



ਗੁਰ ਪਸੰਦ ਹੈ ਸੀ ਕੁ ਏ ਜੇ ਵਿ ਤ੍ਰਿ ਪ੍ਰੇਦ ਸ੍ਰਿ ਅਵਦ ਵਿ ਸ਼੍ਰਵਾਨ ਕ੍ਰਿ ਪ੍ਰੇਦ ਏ ਮਾਣ |

THE DAILY PRACTICE OF WHITE TARA

by the Omniscient Tai Situ Tenpé Nyinjé

Please note:

This sadhana should be practiced only by people who have received the appropriate empowerment, transmission, and instruction from a qualified guru.



ॐ| अं॒श्च॒ष्टि॑ न्नःमा॒द॒न्नथा॒ष्मा॒ न्न॒ष्मा॒ न्न॒ष्मा॒ न्न॒ष्मा॒ ।

Om svasti, I prostrate to the Lama and to Noble Tara.

Here, from the Mother Yoga Tantra's Drölma Ngön Jung is the practice titled The White One Who Ransoms Death. The deity of activity was the first one taught; in addition there came the Tara practice, the Green Wheel, and then White Tara, the Wishfulfilling Wheel. According to the Wise One's explanations contained within that, this oral instruction follows the treatise of Ngawang Drakpa. Emphasizing the tradition of Atisha, it is condensed here for those who wish to practice.

ଓঁ শ্রী পদ্মা নারাত্মক শ্রী পদ্মা নারাত্মক

The lineage supplication for the daily practice of White Tara:

କେତେ ଶୁଣୁଛୁ ହୁନ୍ତାନ୍ତିରୁ

namo guru arya tara yé

I prostrate to the Guru, sublime Tara.

ୟୁଦ୍ଧାବ୍ୟାହାରୀ ଦ୍ୱାରା କୁଣ୍ଡଳ ମାନ୍ୟମଣିରେ ପାଇଲା ।

dröl ma ngak gi wang chuk ser ling pa

Tara, Ngagi Wangchuk, Serlingpa,

ହୁଏ ଦେଖିଲୁ କାହାର ପାଦରେ ପାଦରେ ପାଦରେ ପାଦରେ ।

jo wo drom tön chen nga dre pé shap

Lord Atisha, Dromtön, Chenga, Drepa,

ବୁଦ୍ଧାର୍ଥୀଙ୍କାନ୍ତିରେ ରହିଲେ ଶ୍ଵରାମାରାମ ।

dak po du khyen ré chen pom drak pa

Dakpo Lhaje, Dusum Khyenpa, Drogön Rechen, Pomdrakpa,

ସୁଷାଙ୍କେତ୍ରକ୍ଷେତ୍ରଶ୍ରୀନ୍ଦ୍ରମନ୍ଦିରପାଦମିଶ୍ରମା ।

drup chen chö kyi la mar söl wa dep

and Mahasiddha Karma Pakshi, I supplicate all of you.

ଅଶ୍ରୁପଦମନ୍ତ୍ରମୁଦ୍ରାଷ୍ଟରକୁଣ୍ଡଳ ।

orgyen pa dang rang jung yung tön gyal

Orgyenpa, Rangjung Dorje, Gyalwa Yungtön,

ସମ୍ବନ୍ଧ ପରିବାରଙ୍କ ଦୟା ଶରୀର ପରିଷାଳଣା ।

röl dor kha chö wang po de shin shek

Rölpai Dorjé, Khachö Wangpo, Deshin Shekpa,

ଶୈଷ-ରଦ୍ୟ-ଦ୍ୱାରା ଲୁହ ପରିଷକ କରିଛି ।

rik ral dön den ben gar go shri je

Rikpé Raldri, Tongwa Dönden, Bengar Jampal Sangpo, Goshri Paljor
Döndrup,

କେନ୍ଦ୍ରାଶ୍ରମକୁ ପାଇଁ ବିଷୟରେ ଏହାର ପାଇଁ କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା

chos drak gya tsoi shap la sol wa dep

and Chödrak Gyatso, I supplicate all of you.

