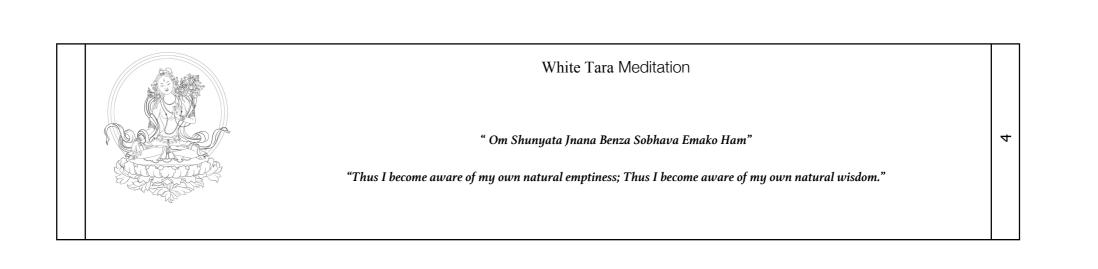
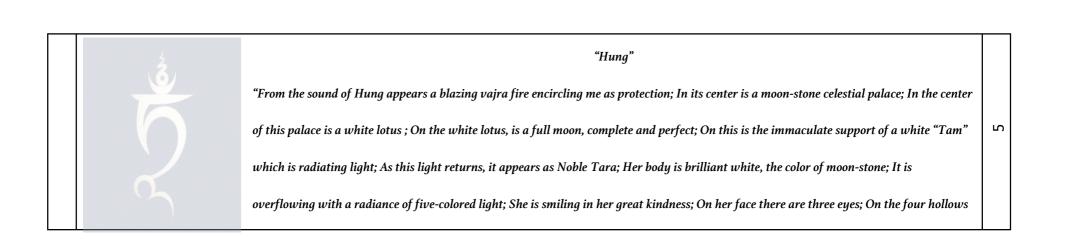


I take refuge in the Buddha, the Dharma and Sangha; I take refuge in the Lama, Yidam and Khandro; I take refuge in the channels, vital wind, centers	
and their nature, the bodhichitta; I take refuge in complete openness, lucid presence and compassion.	
Ho! Mesmerized by the sheer variety of perceptions, which are like the illusory reflections of the moon in water; Beings wander endlessly astray in	2
samsara's vicious cycle; In order that they may find comfort and ease in the luminosity and all-pervading space of the true nature of their minds; I	
generate the immeasurable love, compassion, joy and equanimity of the awakened mind, the heart of bodhichitta.	

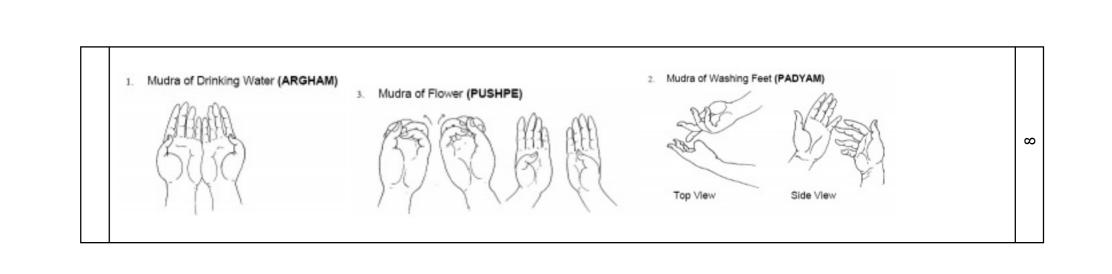
Sentient beings are nu	nberless, I train in order to free them; Delusions are inexhaustible, I train in order to transform them; Reality is boundless, I train
in order to realize it; T	ne awakened way is unsurpassable, I train in order to embody it.

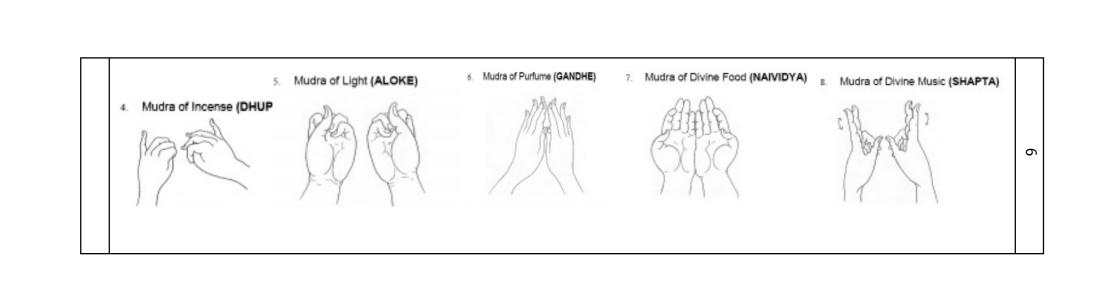




of her hands and feet are four eyes; With these she gazes upon us with seven eyes of wisdom; Her right hand shows the mudra of excellent generosity; And in her left hand she holds a white lotus between the first and fourth finger; The white lotus blossoms fully with a hundred petals; This flower is unfolding at her ear with its stem at her heart; She is beautified by ornaments of celestial flowers; Her upper garment is a noble white silk scarf; Her lower garment is a rainbow like silk; Her curled hair is tied up on the top of her head; And she is seated in the vajra position; Om - At her forehead she has a white syllable Om; Ah - At her throat she has a red syllable Ah; Hung - At her heart a blue syllable Hung; And in the center of her heart she has the white syllable TAM on a white lotus;

Light is streaming outward in all directions from these three places; I offer her drinking water; I offer her bathing water; I offer her flowers; I offer her incense; I offer her		
light; I offer her perfume; I offer her food; I offer her music; I request her blessing; Now we melt together; and become inseparably one."		
	7	





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"Again light radiates from the seed syllable Tam; Invoking the circle of the five Buddhas families; I offer them drinking water, bathing water, flowers, incense, light,		
perfume, food, music; And I request their blessing; The Buddhas and Dakinis bathe me with nectar; The same nectar they anointed Shakyamuni Buddha with; They say:		
"By nectar water we are bathing you the newborn Tara"; I receive this blessing; I am now endowed with the unlimited ability to liberate all beings."	10	

"As I recite the mantra, streams of light radiate from my heart as an offering; Bestowing extension of life and protection from all destructive forces; Bestowing peace and confidence to all sentient beings; This blazing radiance now bestows complete liberation; We find joy in the natural nirvana which dawns upon recognizing our innate peace."

Om Tare tuttare ture mama ayur punya jnana pustim kuruye svaha

Dedication	
May the teachings of the Buddha spread and flourish	
May all sentient beings be happy and joyful	12
May we practice the dharma day and night	
May the benefits for self and others be fully accomplished	

	\Box
Colophon: This White Tara Sadhana is a concise and adapted version of the Kagyu Whita Tara offering practice written by the eighth Tai Situ at the request of the King of	
Dege. It was abbreviated and adapted by myself, Pema Khandro Rinpoche, in order to provide a concise meditation, filled with the direct meaning of White Tara's mind for	
my students and friends to begin practicing on Dakini Day, January 22, 2017 in Washington, D.C. in the USA, in commemoration of the first women's march in recorded	13
history, the march of Mahaprajapati Gotami and the first Buddhist nuns, to be given on this occasion of the American Women's March in Washington. Copyright Pema	
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