulmo Choje, Chokyi
Dhundrup. (8th Shamarpa),*

DUDUL DORJE PEMA NYINJÉ WANG

*Dudul Dorje (13th Karmapa), the powerful,
Pema Nyinje (9th Situpa)*

GYALWÉ LUNGTEN YONGDZOG TENPÉ DAG

*Prophesied by the Buddha, the fully realised lord
of teachings,*

KHACHAB DORJE PEMA WANGCHOK DANG

*Khakyab Dorje (15th Karmapa), Pema Wangchuk
(11th Situpa),*

TSAJU LAMA KUN-NGO JETSUNMA

*Root lamas of the lineage who have truly
realised the venerable mother*

RIMPA DRUKDEN NAMLA SOLWANDEP

Achievers of the six stages, to you, I supplicate.

CHIMÉ YESHE DORJÉ KUNCHO DRUB

May I achieve the supreme deathless Vajra Body.

JOWO DROMTUN CHEN-NGA DREPAY SHAB

Atisha, Dromtonpa, Chenngawa, Drepa

DRUBCHEN CHÖCHI LAMA SOLWANDEP

*The mahasiddha Karma Pakshi (2nd Karmapa)
To you lamas, I supplicate.*

ROLDOR KHACHÖ WANGPO DESHIN SHEK

*Rolpai Dorje (4th Karmapa), Khacho Wangpo
(2nd Shamarpa), Deshin Shekpa (5th Karmapa),*

CHODRAK GYAMTSÖ SHABLA SOLWANDEP

Chodrak Gyamtso (7th Karmapa), to you I supplicate.

WANGCHUK DORJE CHÖWANG NAMDAG TSEN

*Wangchuk Dorje (9th Karmapa), Chokyi Wangchuk
(6th Shamarpa),*

TENPAI NYINMOR JÉLA SOLWANDEP

Tenpai Nyinje (8th Situpa), to you I supplicate.

SISHI TSUKJEN TEKCHOK DORJE DANG

*The crest ornament of samsara and nirvana
Tekchok Dorje (14th Karmapa),*

LÖDRO THAYÉ SHABLA SOLWANDEP

*Lödro Thaye (1st Jamgon Kontrul), to you, I
supplicate.*

KHYENTSE ÖZER RIGPÉ DORJE SOK

*Khyentse Ozer (2nd Jamgon Kontrul), Rigpé
Dorje (16th Karmapa),*

GANGJI MINDROL KHABAP JUPÉ SOL

All those realised ones of the practice lineage,

CHÉNGAG DZOGPÉ RIMPA TARCHIN TÉ

*Perfecting the development, mantra and completion
stages,*

JALWA KUNCHÉ YESHIN KHORLO DANG

*The wish-fulfilling wheel of the mother of all wisdom
buddhas,*

YERMÉ DUN-NYI LHUNDRUB CHINJI LOB

Spontaneously grant your blessings

This lineage supplication for the Daily White Tara, was composed at the request of Karma Lhapel, a hermit of great faith and commitment, by Karma Ngawang Yonten Gyamtso (Jamgon Kongtrul), to spread auspiciousness and happiness.

Refuge & Bodhichitta

SANGJÉ CHÖDANG TSOKJI CHÖNAM LA

In the Buddha, Dharma and the Supreme Assembly, I take refuge until I reach enlightenment.

CHANGCHUB BARDU DANYI CHABSUN CHI

DAGI CHINSOK JIPÉ SONAM JI

Through my merit of practicing generosity and so on,

DROLA PENCHIR SANGJÉ DRUBPAR SHOK

May I accomplish Buddhahood for the benefit of all sentient beings.

In this way generate, the attitude of taking refuge and bodhicitta.

x 3

SEMCHEN TAMCHÉ DEWADANG DEWÉ JUDANG DENPAR JURCHIG

May all sentient beings have happiness and the causes of happiness,

DU-NGAL DANG DU-NGALCHI JUDANG DRALWAR JURCHIG

May they be free from suffering and the causes of suffering,

DUNGAL MÉPÉ DEWA DAMPA DANG MINDRAL WAR JURCHIG

May they be inseparable from the perfect joy-beyond-suffering,

NYÉRING CHADANG NYIDANG DRALWÉ TANYOM CHENPOLA NÉPAR JURCHIG

May they remain in the great equanimity beyond attachment or aversion.

Three times. In this way reflect on the four immeasurables.

x 3

Self-Visualisation

(Visualisation support images & description p.39-40)

OM SHUNYATA JANA BENZA SOBHAWA E-MAKO HANG

(to purify)

TONGPÉ NGANGLÉ MACHÖPÉ SEMNANG HUNG-GI DRADANG NAMKHA GANGWADANG CHÉPALÉ

From the state of emptiness, one's uncontrived mind appears as the sound of 'HUNG' (HUM) pervading space.

DORJÉ SUNGKHOR RAGUR MÉPUNG BARWA YANGSHING JA-CHEWAR JURPÉ

From which arises a vajra protection circle, fence and canopy, appearing as a vast, blazing inferno from the outside.

Ü-SU DRUMLÉ DAWA CHUSHELJI SHALYÉ KHANG

In the centre, the syllable 'DRUM' (BHRUM) becomes a celestial moonstone palace

DÉYI Ü-SU PAMLÉ PEMA KARPO DONGBUDANG CHEPA RABTU JÉPÉ TENGDU AH-LÉ

Within its centre, a syllable 'PAM' becomes an exceedingly large completely open white lotus with its stem, upon which the syllable 'AH'

DAWA NYA-GANGWA NYOKPÉ DRIMADANG DRELWA

Becomes a full moon-disc, stainless and perfect,

DÉ-YI TENGDU RANGSEM TAM KARPO-LÉ UTPAL KARPO

Upon which is my mind in the form of a white syllable 'TAM', which becomes a white utpala flower

TAMYIG KARPO TSENPA DÉLÉ Ü-TRO PAKPACHÖ SEMCHEN-JI DUN-JÉ

Ornamented with a white syllable 'TAM'. From this, light streams out as an offering to the Noble Ones and to benefit sentient beings.

LARA DUSHING YONGSU JURPALÉ RANG-NYI PAMA DROLMA KUDOK DAWA CHÖSHELTAR KARSHING ÖZER NGA-DENDU

The light completely returns transforming myself into the Noble Tara, white like the colour of moonstone, with a radiance of five-coloured light,

TROWA GEKCHING CHAGPÉ NYAMCHEN NUBUR ZUNG-GI DZÉPA SHIWA CHENPÖ DZUMSHALCHEN
Graceful, loving, proud, with attractive breasts. She smiles with great serenity.

Ü-LA CHENSUMDANG CHASHAB SHIYI TIL-DUANG CHEN-REH-REH-TEH YESHÉCHI CHEN-DUNDANG DENPA

Her head has three eyes, and eyes are also found in the palms of her hands and soles of her feet, making altogether seven eyes of wisdom.

CHA YÉPÉ CHOCHINJI CHAJADANG

Her right hand in the mudra of supreme generosity,

YUNPA TEB SIN JARWÉ UTPAL KARPO DABJA

And the left between the thumb and ring finger, a white utpala flower of a hundred petals.

NYEN DRUNGDU JÉPÉ YUWA TUGKAR DZINPA

Unfolding beside her ear with its stem near her heart.



MUTIK KARPO TSOWOR JURPÉ RINPOCHÉ NATSOKPÉ Ü-JEN NYENCHA

Wearing precious ornaments of white pearls and other precious jewels:

GULJEN DOSHEL SEMODO PUNGJEN CHAGSHABCHI DUPU KERAK YERKÉ TRENGWADANG CHYÉPA

A crown; earrings; necklaces long, medium & short; armlets, bracelets, anklets; a belt of tiny bells; and so on.

LHADZÉCHI METOK DUMÉ DZÉPA

Beautified by celestial flowers,

LHADZÉCHI DAR-KARPÖ TÖYODANG

She wears an upper garment of divine white silk

WANGPÖ SHÜTABÜ DARJI MEYU SOLWA

and rainbow coloured silk lower garments.

Ü-TRA LIWA TAGPAR CHINGPA

Her braided hair is bound on top of her head,

SHAB DORJÉYI CHILMO TRUNGI SHUGSHING

She is seated with legs in vajra posture

DAWÉ JABYOL CHENDU JUR

With a full-moon disc as her backrest.

DÉYI TRÉLWAR OM KARPO

At her forehead a white 'OM',

DRINPAR AH MARPO

At her throat a red 'AH',

TUGKÉ CHAMÉDU HUNG NGONPO,

*At the lower part of her heart a blue
'HUNG'(HUM).*

TUGKÉ U-SU PÉKARDANG DAWALA TAM KARPO

*In the centre of her heart upon a lotus and a
moon-disc is a white 'TAM',*

DÉLÉ ÖZER TRÖ

From which light radiates.

RANGSHINJI NÉNÉ GOMPADANG DRAWÉ YESHÉPA CHENDRANG

From its natural abode, the jnanasattva (wisdom-deity) is invoked, identical to your visualised form.

BENZA SAMADZA

(wisdom deity appears)

Offerings to Tara

OM BENZA ARGHAM SO HA

I offer drinking water.

OM BENZA PUPÉ AH HUNG

I offer flowers.

OM BENZA ALOKÉ AH HUNG

I offer light.

OM BENZA NEWIDÉ AH HUNG

I offer food.

OM BENZA PADAM SO HA

I offer bathing water.

