

## Instructions and Reminders for White Tara Practice, by Khenpo Tsewang Dongyal Rinpoche

Please practice according to the "Three Noble Frames" taught by Longchenpa, Mipham Rinpoche, and so many lineage masters:

1. The Noble Beginning of Refuge and Bodhichitta, together with lineage prayers and turning your mind towards the Dharma.
2. The Noble Middle of practicing the Visualization Creation Stage and the Dissolution Completion Stage, while abiding in non-grasping wisdom emptiness-awareness (absolute bodhichitta).
3. The Noble Conclusion of Dedication and Aspiration Prayers.

Begin by reciting the Seven Line Prayer three times, followed by lineage prayers.

Then as the main practice, feel the presence of the White Tara in the sky in front of you. She embodies all the buddhas and bodhisattvas of the three times. Visualize countless rainbow-colored lights emanating from her body, which instantly touch and bless all beings, completely healing all physical and mental disturbances, bringing peace, happiness, and enlightenment to everyone. Bring up compassion and love for all beings including those close to you, and sincerely wish that they all enjoy happy and healthy long lives, all of their obstacles are removed, all their wishes for happiness and peace are fulfilled, that their bodhichitta realization increases, and that everyone quickly achieves enlightenment. Also pray for the long and healthy lives of all the lineage masters and world peacemakers, and that all of their wishes are quickly and perfectly fulfilled.

Recite the mantras of White Tara with devotion while wisdom rainbow light rays continuously stream out from her heart center in every direction.

The light rays then return back to White Tara who blesses you. Continue by accumulating the mantras of White Tara while emanating pure healing lights of wisdom and compassion throughout the entire universe which instantly merge with the blessings of all the buddhas, remove all obstacles, and heal all imbalances, establishing all sentient beings in the great blissfulness of enlightenment:

OM TARE TUTTARE TURE SOHA

OM TARE TUTTARE TURE MAMA AYUR JNANA PUNYE PUTING  
KURUYE SOHA

After you accumulate the mantra during your meditation session, White Tara dissolves into you. Then remain in meditation, abiding in the true nature for as long as you have time.

Conclude by dedicating the merit and making sincere aspiration prayers for the immediate health , happiness, and enlightenment of all beings.