

White Tara Prayers

White Tara is a manifestation of the enlightened mind of the Buddhas' perfection of a long, healthy and prosperous life.

Relying on Buddha White Tara will purify all obstacles to untimely death and assure a long, healthy and prosperous life.

To receive her blessings, recite her mantra 108 times three times a day.

Offerings made to Mother Tara can be those of milk, clean cool water, fruit, white flowers, white candles, or any other clean pure substance that you can afford or acquire honestly.

The most important thing is to offer sincere pure faith.

Create a clean, sacred space for a photo or other image of Mother Tara.

The space should be at the level of your heart when standing.

Place offerings in front.

Then follow the prayers below to Mother Tara

Go for refuge by saying:

I GO FOR REFUGE TO BUDDHA, DHARMA, AND SANGHA [3x]
THROUGH THE VIRTUES I COLLECT BY GIVING AND OTHER
PERFECTIONS, MAY I BECOME A BUDDHA FOR THE BENEFIT OF
ALL. [3x]

Generate Bodhichitta [the mind that wishes for all to be happy] by saying:

MAY EVERY ONE BE HAPPY.

MAY EVERYONE BE FREE FROM MISERY.

MAY NO ONE EVER BE SEPERATED FROM THEIR HAPPINESS.

MAY EVERY ONE HAVE EQUINITY, FREE FROM HATRED AND
ATTACHMENT

Dedicate the offerings by saying:

IDAM GURU MAN-DA-LA-KAM NI-RI-A-TI-AM-MI

Recite the Mantra:

OM TA RE TU TA RE TU RE MA MA A YUR JNA NA PUN YE PUSH TING
KU RU SOHA 108x – 3x A DAY

Then dedicate the merit you have collected to the long life and good health of all
by saying:

BY THIS VIRTUE MAY I QUICKLY BECOME ARYA TARA. AND THEN
LEAD EVERY LIVING BEING WITHOUT EXCEPTION TO THAT GROUND
THROUGH THE VIRTUES I HAVE COLLECTED BY WORSHIPING THE
BLESSED MOTHER,

MAY EVERY LIVING BEING WITHOUT EXCEPTION BE BORN IN THE
PURE LAND OF BLISS.