ଶଦ୍ମା-କୃତ୍ୟା-ପାତ୍ର-ଧ-ମି-ବନ୍ଧୁ-ଦର୍ଶକ-ପକ୍ଷୀ-ଦସଦଶ୍ୟା ।

sang gyé nyen pa mi kyö kön chok bang

Sangye Nyenpa, Mikyö Dorje, Könchok Bang,

ଦ୍ୱାରା ପ୍ରକାଶିତ ହେଲା କଣ୍ଠରେ ଦ୍ୱାରା ପ୍ରକାଶିତ ହେଲା କଣ୍ଠରେ

wang chuk dorjé chö wang nam dak tsen

Wangchuk Dorjé, Chökyi Wangchuk, Namdaktsen

ପାଇଁ ହଣାଶ କ୍ରେଦିତ କୁଳ କ୍ଷେତ୍ରର ପାଇଁ ।

karma chak mé dul mo pal chen po

Karma Chakme, Dulmo Chöje, Palchenpo Chökyi Döndup,

ସମ୍ବନ୍ଧକୁ ପରିବର୍ତ୍ତନ କାହାର କାହାର କାହାର କାହାର କାହାର କାହାର କାହାର କାହାର କାହାର କାହାର

ten pé nyin mor je la söl wa dep

and Tai Situ Tenpé Nyinjé, I supplicate all of you.

ସତ୍ୟାକୁମାରଙ୍ଗିଷ୍ଠାନୀ ପଦ୍ମଶିଲାରୀ

du dul dor je pema nyin jé wang

Dudul Dorje, Pema Nyinje Wangpo,

ସେଣ ପକ୍ଷେ ଦୁଇ ପକ୍ଷ ଏବଂ ଦୁଇ କୁଣ୍ଡଳ ।

the k chok dor je pe ma gar wang tsel

Thekchok Dorje, Pema Garwang Tsel,

ମୁଖ୍ୟମନ୍ତ୍ରୀଙ୍କାନ୍ତିରେ ପାଞ୍ଚ ଦସନ କର୍ତ୍ତବ୍ୟାଙ୍କୁ କୃତିତ୍ବାର୍ଥା ।

kha khyap dor je pe ma wang chok gyel

Khakhap Dorje, Pema Wangchuk Gyel,

ପ୍ରାଚୀନ ଶକ୍ତିରେ ଦେଖିଲୁ ହିଂସା ପରି ଦେଖିଲୁ ବନ୍ଧୁ ।

khyen tsé ö ser rik pé dor jé shap

Khyentse Öser and Rangjung Rikpé Dorjé—

କୁଷାନ୍ଦିଶ୍ଵର ଗୁରୁତ୍ବନ୍ଦିନୀ ହେଉଥିଲା ।

tsa gyu la ma kun ngö je tsun ma

all root and lineage lamas, who have deeply realized the Noble Lady,

gang gi min dröl kha bap gyu pé söl

those holding the six traditions of her transmission

ଶୈଖ'ପ'କୁଣ'ଲୁହ'କୁଳ'ପ'ଶର୍ଷ'ପ'ଶ'ଦିଶା ।

rim pa druk den nam la söl wa dep

that mature and liberate, I supplicate all of you.

ସଞ୍ଜେନ୍ ଶୁଣାଶ ହୁଣାଶ ପଦି ରୈମ ପ ଗସନ ଶ୍ରୀକ ତି ।

kye ngak dzok pé rim pa thar jin te

Grant your blessing that I perfect the stages of creation, mantra, and completion

ଘକେ ପିଦ୍ ଯି ସେନ ଦ୍ଵାରା ଶ୍ରୀ ପହଞ୍ଚଣ ହୁଏଥା ।

chi mé ye shé dor jé ku chok drup

and attain the supreme vajra body of immortal wisdom.

ଶ୍ରୀ ସମ୍ବନ୍ଧ ପକ୍ଷିଦ ପିଦ ପକ୍ଷିତ ପରମ ପଦ ।

gyal wa kun kye yi zhin khor lo dang

Grant your blessing that I become inseparable from the Mother, source of the Victorious Ones and Wishfulfilling Wheel.

ପରମ ପିଦ ଦ୍ଵାରା ପାରିବାରି ପରମ ପଦ ହୁଏଥା ।

dön nyi lhun drup jin gyi lop

In such a way, may the two benefits be spontaneously fulfilled.



Refuge and bodhicitta:

ବ୍ୟାପାର ପାରିବାରି ଦ୍ଵାରା ପାରିବାରି ପଦାର୍ଥ ହୁଏଥା ।

sang gyé chö dang tsok kyi chok nam la

To the Buddha, Dharma, and Sangha,

ବ୍ୟାପାର ପାରିବାରି ଦ୍ଵାରା ପାରିବାରି ପଦାର୍ଥ ହୁଏଥା ।

jang chup bar du dak ni kyap su chi

I go for refuge until full awakening.