OM BENZA DHUPÉ AH HUNG

I offer incense.

OM BENZA GENDÉ AH HUNG

I offer perfume.

OM BENZA SHABDA AH HUNG

I offer music.

DZA HUNG BAM HO

(Melting inseparably.)

NYI SU MÉPAR TIM

She merges with me.

LAR YANG SABON JI Ü-CHI

She appears, and we become inseparable.

WANGLHA RIG-NGA KHORCHÉ CHENDRANG

Again light streams from the seed syllable, invoking the empowerment deities of the five families, together with their entourages.

Offerings to the Five Buddhas

OM PENTSA KULA SAPARIWARA ARGHAM SO HA

I offer them drinking water.

OM PENTSA KULA SAPARIWARA PADAM SO HA

I offer them bathing water.

OM PENTSA KULA SAPARIWARA PUPÉ AH HUNG

I offer them flowers.

OM PENTSA KULA SAPARIWARA DHUPÉ AH HUNG

I offer them incense.

OM PENTSA KULA SAPARIWARA ALOKÉ AH HUNG

I offer them light

OM PENTSA KULA SAPARIWARA GENDÉ AH HUNG

I offer them perfume.

OM PENTSA KULA SAPARIWARA NEWIDÉ AH HUNG

I offer them food.

OM PENTSA KULA SAPARIWARA SHABDA AH HUNG

I offer them music.



Empowerment by the Five Buddhas

SARWA TATHAGATA AHBHIKENTSA TUMAM

(Request empowerment from all the Buddhas.)

SHE SOLWA TABPE WANGI LHANAM CHI

Having supplicated in this way, the empowerment deities answer my entreaty.

JITAR TAMPA TSAMJI NI

"At the birth of the Buddha

LHANAM CHINI TRUSOLTAR

Deities gathered to offer ablutions

LHAYI CHUNI DAGPA YI

Purifying with celestial waters.

DESHIN DAG-GI TRUSOLLO

In the same way, we bathe you now."

OM SARWA TATHAGATA ABHIKÉ KATA SAMAYA SHIRI YÉ HUNG

(I receive the empowerment, the glorious commitment)

SHÉ SUNGSHING BUMPAYI-CHÖ WANGKUR

From all Buddhas. I receive the empowerment from the liquid in their vases,

KUKANG DRIMADANG

Filling me, purifying defilements,

CHU-LAMA-YAR LÜPALÉ RIGCHI DAGPO ÖPAMÉ CHI U-JENPARJUR

The excess liquid overflows from my crown and the family lord, Amitabha, appears to adorn my head.

Emanation goddesses bring me offerings and sing praises.

OM ARYA TARE SAPARIWARA ARGHAM SOHA

Noble Tara is offered drinking water.

OM ARYA TARE SAPARIWARA PADAM SOHA

Noble Tara is offered bathing water.

OM ARYA TARE SAPARIWARA PUPÉ AH HUNG

Noble Tara is offered flowers.

OM ARYA TARE SAPARIWARA DHUPÉ AH HUNG

Noble Tara is offered incense.

OM ARYA TARE SAPARIWARA ALOKÉ AH HUNG

Noble Tara is offered light.

OM ARYA TARE SAPARIWARA GENDHÉ AH HUNG

Noble Tara is offered perfume.

OM ARYA TARE SAPARIWARA NEWIDÉ AH HUNG

Noble Tara is offered food.

OM ARYA TARE SAPARIWARA SHABDA AH HUNG

Noble Tara is offered music.



LHADANG LHAMIN CHÖPEN JI
Gods and demi-gods pay homage,

SHAB CHI PEMO LATÖ DÉ
And bow down at the lotus-feet,

PONGPA KUNLÉ DROLDZÉ MA
Of the goddess who saves from misfortune.

DROLMA YUMLA CHAGTSAL TÖ
To the mother Tara, we prostrate and praise.

Visualisation for Mantra Recitation

RANGI NYINGKAR PÉDÉ TENGDU KHORLO KARPO
Within my heart upon a lotus and moon-disc is a white wheel

TSIBJÉ MUCHÖDANG CHYÉPÉ TÉWAR TAM
With eight spokes and a rim, having a syllable 'TAM' in the centre

DEYITAR DUN-NÉ YÉKHORDU
Starting in front in a clockwise direction the syllables

OM MAMA AYU PUNYÉ JANA PUKTING KURU HA

TSIBJÉ LA
And on the eight spokes

TA RÉ TU TA RÉ TU RÉ SO

YIGÉNAM MUTIGI DOKPO TARKAR HRAM-MÉ MIYOWA NÉPA
A sequence of motionless, distinct, lustrous white syllables looking like a string of pearls.

DÉLÉ O-TRO JALWA SÉCHÉCHÖ
From them, light bursts out as an offering to the Buddhas and bodhisattvas,

SEMCHEN NAMCHI TSE-PELWA SOKCHI DÜN-JÉ
to increase life-span and other boons for all sentient beings,

PAKPA NAMCHI CHINLAP DANG TENYO KHORDÉCHI
and the blessings of the noble ones, and the life-essence and accomplishments

TSECHU NGODRUB TAMCHÉ ÖZERJI NAMPARDÜ
Of the beings of the world gathers in the form of light

SABON NGATRENG DANG CHÉPALA TIMPÉ TRAG DANG
That melts into the seed-syllable, the mantra sequence, and the rest.

ZIJI RABTU BARSHING CHIMÉ TSÉYI NGODRUB TOBPAR JUR
Shining with a blazing brilliance, it further bestows the accomplishment of deathlessness.

OM TARE TU TARE TURE SOHA



In this way remain in one-pointed samadhi and repeat the ten root-syllables as much as one can.

Then:

Long-Life Practice

During a Tsedrub retreat, or on the occasion of long-life practice, one should recite:

CHIWOR ÖPAMÉ CHI TUKJU KULWE CHAKGI LHUNDZE CHI DÜTSI KOL RANG-GI CHIWO NESHUK
Through continuous heartfelt exhortations to Amitabha who is on my head, the nectar in his begging bowl begins to boil,

LUTAM CHÉ KANGSHING CHIMÉ DRUBPAR JUR
From his seat on my head, it flows down through my Brahma aperture, and filling my body completely, I attain the accomplishment of deathlessness

Repeat the long-life mantra at least 108 times.

In a retreat, recite the long-life mantra as much as possible:

OM TARE TUTARE TURE MAMA AYU PUNYE JANA PUTING KURU SOHA



*In a retreat, 1 million recitations of the root-mantra is an achievement,
And 10 million repetitions is said to bring all accomplishments.*

*Doing this in a retreat of seven days with devotion and joy will quickly generate the power to turn away untimely death.
During a tsedrub retreat one should mainly recite the long-life mantra, and in daily practice, concentrate on the great syllables of the root mantra.*

*** (If one wishes to do the Protection Circle Practice, it may be done at this stage.)
(Optional – Alphabet Mantra, 100-syllable Mantra and the Epitome of Interdependence Dharani)*

Dissolution

NANGSI TAMCHÉ PAMA DROLMÉ CHILKHOR DU-JUR
Then, all appearances become the mandala of the noble Tara

DÉ-TAMCHÉ SUNGKHOR LATIM
Which merges completely into the protection circle,

RANGNYI TENDANG TENPAR CHÉPA-ANG RIMJI TUGKÉ TAMLA TIM
My outer environment and oneself melts successively into the 'TAM' in my heart,

DEANG MÉRIM JI ÖSAL DU SHUGPAR JUR *(Pause, resting in the natural state)*
Which then gradually dissolves from the bottom up.

Arising as the Deity

LARR- RANGNYI PAMA DROLMÉ KUR JURPÉ NÉSUM DU OM-AH-HUNG-GI TSENPAR JUR

Again I arise as the noble Tara with the syllables 'OM', 'AH' and 'HUM' ornamenting the three places.

NANGDRAK CHI CHO TAMCHE DUN-DAMPAR RANGSHIN MÉPA NANGCHA JUMA TABU

All objective phenomena have no true existence from the ultimate-viewpoint (paramartha), yet they appear, illusory

YESHE LHAYI NGOWOR NAMPAR DAG-GO

Like the wisdom-deity – in essence, perfectly pure.

Dedication

GEWA DIYI NYURDU DAG

Through this merit may I quickly

DROLMA KARMO DRUB JURNÉ

Gain the accomplishments of White Tara,

DROWA CHIK CHANG MALUPA

That I may establish all sentient beings

DEYI SALA GÖPAR SHO

Without exception at that level.

Torma Offering

If one wishes to offer a torma in the session, one should first place a white chogdum torma, then:

OM BENZA AMRITA KUNDALI HANA HANA HUNG PEH

(to cleanse, to purify),

OM SOBHAWA SHUDDHA SARWA DHARMA SOBHAWA SHUDDHO HANG

(I become aware of the natural purity and emptiness of all appearances and of my own mind).

TONGPÉ NGANGLÉ TORNUR YANGSHING JA-CHEWA RINPOCHÉ LÉ DRUBPÉ NANGDU

From the emptiness a vast, perfect and precious torma vessel appears

OM-AH-HUNG ORDU SHUWALÉ JUNGWAY TORMA DÜGÜ JAMTSO

Upon which the syllables OM, AH and HUM melt into light out of which a torma appears, like a vast ocean,

CHENPO KHADOK DRIRO NUTU PUNSUM TSOKPAR JUR

That fulfils all desires, perfect in colour, smell, taste, power, strength and excellence.