ସଦଗ୍ୟ-ଧୀ-ଶ୍ରୀନ୍ଦ୍ର-ଶପାନ୍ତ-ସଶ୍ରିଷ୍ଟ-ଧର୍ମ-ସନ୍ତ୍ରଦ-ବ୍ୟବନ୍ତ-ଶ୍ରୀଜ୍ଞା ।

dak gi jin sok gyi pé sö nam kyi

Through the merit of practicing generosity and the other perfections,

ପ୍ରେସର୍ ପ୍ରିନ୍ଟିଂ ନାମଶ୍ରମ ପ୍ରେସର୍ |

dro la phen chir sang gyé drup par shok

may I attain full awakening for the benefit of all beings.

କେଶ·କୁଷମା·ରତ୍ନ·ଶିଖମା·ପଞ୍ଜିଦ·ପ୍ରା

Thus go for refuge and generate bodhicitta.

ଶୈମାଶ·କର·ସମାଶ·କର·ପଦି·ପ·ନ୍ଦନ·ପଦି·ପଦି·କୁନ୍ତନ·ଖୁବ·ପର·ଖୁବ·ଲୈଣ ।

sem chen tham che de wa dang de wé gyu dang den par gyur chik

May all beings have happiness and its cause.

duk ngal dang duk ngal gyi gyu dang dral war gyur chik

May all beings be free of suffering and its cause.

duk ngal mé pé de wa dam pa dang mi dral war gyur chik

May they never be separated from genuine happiness beyond suffering.

ਤ੍ਰੈ·ਨੈਂ·ਕਣਾ·ਛੁਦ·ਨੁਦ·ਸਵ·ਏ·ਨਹੁ·ਲੱਭਾ·ਕੇਵ·ਚੌ·ਏ·ਏਨਾ·ਏਨ·ਖੂਨ·ਚੈਣ ।

nye ring chak dang dang dral way tang nyom chen po la né par gyur chik

May they remain in great equanimity, beyond attachment and aversion to those near and far.

ਕੈਣ·ਕੰਦ·ਅੰਦ·ਏਵਿ·ਏਨੱਘਾ

Thus meditate on the Four Immeasurables.





ଓঁ শুভ হৃষি পক্ষ সুলভ অনুগ্রহ

Om shunyata jnana benza sobhava etmako ham

ସୁରତ

Thus purify.

ଶ୍ରୀଦ୍ଵାରାପାତ୍ରମାନଙ୍କର ପରିଚାଳନା

tong pé ngang lé ma chö pé sem nang

Out of emptiness arises the uncontrived mind,

୧୨୯୮ ଫିଲ୍ମ୍ ପାଦକାରୀ ବିଷୟରେ ଏହାରେ ବିଶେଷ ଜାଣିବାରେ ଆବଶ୍ୟକ ହେଲା

Hung gi dra dang nam kha gang wa dang ché pa lé

manifesting as the resonant sound of ຂົງ (HUNG) pervading all space.

dor jé sung khor ra gur me pung bar wa yang shing

From this appears a vajra protection circle with its fence and tent, vast and blazing.

گୁ.କେ.ସର.ଶ୍ରୀ.ଧନୀ.ଦୟନା.ଶ୍ରୀ.ଶ୍ରୀ.ପତ୍ରିଷ୍ଠା.ଶ୍ରୀ.ମହାପାତ୍ରା।

gya che war gyur pé u su dhrum lé da wa chu shel gyi shal yé khang

In its middle, from ଧ୍ରୁମ (DHRUM) comes a boundless palace of water-moon crystal.

ଦ୍ଵି.ଦୟନା.ଶ୍ରୀ.ଶ୍ରୀ.ପତ୍ରିଷ୍ଠା.ଶ୍ରୀ.ମହାପାତ୍ରା.

dei u su pam lé pe ma kar po dong bu dang ché pa

In its center appears the letter ପାମ (PAM), which becomes a fully blossomed white lotus on its stem.

ରପ.ତୁ.ଶ୍ରୀ.ଧନୀ.ଦ୍ଵି.ଦ୍ଵି.ଅ.ପତ୍ରିଷ୍ଠା.ଶ୍ରୀ.ମହାପାତ୍ରା.

rap tu gyé pé teng du a lé da wa nya gang wa nyok pé dri ma dang dral wa

Above it, from the letter ଅ (A) appears a clear and flawless full moon disk.

ଦ୍ଵି.ଶ୍ରୀ.ଧନୀ.ଦ୍ଵି.ଅ.ପତ୍ରିଷ୍ଠା.ଶ୍ରୀ.ମହାପାତ୍ରା.

dei teng du rang sem tam kar po lé

Upon it, my mind in the form of a white ତମ (TAM)

ଶ୍ରୀ.ଧନୀ.ଶ୍ରୀ.ପତ୍ରିଷ୍ଠା.ଶ୍ରୀ.ମହାପାତ୍ରା.

ut pa la kar po tam yik kar pö tsen pa

transforms into a white utpala flower, marked by a white ତମ (TAM).

ଦେଁ ପଣ ଦ୍ଵାରା ପ୍ରକଳ୍ପିତ ହେଲା ଏବଂ ପାଦମାତ୍ରା ଶିଖିବାର ପାଇଁ ପାଇଁ

de le ö trö pak pa chö sem chen gyi dön je

It radiates lights, making offerings to the Noble Ones and benefitting beings.

ଶୁନ୍ତରୀ ପାଦମାତ୍ରା ପାଇଁ ପାଇଁ ପାଇଁ ପାଇଁ ପାଇଁ

lar du shing yong su gyur pa lé rang nyi phak ma dröl ma

The lights return, and the TAM and flower transform into myself as Noble Tara.

ଶୁନ୍ତରୀ ପାଦମାତ୍ରା ପାଇଁ ପାଇଁ ପାଇଁ ପାଇଁ ପାଇଁ

ku dok da wa chu shel tar kar shing ö ser nga den du tro wa

Her body is white like a water-moon crystal and radiates five-colored lights.

ଶୁନ୍ତରୀ ପାଦମାତ୍ରା ପାଇଁ ପାଇଁ ପାଇଁ ପାଇଁ ପାଇଁ

gek ching chak pé nyam chen nu bur sung gi dze pa

She is beautiful, charming, and attractive with full breasts;

ଶୁନ୍ତରୀ ପାଦମାତ୍ରା ପାଇଁ ପାଇଁ

shi wa chen moy dzum shal chen

She smiles in great peace.

ଶୁନ୍ତରୀ ପାଦମାତ୍ରା ପାଇଁ ପାଇଁ ପାଇଁ ପାଇଁ ପାଇଁ

u la chen sum dang chak shap shi thil du'ang

She has three eyes in her face as well as eyes in palms of her hands

ჰუତ୍.ରେ.ରେ.ଶୈ.ସିମେନ୍.ଶ୍ରୀ.ହୁତ୍.ଷ୍ଟୁତ୍.ଦନ୍.ଭୁତ୍.ପା

chen re re te ye shé kyi chen dun dang den pa

and the soles of her feet, making seven eyes of wisdom altogether.

ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.

chak ye pé chok jin gyi chak gya dang

Her right hand is in the mudra of supreme generosity.

ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.

yön pé thep sin jar wé ut pa la kar po

The thumb and ring finger of her left hand hold at her heart

ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.

dap gya nyen drung du gyé pé yu wa thuk kar dzin pa

the stem of a white utpala flower, its hundred petals unfolding by her ear.

ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.

mu tik kar po tso wor gyur pé rin po na tsok pé u gyen

Her crown and earrings, her short, medium, and long necklaces,

ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.ଶ୍ରୀ.

nyen cha gul gyen do shal se mo do pung gyen

her armbands, bangles, anklets, and her belt trimmed with small bells

ဗုဒ္ဓရန်နှင့်မြန်မာနှင့်ရန်နှင့်မြန်မာနှင့်

chak shap kyi dup bu ke rak yer khé treng wa dang ché pa
are fashioned of many jewels, mostly snow-white pearls.

အဲ့သံနှင့်ချော်စွဲနှင့်ချော်စွဲ

Iha ze kyi me tok du mé dze pa
She is adorned with abundant celestial flowers

အဲ့သံနှင့်တန်လာဝါဒီရိန္တနှင့်ရန်နှင့်

Iha ze kyi dar kar poi tö yok dang
and wears an upper garment of heavenly white silk

တန်ဒီရိနာရွှေလူမှုမြန်မာနှင့်အဲ့သံနှင့်ရန်နှင့်

wang poi shu ta bui dar gyi me yok söl wa
and a lower one of rainbow-hued silk.

မြန်မာနှင့်သံနှင့်

u tra li wa tak par ching pa
Her curly hair is bound in the back

ရန်နှင့်ခြိုရိန္တနှင့်ရန်နှင့်ရန်နှင့်

shap dor jé kyil mo trung gi shuk shing
and her legs rest in vajra posture;

នៅពីក្នុងថ្មីត្រូវ

da wé gyap yöl chen du gyur

a full moon is her backdrop.