OM AH HUNG

x 3 (or 7)

RANG-GI NYINGKÉ SABONLÉ U-TRU LHOCHOK

Light radiates from the seed syllable in one's heart invoking

POTALA-YI RIWONÉ JETSUNMA DROLMA

From the Potala mountain in the south, the venerable White Tara

KARMO LA SANGJÉ DANG JANGCHUB SEMPÉ TSOK TAMCHÉ CHI KHORWA

and a host of Buddhas, bodhisattvas together with their entire entourages,

BENZA SAMADZA
(they appear),

PEMA KAMALAYA SATAM
(requesting them to remain)

LHANAM CHI JAK-DORJE BUGU DRANGTÉ TORMA SOLWAR JUR
From the tongues of the deities vajra-tubes extend and they partake of the torma.

OM TARE TUTARE TURE IDAM BALINGTA KA KA KAHI KAHI x 3
to the venerable goddess.

OM AKARO MUKAM SARWA DHARMANAM ANDE NUPENATUTA OM AH HUNG PEH SO HA x 3
to offer to the vast entourage.

Offerings



OM ARYA TARA SAPARIWARA ARGHAM SOHA
Noble Tara is offered drinking water.

OM ARYA TARA SAPARIWARA PADAM SOHA
Noble Tara is offered bathing water.

OM ARYA TARA SAPARIWARA PUPÉ AH HUNG
Noble Tara is offered flowers.

OM ARYA TARA SAPARIWARA DHUPÉ AH HUNG
Noble Tara is offered incense.

OM ARYA TARA SAPARIWARA ALOKÉ AH HUNG
Noble Tara is offered light.

OM ARYA TARA SAPARIWARA GENDÉ AH HUNG
Noble Tara is offered perfume.

OM ARYA TARA SAPARIWARA NEWIDÉ AH HUNG
Noble Tara is offered food.

OM ARYA TARA SAPARIWARA SHABDA AH HUNG
Noble Tara is offered music.

Offerings, Praises and Wishing Prayers

KHORWALÉ DROL TARÉ MA
'Tare' liberates from samsara,

TURÉ NAWA KUNLÉ CHONG
'Ture' protects from all sicknesses,

GANG-GI TUJÉ O-KAR JI
Your white light of compassion

GONMÉ NAMCHI GONDANG CHAP
Giving help and protection to the helpless,

CHÖCHIN TORMA DISHÉ LA
Having received the tormas generously offered

NÉMÉ TSEDANG WANGCHUK DANG
A life free of illness, full of power,

LONGCHÖ JACHEN KUNTOB CHING
And a vast number of enjoyments, may they all be gained,

LÉCHI NGODRUB DAGLA TSOL
Accomplishments of activity, bestow them upon me. You who have commitments, protect us,

NGODRUB KUNJI TONGDROK DZÖ
May we achieve all accomplishments.

DUNDANG GÉKNAM MÉPAR DZÖ
Remove negative influences, obstructions,

CHAJÉ NGENPA MÉPAR DZÖ
And ward off negative people and bad deals.

DRUNAM PELSING CHÖ PELWA
Flourishing harvests, increasing Dharma,

YILA DÜPA KUNDRUB DZÖ
May all that is wished for be accomplished.

PAMA DROLMÉ DAGLA CHOTUN MONGI
Noble Tara, bestow on us without exception,

CHÉPAR DU TRELYUN JI JIGPA LÉ CHÖ CHING
Especially protection against present and future fears/dangers,

CHO CHÖZHIN YÖNRING DU
And grant your greatest gift, I pray,

TUTARAYI JIKJÉ DROL
'Tutare' frees one from the eight fears/dangers,

DROLMA LANI CHAGTSAL TÖ
To Tara, I prostrate.

MALU DROWAY DUNDZÉ CHING
Benefits all beings without exception

JALWA SÉDANG CHÉLA DÜ
To the Buddhas, bodhisattvas and entourage I prostrate.

NALJOR DACHAG KHORCHÉ LA
Grant us, the practitioners, and our entourages,

PALDANG DRAKDANG KALPA ZANG
With glory, fame and good fortune,

SHIDANG JÉLA SOKPA YI
The peaceful, increasing, and the other(enriching and subjugating/wrathful)

DAMTSIG CHENJI DAGLA SUNG
You who have commitments, protect us,

DUMIN CHIDANG NÉNAM DANG
Prevent untimely death and sicknesses,

MILAM NGENDANG TSENMA NGEN
Bad dreams, bad omens

JIGTEN DÉSHING LOLEK DANG
Grant us worldly happiness, good years,

DELEK PUNSUM TSOKPA DANG
Happiness and goodness perfectly complete.

NGODRUB MALUPA TSOLWA DANG
The extraordinary and ordinary accomplishments

TSOWÉ CHOJIN PAR DZÉDU SOL
Of a long life of dharma practice.



Repeat the hundred syllables three times.

**OM BENZA SATO SAMAYA MANU PALAYA BENZA SATO
TENOPA TITRA DIDRO MÉ BHAWA SUTO KAYO MÉ BHAWA
SUPO CHAYO MÉ BHAWA ANU RAKTO MÉ BHAWA SARWA
SIDDHI MÉ TRAYATSA SARWA KARMA SUTSA MÉ TSITAM
SHRI YA KURU HUNG HAHA HAHA HO BHAGAWAN SARWA
TATHAGATA BENZA MA MÉ MUN TSA BENZI BHAWA MAHA
SAMAYA SATO AH**

x 3

Confess your faults:

MAJORWA DANG NYAMPA DANG

Wrongful acts and shortcomings,

JIPA DANI GYITSALWA

Or caused others to do

GANYANG DAMONG LOYINI

Whatever I have done in ignorance

DEKUN GONPÖ ZÖPAR DZÖ

All of these, protector, I ask you to forgive.

Ask the deity to remain:

DINI TENDANG LHENCHIK TU

Please remain inseparable from the support.

KHORWA SIDU SHUNÉ CHANG

For as long as samsara exists,

NÉMÉ TSEDANG WANGCHUK DANG

Grant us a powerful long-life, free of sickness

CHONAM LEGPAR TSALDU SOL

And one of greatest merit, I pray.

OM SUTRA TITRA BENZAYÉ SOHA

(thus the torma guests settle into the supports).

Dedication Prayers

GYALCHO TSEPAMÉ PÉ YUM

*Consort of the supreme conqueror,
Amitayus*

CHIMÉ NGEPAR TERWA MO

You who truly grants deathlessness,

RIGPA DZINMA CHOMDEN DÉ

*Wisdom holder who has conquered the four
maras,*

YESHIN KHORLÖ TASHI SHOK

*May the good fortune of the Wish-Fulfilling
Wheel pervade.*

GEWA DIYI SEMCHEN KUN

*Through this merit may all sentient beings'
wrongdoings,*

DIGDRIB NYÉTUNG NÉDUN SHI

*Ignorance, misfortune, transgressions,
sicknesses and demons be pacified.*

TSEPAL SONAM YÉSHÉ JÉ

*May their lifespan, glory, merit and wisdom
increase.*

DROLMÉ KOPANG NYURTOB SHOK

May they quickly achieve the realisation of Tara.

These four sections were composed at the sincere request of Lödro, guardian of the laws of the ten virtuous actions, keeper of the peace, ruler (of Dege), by the lazy Dharmakara (the 8th Tai Situpa), in the year of the bountiful harvest, on an auspicious day in saga dawa (the fourth Tibetan month), in the great palace of Lhündrup Teng.

May auspiciousness pervade.

MINGYUR LHUNPO KUYI TASHI SHOK

May this place be auspicious by day,

YENLAK DRUKCHU SUNJI TASHI SHO

Auspicious by night, auspicious also at noon.

TADRAL DRIMÉ TUCHI TASHI SHOK

Always auspicious, by day and by night.

GYALWÉ KUSUNG TUCHI TASHI SHO

May the Three Jewels bring goodness and joy!

NEDIR NYINMO DELEK TSEN DELEK

*May there be the auspiciousness of the body,
unchanging like Mount Meru*

NYINMUR KUNJANG DELEK SHO

*May there be the auspiciousness of the sixty enlightened
branches of enlightened speech,*

NYINTSEN TAKTU DELEK PA

*May there be the auspiciousness of the undefiled
enlightened mind,*

KONCHOG SUMJI TASHI SHO

*May there be the auspiciousness of the limitless
Buddha's body, speech and mind.*



Short Dewachen Prayer

EMAHO

NGOTSAR SANGJÉ NANGWA THAYÉ DANG
Wonderous Buddha of infinite light , (Amitabha),

YESU JOWO TUKJE CHENPO DANG
*On your right, the Lord of Great Compassion
 (Avalokiteshvara),*

YÖNDU SEMPA TUCHEN TOB NAMLA
*And on your left, the Bodhisattva of Great Power
 (Vajrapani),*

SANGJÉ CHANGSEM PAMÉ KHORJI KOR
*All surrounded by countless buddhas and
 bodhisattvas.*

DECHI NGOTSAR PAGTU MEPA YI
*Wonderful, immeasurable joy and delight are
 found*

DEWACHEN SHÉ JAWÉ SHINGKAM DER
In the pureland called Dewachen.

DAGNI DINÉ TSEPUR JURMA TA
The moment I pass from this life,

CHEWA SHENJI BARMA CHOPA RU
Without taking another birth, may I be born here,

DERU CHENE NANGTÉ SHALTONG SHO
And behold the face of Amitabha.

DEKE DAKGI MONLAM TAPA DI
Having made my aspiration prayer in this way,

CHOCHÜ SANGJÉ CHANGSEM TAMCHÉ CHI
*May the buddhas and bodhisattvas of
 the ten directions*

GEGMÉ DRUBPAR CHINJI LABTU SOL
*Give their blessing that it be fulfilled
 without hindrances.*

TEYATA PENTSA DRIYA AWA BODHANAYE SOHA

This is the recitation of the sadhana of Dewachen was arranged from the Sky Dharma texts by Raga Ahsye (Karma Chagme), Minister of Treasures, to complete the intention of the treasure discoverer. The letters were written down by the attendant Kunga. Any faults or contradictions are acknowledged before the deity. By this merit, may all beings with a connection be reborn in Dewachen.

Here is the dedication prayer for the sadhana of Amitabha from the Sky Dharma:

CHOKDU JALWA SÉCHÉ GONG

Buddhas and bodhisattvas of the ten directions and three times think of me

DAKGI DUSUM GESAKPA

All the virtue I have gathered throughout the three times

JALWAY TENPA PELJUR CHIG

May the teachings of the Victorious One flourish.

DROKUN SANGYÉ TOBJUR CHIG

May they all attain awakening.

DAGI GYULA MINGYUR CHIG

May they ripen in my mind stream.

TSERING NÉMÉ NYAMTOG PEL

May there be long life and no illness, along with deepening experience and realisation.

NAMSHIG TSEPUR JURMA TA

At the time of passing from this life,

CHÉNÉ PEMA KHACHÉTÉ

Once born there, may the lotus open,

CHANGCHUB TOBNE JISIDU

Having attained enlightenment,

Samaya Gya Gya Gya.

On the first day of the Chuto (Sixth Tibetan) month, this is the prayer received from Amitabha by Tulku Mingyur Dorje when he was thirteen years old.

TSOKNYI DZOGLA JEYI RANG

I rejoice in the completion of the two accumulations.

KONCHOK SUMLA CHOPA BUL

I offer to the three jewels.

GEWA SEMCHEN KUNLA NGO

This virtue I dedicate to all sentient beings.

GETSA TAMCHE CHIGTU TÉ

Having collected all the roots of virtue into one,

DRIPNYI DAGNE TSODZO TÉ

The two obscurations purified and the accumulations complete,

TSEDIR SACHU NUNJUR CHIK

In this life, may I move through the ten bodhisattva levels

DEWACHEN DU CHÉGYUR CHIK

May I immediately be born in Dewachen.

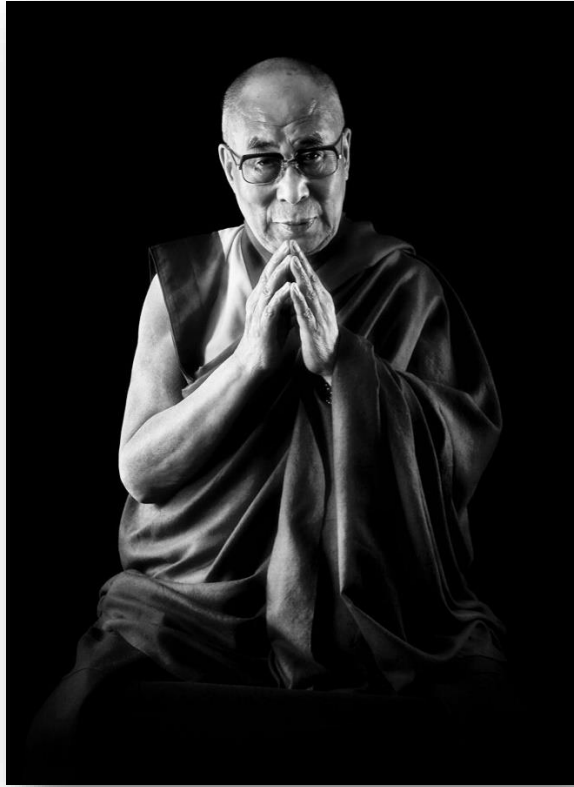
LUTEN DELA SANGYÉ SHOG

And, with that body as a support, may I become enlightened.

TRULPÉ DROWA DREPAR SHO

May my emanations forever guide beings.

Tashi (Long-Life) Prayers



His Holiness the Dalai Lama

KANGRI RAWÉ KORWÉ SHINGKAM SU

In the pure realm encircled by snow mountains,

PENDANG DEWA MALU JUNGWÉ NÉ

You are the source of all happiness and good.

CHENREZI WANG TENZIN GYATSO YI

All-powerful Chenrezig, Tenzin Gyatso

SHABPÉ SITÉ BARDU TEN JURCHIK

Please remain steadfast until samsara ends..

Then, for the full version of the long life prayers, start on page 25,

OR

For the shorter version, start on page 30.

When the version of your choice is finished, continue from page 31.



His Holiness the 17th Karmapa

*Prayer for the longevity of the glorious lord of victorious ones,
the sublime 17th Gyalwang Karmapa, Orgyen Drodul Trinley Dorje*

OM SOTI SIDDAM

OM SWASTI SIDDHAM (May auspiciousness be accomplished)

NGOTSAR MÉDU JUNGWÉ YÉSHÉKU

*Your form is an expression of timeless,
awareness, marvellous and sublime*

DRELMIN YONTEN JAMTSÖ PALDANG DEN

*Endowed with a vast range of qualities
due to renunciation and maturation,*

DUSUM JALWÉ CHIZU KARPAPÉ

*You are the Karmapa, the universal form
of the victorious ones of the three times,*

SHABPÉ TENCHING DZÉTRIN CHÉ GYURCHIK

*May your life be long and your activities
flourish.*

CHÖYING LONGNÉ GONGPÉ TSALTRUK TÉ

*Skilfully striving from the vast expanse of
dharmadhatu*

SAMSHIN SIPÉ TSULTEN NGOTSAR WA

*You intentionally choose to appear in cyclic
existence,*

DUSUM JUNKA KHAMSUM CHOCHI GYAL

*Appearing in the three times, king of the
doctrine throughout the three realms of existence,*

SHABPÉ TENCHING DZÉTRIN CHÉ GYURCHIK

*May your life be long and your activities
flourish.*

TONGTÜ DRENREK TARLAM JONGDZÉ CHING

*Providing an opportunity for liberation
sound, recollection, or contact.*

KHYENTSÉ NUPAI ZIJI RAB-BAR WA

*You blaze the sun of wisdom, virtue and through sight,
excellence*

SASUM MUNSEL GELEK Ö-TONG CHEN

*Dispelling the darkness of the three
planes*

SHABPÉ TENCHING DZÉTRIN CHÉ GYURCHIK

*May your life be long and your activities
flourish.*

LABSUM TSULTRIM TSANGMÉ JENDZÉ SHING

*Adorned with the pure discipline of the,
three higher trainings (study, contemplation,
meditation),*

TUG-Ü YONGMIN SHEN-Ü DROLNU PÉ

You are able to liberate the minds of others

RIDREL TENDANG CHÉPAR DRUBJU CHI

*You spread the Buddha's teachings without
sectarian bias,*

DZAMLING YANGPÉ CHUNKUN GENGDZÉ PÉ

Of the extensive lineage of accomplishment,

DRANGYÉ SAMDÉ NGOTSAR JUTRUL JI

*Wondrous manifestations, numberless beyond
imagining,*

SHEKSHU TRÜPÉ TSENMA KUNDRAL YÖ

*Your emanations transcending concepts,
of going and staying,*

DORNÉ RIKGYÉ CHABDAK KHORLÖ GON

*Absolute lord of the hundreds of Buddha,
families, all-pervading protector of the
mandala*

SHABPÉ TENCHING DZÉTRIN CHÉ JURCHIK

*May your life be long and may your activities
flourish.*

DÉTAR RABGU DUNGWÉ SOLDEB NA

*Through praying in this way with intense faith
and devotion,*

CHONYI NAMPAR DAGPÉ DENTOB CHI

*And through the power of the authentic truth of
the nature of emptiness,*

KHÉTSUL SUMDANG TÛSAM GOMPA YI

*Thoroughly matured in three ways of the wise,
(teaching, debate and composition),*

SHABPÉ TENCHING DZETTRIN CHÉ GYURCHIK

May your life be long and your activities flourish.

RINGLUG DRIMÉ CHOTSUL NAMDAG DI

Especially you fill the world with flawless methods

SHABPÉ TENCHING DZÉTRIN CHE GYURCHIK

May your life be long and your activities flourish.

KÛPA JAMTSO NATSOK TUNDZÉ CHANG

*An ocean of manifestations in whatever form
suitable to teach,*

SHABPÉ TENCHING DZÉTRIN CHE GYURCHIK

May your life be long and your activities flourish.

PALDEN LAMA GYALWANG KARMAPÉ

*Glorious Lama, Karmapa - King of the
Victorious Ones,*

TRINLÉ CHOTAR KUNTU CHABPAR SHO

*Your activities spread to the ends of the universe,
pervading everywhere.*

TSASUM JALWA JAMTSÖ TUJÉ DANG

*Through the compassion of the ocean of gurus,
yidams and protectors,*

JIKÉ MUNPÉ DUNCHEN NYURDRUB SHO

*May the great objective of this supplication
be quickly accomplished.*

This prayer to the wise all-pervading lord, kind protector, the great Vajradhara was composed by the victorious 11th Situ Pema Wangchuk as a long-life prayer for the sixteenth great lord of all, known as Rangjung Rigpai Dorje and furthermore adapted for the victorious great, powerful seventeenth Karmapa the all-pervading master Ugyen Drodul Trinley Dorje by the Kenting Tai Situ Pema Dunyu Drubpa, may it be fulfilled.



Guru Vajradhara the 12th Tai Situ Rinpoche

NAMO GURU BENZA DHARAYÉ

Homage to Guru Vajradhara (Lama Dorje Chang)

TRINLÉ RABJAM JAMTSO DUBPÉ PAL

Glorious embodiment of an ocean of countless activities,

WENSUM LUNGTOK DZINMÉ DAGIR SHÉ

Whatever teachings of the body, speech or mind are not found, these you hold,

LUNGRIG MANGTŪ CHÉTSŪ TSOMSUM JI

Your extensive learning, contemplation, and exposition, debate and composition,

RIGDROL DOMSUM DAG NYI PAGPÉ CHO

Realised supreme noble being, holder of the three ordinations,

ZABSANG NGEDÖN PÉMÉ GYALTSAB NYI

Regent of Pema, teacher of the profound reality,

CHILKHOR JAMTSÖ RIGCHI CHÖPEN DZIN

With the sovereignty of the ocean of mandalas adorning your head,

KAGYU DZAMLING DRAKPÉ SELTRENG JI

A golden rosary in the world-renowned Kagyu lineage,

TENDRÖ CHIPAL DZÉPÉ SHABTEN SOL

Universal adornment of teachings and beings, may you live long.

CHOMDEN TUBPAI DÉNÜ CHANGDZIN KHEN

Of the Buddha's teachings, show you are a master holder

SACHŪ WANGCHUK DAMPA SHABTEN SOL

Holy lord of the tenth level, may you live long.

SHIPÉ TSENDZIN DÖNYÜ KHORLÖ DAG

The fourth of the lotus order, Amoghasiddhi, Lord of the Wheel,

DRUBJU SOKSHING DZINPA SHABTEN SOL

Holder of the central pillar of the practice lineage, may you live long.

GYALTSÉ WANGCHUK SEMPÉ NYINGPOI DZÖ
*Possessing the powerful heroic heart of a
bodhisattva,*

ZANGPO CHÖPÉ MONLAM TOBCHI TRUL
*Emanating aspiration prayers like Kuntuzanpo's
offerings,*

SANGNGAG TEKCHOG DORJE DRUBPAI PAL
*Glorious vajra siddha of the supreme
secret path,*

RIGNGÉ WANGPO JUTRUL DULTRAL WA
*You appear as the lord of the five families
completely devoid of the defilement of delusion*

KHETSUN ZANGPÖ GONGMÉ NAMTAR CHANG
*Your noble life-story shows your excellent
learning and discipline,*

RIGSUM JUTRUL DAGIR NGARDZÉ PÉ
*Having mastery over the magical display of the
three higher families,*

DÉTAR LUWA MÉPÉ SOLTAB NÉ
*By the power of this prayer made without
deception,*

CHOCHONG TRINLÉ NGONJI TATSIK JI
*Through the previous commitments of
the dharma protectors,*

KALPA MANGPÖ NGONROL CHANGCHUP NÉ
Practicing the play of bodhichitta for many aeons,

TSUNGMÉ DRENDREL CHENPÖ SHABTEN SOL
*Your greatness is unequalled, you have no
rival, may you live long.*

YEHDZOK CHOYING CHABDAL RANGDROL LÉ
*Your self-liberating activity springs from the
all-pervading ever-perfect Dharmadhatu,*

YONGDROL DORJE LOBPON SHABTEN SOL
*Completely liberated vajra master, may you,
live long.,*

DRUBJU TENPAI NANGCHÉ TSUKGI NOR
*The sun of the practice doctrine is your crest
ornament,*

PEMA DÖNYÖ NYINJÉ SHABTEN SOL
Pema Donyö Nyingje, may you live long.

TSASUM DENPÉ NUTOB JINCHEN JI
*By the great blessing of the strength of the three
roots,*

GYURMÉ DORJE KHAMTAR NÉ GYURCHIK
May you remain unchangeable like a vajra.

This prayer for the long life of Pema Donyö Nyingje Drubpa, the reincarnation of the all-pervading Lord Maitreya Vajrabhadra Khenting Tai Situ Pema Wangchog Gyalpo, was composed at the sincere request of the exalted Sangye Nyenpa Rinpoche by the holder of the Karmapa signs at Palpung Dharma Centre Tubten Chokhor Ling. May virtue increase.

His Eminence the 4th Jamgon Rinpoche's Long-Life Prayer

TAYÉ MIGMÉ TSÉWÉ TERCHEN PÖ
*Limitless referencelessness, loving
great tertön,*

JAMGÖN LODRÖ CHÖKYI NYIMA YI
Jamgon (Kongtrul)Lodro Chokyi Nyima

NAMPAR NANGDZE RIGDROL TRULPÉ KU
*Emanation of the intelligence and liberation of
Vairocana (Nampar Nangdze)*

SHABPÉ TENCHING DZÉTRIN CHE GYURCHIK
May you live long and your activity increase.

His Eminence the 12th Goshir Gyaltsab Rinpoche

SIDANG SHIWÉ PALJI TSEMO LÉ
Glorious pinnacle of samsara and nirvana

JALTSAB DRAKPA MINJUR GOCHA YI
Gyaltsab Drakpa Mingyur Gocha,

PULJUNG SANGWAY DAGPO NAMTRUL CHOK
*Supreme emanation of the perfect Lord of Secrets
(Vajrapani/Channa Dorje),*

SHABPÉ TENCHING DZÉTRIN CHE GYURCHIK
May you live long and your-activity increase.

All Lineage Lamas

KUNCHOK TSAWA SUMJI JINLAB DANG

Through the blessings of the precious three roots,

CHONYI NAMPAR DAGPÉ DENDRÉ CHI

Through the purity and truth of the dharmata,

LAMÉ SHABPÉ YÖNDU TENPA DANG

May the Lamas remain for a long time,

DZÉTRIN CHÖTA CHABCHING CHE GYURCHIK

May Buddha activity increase and pervade in all directions.

The last three prayers are part of a concise long-life supplication sincerely requested by Drubpon Dechen Rinpoche and composed by the 12th Tai Situpa.

Long-life Prayer for Yongey Mingyur Rinpoche

OM DELEK SU GYURCHIK

(OM. May joy and goodness prevail).

RABJAM GYALWE TUKYÉ LÉDRUNG PA

Born from the aspirations of infinite buddhas,

NYIKDU DROWÉ GONPO CHOCHI CHÉ

Leader of beings in this degenerate age, lord of Dharma.

SANGCHEN TENPÉ MÉPO KADRIN CHEN

*Patriarch of the great secret teachings
(Yongey),*

ORGYEN SANGYÉ NYIPÉ GELEK SOL

*Second Buddha of Uddiyana (Guru Rinpoche)
bestow auspiciousness*

CHÖCHI NAMPAR ROLPA TAYÉ CHANG

Although your emanations are limitless,

YONGCHI GÉWÉ SHÉNYEN YONGCHI GON

You are a spiritual friend to all, a lord of all,

MINJUR TAGPA DAMPÉ DZÖDZIN PA

*Holding the unchanging constant true
Abhidharmakosha,*

DORJÉ SUMJI NGOWOR SHABTEN SOL

Essence of the three vajras, may you live long.

GYURMÉ ZABMÖ TATSIG RINPOCHÉ

*With your precious commitments, unwavering
and profound,*

NGÉSANG TENDZIN DAMPA CHÖCHI JÉ

Holder of the true secret teachings, Lord of Dharma,

MÉJUNG CHÖGYI TRULKU DROWAY GON

Marvellous, sublime tulku, leader of beings

DORJE SUMJI NGOWOR SHABTEN SOL

Essence of the three vajras, may you live long.

LUMÉ CHABNÉ KUNCHOK RINCHEN SUM

*Through the power of truth of the refuge, the
infallible, precious three jewels*

TSASUM DAMCHEN JAMTSÖ DENTOB CHI

The three roots, and the ocean of vow-keepers,

LAMÉ SHABPÉ YÖNDU TENPA DANG

May the Lama's life remain firm for a long time,

DZÉTRIN CHOKTAR CHABCHING CHE GYURCHIK

May his Buddha activity increase to pervade all space.

In response to the requests from numerous followers for a longevity supplication for Yongey Mingyur Rinpoche, may this aspiration by the Tai Situpa be fulfilled accordingly.

**‘The Lord of Limitless Life’s Words of Truth’
Prayers for the long life of the 17th Gyalwang Karmapa and his spiritual sons**

NAMO GURU DHARMA RADZAYÉ

GELEK DUMÉ KONCHO CHENREZI

*The source of happiness and virtue, supreme lord
Chenrezig,*

ORGYEN DRODUL TRINLÉ DORJÉ YI

Urgyen Drodul Trinle Dorje

PEMÉ GYALTSAB TENDANG DROWÉ GON

*The regent of Guru Rinpoche, protector of beings
and the teachings,*

TAYI SITU PEMA DÖNYO CHI

Tai Situ Pema Dönyo

TAYÉ MIGMÉ TSÉWÉ TERCHEN PÖ

Limitless referencelessness, loving tertön

JAMGON LÖDRO CHÖKYI NYIMA YI

Jamgon (Kongtrul)Lodrö Chökyi Nyima

SIDANG SHIWÉ PALJI TSÉMO LÉ

Glorious pinnacle of samsara and nirvana

JALTSAB DRAKPA MINJUR GOCHA YI

Gyaltsab Drakpa Mingyur Gocha,

KUNCHOK TSAWA SUMJI CHINLAB DANG

Through the blessings of the precious three roots,

LAMÉ SHABPÉ YÖNDU TENPA DANG

May the Lamas remain for a long time,

GANGDUL ROLPA TSALJI KUR TUNPA

*Who playfully shows whatever form necessary the
to tame beings,*

SHABPÉ TENCHING DZÉTRIN CHÉ GYURCHIK

May you live long and your activity increase.

MA-ONG SANGYE GYALTSAB MAPAM PA

The future Buddha, regent Maitreya

SHABPÉ TENCHING DZÉTRIN CHÉ GYURCHIK

May you live long and your activity increase.

NAMPAR NANGDZE RIGDROL TRULPÉ KU

*Emanation of the intelligence and liberation of great
Vairocana (Nampar Nangdze)*

SHABPÉ TENCHING DZÉTRIN CHÉ GYURCHIK

May you live long and your activity increase.

PULJUNG SANGWÉ DAGPO NAMTRUL CHO

*Supreme emanation of the perfect Lord of
Secrets (Vajrapani or Channa Dorje),*

SHABPÉ TENCHING DZÉTRIN CHÉ GYURCHIK

May you live long and your activity increase.

CHÖNYI NAMPAR DAGPÉ DENDREL CHI

Through the purity and truth of the dharmata,

DZÉTRIN CHOFTA CHABCHING CHÉ GYURCHIK

*May Buddha activity increase and pervade in
all directions.*

Recognising the need for a brief long-life prayer, Drubpon Dechen Rinpoche requested this, and having been asked, the 12th Tai Situpa composed this exactly as it arose in his mind at the monastic college of Tubten Chokhor Ling at Mahe in the North.

May auspiciousness increase.

Long-life Prayer for Yongey Mingyur Rinpoche

OM DELEK SU GYURCHIK

(OM. May joy and goodness prevail).

RABJAM GYALWE TUKYÉ LÉDRUP PA

Second Buddha Padmasambhava, born from the aspirations of infinite buddhas,

ORGYEN SANGYE NYIPÉ GELEK TSOL

Please grant us all that is virtuous and good.

CHÖKYI NAMRÖL YONGKYI GÉWÉ SHÉ

May your emanation, the spiritual guide of all (Yongey),

MINGYUR DORJE NGOWOR SHAPTEN SOL

Live long within the unchanging (Mingyur) vajra (Dorje) essence.

Long-life Prayer for Choje Lama Rabsang

CHOKSUM RABSAM JAMTSOI DEN JIN JI

Through the power of the truth of the vast (profound) ocean of Three Jewels

PALDEN LAMA RABTU ZANGPO GANG

May the glorious, exceedingly auspicious Lama's (Lama Rabsang),

KU TSEH TEN CHING TUK SHIN DUN KUN DRUP

Lifespan remain firm, may his wishes be fulfilled,

DZEH TRIN CHOK DU TAH RU CHAB JUR CHIK

May his Dharma activities pervade to the very edge of space and time.

This was written by Mingyur (Very Venerable Yongyi Mingyur Rinpoche) on 13th March 2017 in response to many forceful exhortations.

Then, other long-life prayers to the masters:

LAMA KUKHAM ZANGWA SOLWANDEP

May the Lamas have good health, I pray,

CHOGTU KUTSE RINGWA SOLWANDEP

May the supreme ones live long, I pray,

TRINLÉ DARSHING GYEPAR SOLWANDEP

May their activities increase, I pray

LAMADANG DRELWA MÉPAR CHINJI LOB

*Grant your blessings that I may be inseparable
from the Lama.*

PENDÉ JUNGWÉ NÉCHIG PU

*Through the accumulation of merit,
may happiness arise.*

TENPA YUNRING NÉPA DANG

May the teachings remain for a long time,

TENPA DZINPÉ CHÉBU NAM

May the noble holders of the teachings,

KUTSÉ GYALTSEN TEN GYURCHIK

*Live long and firmly plant the Banner of
Victory.*

CHONGA CHENPO DRAYI NI

*May the resounding sound of the great
drum of Dharma*

DUNGAL SEMCHEN TASHI SHOK

Liberate sentient beings from suffering,

KALPA JÉWA SAMYÉ SU

For ten million unimaginable aeons,

CHOTUN DZÉCHING SHUGJUR CHIG

May the teachers of the dharma remain.

SISHI PALJOR MALU JUNGWÉ SHI

*May glory arise throughout samsara and
nirvana without exception,*

TUBPÉ TENPA YUNRING NÉPA DANG

*May the Buddha's teachings remain for a long
time,*

DÉDZIN JÉPÉ CHEBU DAMPA NAM

*And those eminent ones who hold (the
Buddha's teachings),*

PALJOR JIKJEN YUNRING SHABTEN SOL

*May those glorious ornaments remain for a
long time.*

Alternate daily between the two aspiration prayers for Tibet, starting with 'Chab Neh...', or on page 34 at 'Tob Chu...'

The Aspiration for the Happiness of Tibet

CHABNÉ LUMÉ KUNCHOK TSAWA SUM

*Infallible sources of refuge, the Three Jewels
and the Three Roots,*

JÉTSUN DROLMA GURU PEMA JUNG

Noble Tara, and Guru Rinpoche,

MONLAM YONGSU DRUBPAR JINJILÖB

*Grant your blessings that my aspirations are
completely fulfilled.*

CHINANG JUNGWA TRUKPÉ JU CHENJI

*And disturbance in the outer and inner elemental
forces produced by causes and conditions,*

ZALU JALDUN NACHO JUNGPO SER

Dark forces of zah, nagas, gyalpos, dun, gek

CHARCHÖ MINYOM GANGCHEN DRAJÉ TEN

*Unbalanced rainfall, great snowstorms,
destruction by rodents*

CHÉPAR TENLA TSÉWÉ TAMA TO

*And especially foreign invasions that threaten
the Dharma,*

NYURDU SHISHING TSÉNÉ JOMJUR CHIK

Be quickly pacified and destroyed at the root.

JULA JANGCHUB SEMCHO G RINPOCHÉ

*Naturally generate precious bodhichitta
actions*

PENTSUN JAMPÉ SEMDANG DENÉ CHANG

May they love one another,

SANGYÉ TENPA DARGYÉ YUNÉ SHO

*May the Buddha's teachings spread, flourish and
endure*

KORDÉ GÉWÉ TSAWA GANG CHI DANG

*And the power of all the roots of virtue,
throughout samsara and nirvana,*

SOLTAB MUNPÉ DRÉBU DRUBJUR CHIK

May what we have prayed and wished for be accomplished.

CHÉPAR GANGCHEN GONPO CHENREZIG

*Especially Chenrezig, protector of the Land of
Snow,*

SOLWANDEPSO TUGDAM SHALSHÉ GONG

I pray to you, recall your sacred promises,

NYIGDU DRONAM SAMJOR LOKPA DANG

*Through the wrong motivations of beings in this
degenerate age,*

NGARMA DRAKPÉ MICHUK DALMYAM NÉ

*There are unprecedented animal and human
diseases*

TSASÉ SÉSUM LONYÉ MATRUG TSÖ

*Cause blight, frost, hail, crop failure, war, and the pain of
fighting,*

SAYÖ MÉDRA JUNGSHI JIGPA DANG

Earthquakes, fire, danger from the four elements,

GANGCHEN JONGDIR NÖTSÉ RIGTA DAG

*May all these things that harm the Land of
Snow,*

MIDANG MIMIN DROWA TADA GI

May all beings, human and non-human

NGANG-GI CHÉNÉ NÜTSÉ SAMJOR DREL

And be spontaneously free from harmful thoughts and

PÜYUL TAHU DECHI PALJI JOR

*May the land of Tibet be filled with comfort,
happiness and glory*

TSASUM JALWA SHECHÉ DENPÉ TOP

*Through the power of the truth of the three roots,
Buddhas and bodhisattvas,*

DACHAK LHAKSAM NAMPAR KARWÉ TU

*And the strength of our pure intention and
benevolence,*

The lord guru Jamyang Khyentse Wangpo said to me, "Because of the great uncertainty of the present time, I pray six times each day for the well-being of Tibet. It is important that you should do so as well." In accordance with that command, I wrote this to remind me to do so. This was composed by Jamgon Kontrul Lodro Thaye at Tsadra Rinchen Drak on the morning of an auspicious conjunction during the waxing phase of the month. Yatha Siddhi Retu.

TOBCHU WANGCHUK CHOMDEN SHACHÉ JAL

Mighty lord of ten powers, victorious King of Shakyas,

TENLA TSEWÉ LALO LHAMIN GYI

May the vicious intentions and actions of demigod barbarians

GYALSE SEMPA NAMDANG LAMSHUK CHI

By the power of all pure superior intentions of bodhisattvas and all those on the path

DAGTAR MUNPAY YICHEN DURI CHI

By the power of all the virtuous actions that were done

GANGCHEN JONGSU NAMPAR KARWÉ LÉ

May even the names of evil hosts of malicious negative beings vanquish,

SEMCHEN MARUNG NAKCHOK DUPE PUNG

The time has come for you not to neglect but one-pointedly regard

CHEPAR ORGYEN DORJE TÖTRENG TSAL

In particular, Vajradhara Tötrengsal of Orgyen,

TSECHIK GONGPAY TUDANG MA YELWAR

The time has come for you not to neglect but one-pointedly regard your sacred bond with Tibet

TUKCHE TUDANG NUPAY TSALTRUK LA

Bring forth the power and strength of your kindness

TOBNU NYAMSHING JAMSEM JULA CHÉ

And loving kindness awakens in their minds;

JIGTEN DÉSHING LOLEK DANG

May happiness arise throughout the world, May there be a good harvest, increasing crops and increasing Dharma,

DÉLEK PUNSUM TSOKPA DANG

May happiness and abundance be perfect and complete,

DULÉ NAMPAR JALWAY DENTU YI

By the power of truth of your victory over Maras

DUKPÉ SAMJOR TSENÉ SHIGYUR CHIK

That cause harm to the Buddha's teachings be completely pacified

LHAKSAM NAMDAK JINYÉ CHIPÉ TU

May the harmful powers, thoughts and deeds dark-minded demons like me be pacified

NYERTSEY TOBDANG SAMJOR TSHIJÜ CHIK

Are being done and will be done in the Land of Snow,

CHÉDANG CHÉGYUR TATAR CHÉSHIN PÉ

And may all living beings come to have happiness.

MINJANG MÉPAR CHÉGU DÉGYUR CHIK

Your sacred bond with Tibet and protect the Dharma and all beings of the Land of Snow

JEBDANG RIGDZIN TSOKCHÉ PURKHAM LA

Along with the assembly of your main disciples and vidyadhara

GANGCHEN TENDRO CHONGWAY DULA BAP

and protect the Dharma and all beings of the Land of Snow.

JOGDIR NURTSE SEMDEN SUYANG RUNG

So that harmful intentions of any beings in this land become ineffective

KUNCHANG PENDÉ PAL-LA GÖDZÉ SOL

I supplicate you to establish all beings in the glory of happiness and well-being.

DRUNAM PELSHING CHÖPEL DANG

YILA DÖPA KUNDRUB DZÖ

May all our wishes be fulfilled.

Guru Rinpoche's Aspiration of the Ten Directions and the Four Times

Namo Guru. On the tenth day of the monkey month of Rawa in the year of the monkey, on the second floor in the turquoise-faced middle temple of Samye in the shrine-room called Yushel, Guru Rinpoche revealed the mandala of the vajra space when performing the Vajradhatu mandala, and then composed this aspiration, which was thereafter performed regularly by the king and disciples. Later generations should practice this regularly.

CHOCHU DUSHI JALWA SÉDANG CHÉ

Buddhas and bodhisattvas throughout the ten directions and the four times

LAMA YIDAM KHANDRO CHÖCHONG TSOK

The host of gurus, yidams, dakinis, and dharma protectors

MALU SHINGJI DULNYÉ SHÉSU SOL

Without exception, countless like atoms, please come,

DUNJI NAMKAR PÉDÉ DENLA SHUG

And be seated in the sky in front upon lotus- and moon-disc seats.

LU-NGAG YISUM GÖPAI CHAKTSAL LO

With faith I prostrate with my body, speech and mind,

CHINANG SANGWA DESHIN NYICHI CHÖ

I offer outer, inner, secret and suchness offerings

TENCHOG DESHEK NAMCHI CHEN-NGA RU

In the presence of the supreme support, the enlightened ones

NGONJI DIGPAI TSOKLA DANONG SHING

We feel remorse for our previous misdeeds,

DATÉ MIGÉ JÖPÉ RABTU SHA

Regretting present unwholesomeness, we make complete confession,

CHINCHÉ DÉLÉ DOKCHIR DAGI DAM

Henceforth, we vow to abandon these actions.

SONAM GÉTSOK KUNLA YIRANG NGO

We rejoice in all merit and virtue.

JALWÉ TSOKNAM NYANGEN MINDA WAR

We request the host of Victorious Ones not to pass beyond suffering,

DÉNÜ SUMDANG LAMÉ CHOKHOR KOR

But, rather, turn the wheel of the Three Pitakas. (Baskets) and the Unsurpassed Vehicle

GETSOK MALU DROWAY JULA NGO

We dedicate the accumulation of merit to all beings without exception,

DRONAM LAMÉ TARPÉ SAR CHIN SHO

May all beings arrive at the level of unsurpassable liberation.

SANGJÉ SÉCHÉ DAGLA GONGSU SOL

Buddhas and bodhisattvas please consider us.

DAGI TSAMPÉ MONLAM RABZANG DI

This excellent supplication we have cultivated

JALWA KUNTU ZANGDANG DÉSE DANG

Was realised by the Victorious Samantabhadra and his disciples,

PAKPA JAMPAL YANGCHI CHENPA TAR

And the Noble Manjushri,

DÉDAG KUNJI JÉSU DALOP SHO

Following their example, may we all accomplish it.

TENPÉ PALJUR LAMA RINCHEN NAM

Precious Lamas, the glory of the teachings,

NAMKHA SHINDU KUNLA CHABPAR SHO

May you completely pervade everywhere like the sky,

NYIDA SHINTU KUNLA SALWA SHO

Shining like the sun and moon,

RIWO SHINTU TAGTU TENPAR SHO

Remaining firm like a mountain.

TENPÉ SHIMA GENDUN RINPOCHÉ

May the precious Sangha, the foundation of the teachings,

TUGTUN TRIMTSANG LABSUM JICHUK SHO

Be harmonious, having pure discipline and being rich in the three trainings.

TENPÉ NYINGPO SANGNGAK DRUBPÉ DÉ
May practitioners of the secret mantra, the heart of the teachings,

TENPÉ JINDAK CHOCHONG JALPO YANG
May the patrons of the teachings, the dharma kings,

TENPÉ SHABDEG JALRIG LUNPO YANG
May those who serve the teachings, the ministers officials, and so on,

TENPÉ SÖJÉ CHIMDAG JORDEN NAM
May those wealthy patrons who provide for the teachings,

TENLA DÉPÉ YANGPÉ JALKHAM KUN
May all those vast numbers throughout the land with faith in the teachings,

LAMLA NÉPÉ NALJOR DANYI CHANG
May the practitioners on the path, including ourselves,

DAGLA ZANG-NGEN LÉCHI DRELJUR GANG
Whomsoever has a karmic connection with us, good or bad,

DRONAM LAMÉ TEKPÉ GORSHUG NÉ
May beings become followers of the Unsurpassed Vehicle,

DAMTSIK DENSHING CHÉDZOG TARCHIN SHO
Keep samaya, perfecting the development and completion stages

CHABSI JÉSHING TENLA MENPAR SHO
May their dominion increase and may they protector benefit the teachings.

LODRO RABPEL TSALDANG DENPAR SHO
May their intellect and adroitness, increase.,

LONGCHÖ DENSHING NYERTSE MÉPAR SHO
May they enjoy prosperity and be without difficulties.

DÉCHI DENSHING BARCHÉ SHIWA SHO
Have happiness and may their obstacles be pacified

DAMTSIG MINYAM SAMPÁ DRUBPAR SHO
Not break our commitments, may our wishes be fulfilled.

NÉKAB TARTUG JALWÉ JÉDZIN SHO
Have their circumstances change that they finally become followers of the Victorious Ones.

KUNZANG JALSI CHENPO TOBPAR SHO
Attaining the great dominion of Samantabhadra (Kuntuzangpo).

Assert yourselves with this aspiration three times each day and night. Samaya Gya!

The great treasure discoverer Chogyur Dechen Lingpa, an emanation of Prince Murup, discovered this text in public, written with shurma script in Tibetan by the hand of Yeshe Tsogyal using Variocana's outer silk robe as paper, at the supreme place Konmo Ogma, on Precious Rocky Mountain, which is to the right of the great Lion Sky Boulder. Immediately thereupon, Pema Garwang Lodro Thaye copied this properly. May virtue and excellence increase!

Other Dedication Prayers

KUNZANG DORJÉ CHANGCHEN MENCHÉ NÉ
From the great Samantabhadra, Vajradhara

DROWAY DUNDU MONLAM KANGTABPA
May all the aspirations

PALDEN LAMA SHABPE TENPA DANG
May the glorious lamas live long.

DAGSHEN MALU TSOKSA DRIPJANG NE
May I and all beings without exception, having gathered the accumulations and purified obscurations,

DRINCHEN TSAWÉ LAMA YENCHÉ KYI
Down to my kind root guru,

DEDAK TAMCHÉ DAGI DRUBPAR SHO
Made for the benefit of beings be fulfilled.

KANYAM YONGLA DECHI JUNGWA DANG
May happiness and well-being arise in all sentient beings equal to the sky.

NYURDU SANGYE SALA GURPAR SHO
Be swiftly established in the state of Buddhahood.

RABJAM JALWA JAMTSÖ RIKCHI DAG
Family lord of an infinite ocean of Buddhas,

PALDEN LAMA JETSUN TSEWÉ CHIR
Glorious Guru, exalted treasury of love,

JALCHOK CHÖKYI JUGNÉ DAMPA YI
*Supremely victorious sublime Chökyi Jugne
(8th Tai Situpa)*

CHEWA KUNTU JESU DZINJUR CHIK
May you accept me as your follower in all my lifetimes.

Long-Life Aspiration for the Tai Situ Pema Dönyo Nyinje

OM SOTI
(Auspiciousness)

JALKUN JINZIG TUGJÉ KHALONG NÉ
*Embodiment of all buddhas, continuous
spontaneous enlightened activity*

LHUNDRUB TRINLÉ JUNMI CHÉPÉ TER
*That emerges from the expanse of space of treasury of
your compassion*

DROLA YESHÉ NANGWÉ CHOCHIN KHEN
*You bestow supreme generosity of the light of
wisdom to all beings –*

CHOGYI TULKU KALJAL SHABTEN SOL
*Supreme Nirmanakaya, may you live for a
hundred kalpas!*

TOBCHU MIJIK SHIJANG MADREPA
*Even though you have already mastered full
awakening,*

YÖNTEN CHOBJE LASOK YONGDZOPA
Complete with ten powers, four fearlessnesses,

NGONPAR CHANGCHUB NGANYÉ ZINNA YANG
Eighteen distinct qualities and all other traits

THAYÉ DULJÉ MÖNGOR KHYENTSÉ NU
*In response to aspirations of your infinite disciples,
may your wisdom, love and power,*

DUNYI TRINLEY SASUM KUNCHAB NÉ
*Along with your enlightened activity of
accomplishing the two aims fill the three realms.*

YESHE CHOCHONG MAGON TSANG JURPÉ
Wisdom protectors Mahakala and Mahakali,

KARCHOK CHONGWÉ LHACHEN TSONAM CHI
Together with the assembly of great virtuous gods,

TAKPAR MAYEL SUNGSHING CHONGWA DANG
Always protect and support us without wavering,

CHOKUNLÉ JAL TRINLÉ KUNDRUP DZÖ
And accomplish your enlightened activity, victorious in all directions!

Prayer for rebirth at the time of Buddha Maitreya

NAMSHIK DORJÉ DENJI DZINMÉ TSER
*At the very pinnacle of the earth, Vajrasana,
(Bodhgaya)*

CHÖNYI DZEPÉ URCHIM MARPO-Ü
*In the centre of a red mountain of light (will appear the
achiever of) the twelve actions,*

JAMCHEN CHOCHI NYIMA CHARWÉ TSÉ
When the great Maitreya, the Sun of Dharma rises,

DAGCHANG KORJI TUWO JÜWAR SHO
*May I and my companions be prominent amongst his
entourage.*

This aspiration was composed by the 15th Karmapa Khakyab Dorje.

Protection Circle Practice

If one wishes to do the Protection Circle Practice, insert this section into the part above (after the mantras), just before one dissolves the self-visualisation.

TONGPÉ NGANGLÉ KÉCHIK GI KHORLO KARPO TSIBCHU GUR TABSU NÉSHING MINGONPAR NYURDU

From the nature of emptiness instantly appears a ten-spoked white wheel rotating so quickly that

KHORWÉ TÉWA DUMPO YANGPÉ NANGDU RANGNYI PAMA DROLMA YISHIN KHORLO JENDANG CHALUK

It can only be distinguished as a vast orb, within which I appear as the noble Tara, the Wish-Fulfilling Wheel,

YONGSU DZOKPAR SALWÉ TUGKAR KHORLO YIGDRU DANG CHYÉPA

Clear and complete with all ornaments and items including the wheel at the heart, the syllables and so on.

RANGNYI CHITENG DU OM

Above one is an OM,

OG TU HA

Below a HA,

TSIBCHI TSAWA BUKTONGI TÉCHI NANGDU DUN NÉYÉ KORDU YIGÉ GYÉCHÉ YIG DRU NAM KARPO

The spokes are hollow and within them at their base, starting in front and going clockwise, are the eight remaining syllables (of the root-mantra), all coloured white.

RANGI TUGKÉ SABONLÉ ÖZER KARPO SHEL TABU

From the seed-syllable in one's heart, white light radiates like crystal,

SERPO SER TABU

Yellow, like gold,

MARPO PEMA RAGA TABU

Red, like rubies,

CHAG KHA TORANG CHI NAM TABU

Iron blue, like the early morning sky,

JANG KHU MAGEH TABU

Green, like emeralds,

CHINKHA INDRANI LA TABU NAM RIMPAR TRÖ

Dark-blue, like sapphires - each radiating in succession,

SEMCHEN JI DUN JEH

For the benefit of beings

JALWA NAM CHÖ

And, as an offering to the Victorious Ones

CHOK CHÖ GYALWA NAMCHI CHINLAB ÖZER KARSER MARNGO JANGTING GI NAMPAR RIMPAR JUN

From the Buddhas of the ten directions, come blessings in the form of white, yellow, red, iron-blue, green and dark-blue lights in succession,

RANGI TUKÉ KHORLO LATIM PÉ

All melting into the wheel in my heart,

SHIGYÉ WANG DRAK LEH NA TSOKPÉ NGÖDRUB TOBCHING TENPAR GYÉ

Bestowing the various activity accomplishments: the peaceful, increasing, magnetising and wrathful.

O-LHAMA NAM KHORLÖ GUR KANGI CHINÉ DOM GANG TSAM NÉ O-KARPÖ GUR KANG

The excess lights form spheres, two metres from the outer-wheel: first a pavilion of white light,

DÉCHIR SERPO

Beyond that yellow,

DÉCHIR MARPO

Beyond that red,

DÉCHIR CHAG KHA

Beyond that iron-blue,

DÉCHIR JANG KHU

Beyond that green,

DÉCHIR O-CHIN KHÉGUR KHANGNAM CHANGDU OM RÉBAR TAGCHEN

Beyond that a dark-blue sphere of light, all two meters' distance from one another,

TENG-OG CHOKTSAM KUNTU KHORWA DUMPÖ NAMPA CHEN

above and below, vast globes encircling completely in all directions,

SAWA TENPA SUB MÉPA

solid, firm, unwavering,

**LUNSER BUTSAM YANG MITARWA BARTONG TAMCHÉ UTPAL NGONPO KHAGYÉ MATAGPÉ
KANGWAR GYUR**

resisting even the icy wind, with the spaces in-between filled with freshly opened blue utpala flowers.

Repeat the ten-syllable mantra as much as one can:

OM TA RE TU TA RE TU RE SO HA

Lastly visualize everything dissolving into clear light, then reappearing as before.

VISUALISATIONS

Directly in the centre of the heart of myself visualized as White Tara, there is an eight petaled white lotus and a moon disc. Upon them there is a white wheel with a rim and eight spokes. In its centre there is a white syllable TAM.

When you are reciting the ten-syllable mantra as the main mantra recitation practice, imagine that above the TAM is a syllable OM suspended like a hovering bird.

Below the TAM there is a syllable HA within the hole in the wheel's hub.

The three syllables are standing up and facing the way you look.

Upon the eight spokes are imagined the other eight syllables, standing up and facing inwards.

When you are reciting the mantra conjoined with its supplement, meditate that the TAM in the centre of the wheel is encircled clockwise by the syllables, OM MA MA AYU PUNYE JANA PUSHTIM KU RU HA, all standing up and facing inwards the colour of white pearls. Commencing from in front of the TAM.

Moreover, upon the eight spokes starting from the front are TA, RE, TU, TA, RE, TU, RE, SO, all standing and facing inwards.

All syllables shine with their own light and are white, like pearls.

from A Casket of Amrita, the commentary to this White Tara Sadhana by Jamgon Kongtrul.



OFFERINGS



Imagine that light-rays from your heart manifest many glorious beautifully adorned goddesses that make the successive offerings (as you say argham, padham, etc).

White offering goddesses pour drinking water from vases made of gold and aquamarine. The water that has the eight qualities.

Red goddesses cool the feet with water that contains cleansing qualities such as the five amritas and the five outer-layers.

White goddesses scatter water, earth and sky born flowers.

Grey goddesses offer to the nose natural and composite incenses.

Pink goddesses present bright illumination of the worlds throughout the ten directions by jewels, moons, suns and lamps.

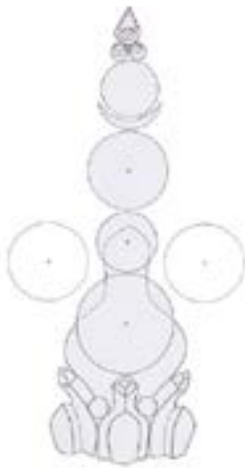
Green goddesses sprinkle, rub and dab from conchs onto the body creams and scents of camphor, saffron and so on.

Red goddesses offer to the tongues natural, human and divine foods of a hundred flavours.

Blue goddesses play for the ears divine music with cymbals, flutes, drums and so on.



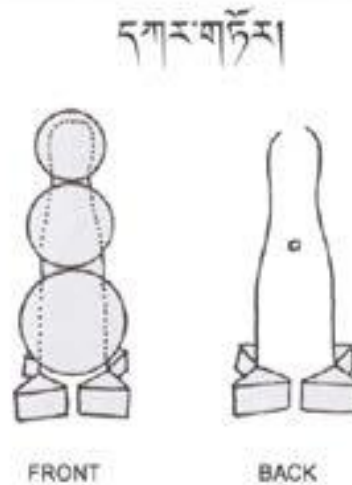
The Chok Dum Torma



If you wish to do the White Tara practice every day, then it is appropriate to have a Chok Dum Torma on your shrine as a support. It should be white and in the Palpung tradition, proportioned as above.

The White Torma

This is the Kartor or White Torma that is offered on page 14 at Om Tare Tutare Idam... and Om Ahkaro...





Palpung Changchub Dargyeling
Tibetan Buddhist Meditation Centre

The UK Seat of His Holiness 12th Kenting Tai Situ Rinpoche