និនិជ្ជឈរណា

dei tral war om kar po

At her forehead is a white ॐ (OM),

ការិនិស្សុអ្នុ

drin par ah mar po

at her throat, a red ᠁ (ĀH),

ធមាមារិការិនិ

thuk ké cha me du hung ngön po

and slightly below her heart, a blue ធម៌ (HUNG).

ធមាមារិនិនិនិ

thuk ké u su pe kar dang da wa la tam kar po

In the center of her heart on a lotus and moon disk is a white ធម៌ (TAM).

ଦେଖିବା ପରିମାଣିତ କରିବା

de lé ö ser trö

It radiates lights,

ଶବ୍ଦରେ ଅନୁଷ୍ଠାନିକ ପରିମାଣିତ କରିବା

rang shin gyi né né gom pa dang dra wé ye shé pa chen drang

inviting from her natural place the wisdom aspect of Tara, similar to the self visualization.

ବେନ୍ଜା ସମାଦଜ୍ଞା

ॐ ବେନ୍ଜା ଆର୍ଗମ ସୋହା ॥ ॐ ବେନ୍ଜା ପଦ୍ୟମ ସୋହା ॥

om benza argham soha om benza padyam soha

I offer vajra drinking water, bathing water,

ॐ ବେନ୍ଜା ପୁଦ୍ର ଆଙ୍ଗୁଳି ॥ ॐ ବେନ୍ଜା ଧୂ ଆଙ୍ଗୁଳି ॥

om benza pupé ah hung om benza dhupé ah hung

flowers, incense,

ॐ ବେନ୍ଜା ଜୁଲ୍ଲା ଗୀ ଆଙ୍ଗୁଳି ॥ ॐ ବେନ୍ଜା ଶାକ୍ରେ ଆଙ୍ଗୁଳି ॥

om benza aloké ah hum om benza gendhé ah hung

light, perfumed water,

ॐ बैंज़ कै अनु आँह्ती । ॐ बैंज़ मनु आँह्ती ।

om benza néwidye ah hung om benza shabda ah hung
food, and melodic sounds.

द्वंह्ती शी न्हूं एठिसा न्हु पेद्य एव श्विमा

dzah hung bam hoh nyi su me par thim
She melts indivisibly into me.

श्वर्य यद ना र्षक श्री द्वंह्ती श्री न्हु न्हु न्हु न्हु न्हु न्हु

lar yang sa böñ gyi ö kyi wang lha rik nga khor ché chen drang

Again, light from the seed syllable invites the empowerment deities of the five families and their retinues.

ॐ पेंत्सा कुला सपारिवारा अर्घम सोहा

om pentsa kula sapariwara argham soha
To the five empowerment deities and their retinues, I offer water for bathing,

ॐ पेंत्सा कुला सपारिवारा पद्यम सोहा

om pentsa kula sapariwara padyam soha
To the five empowerment deities and their retinues, I offer water for washing their feet,

ॐ पंत्सा कुला सपारिवारा पुपे सोहा

om pentsa kula sapariwara pupé soha

To the five empowerment deities and their retinues, I offer flowers.

ॐ पंत्सा कुला सपारिवारा धुपे हुङ्

om pentsa kula sapariwara dhupé ah hung

To the five empowerment deities and their retinues, I offer incense.

ॐ पंत्सा कुला सपारिवारा अलोके हुङ्

om pentsa kula sapariwara aloké ah hung

To the five empowerment deities and their retinues, I offer lights.

ॐ पंत्सा कुला सपारिवारा गेंधे हुङ्

om pentsa kula sapariwara gendhé ah hung

To the five empowerment deities and their retinues, I offer perfumed water.

ॐ पंत्सा कुला सपारिवारा नेविद्ये हुङ्

om pentsa kula sapariwara néwidye ah hung

To the five empowerment deities and their retinues, I offer food.

ॐ पंत्सा कुला सपारिवारा शब्दे हुङ्

om pentsa kula sapariwara shabda ah hum

To the empowerment deities and their retinues I offer music.

ସର୍ବତ୍ଥାତ୍ତାତ୍ପରୀକ୍ଷିତୁମ୍ଭୁ

sarwa tathagata abhikintstu mam

May all the tathagatas empower me.

ବୈଶାର୍ଦ୍ଧପାତାପନ୍ଦପନ୍ଦଶୀଲ୍ଲକ୍ଷମଣାଶ୍ରୀ

shé söl wa tap pé wang gi lha nam kyi

In this way the empowerment deities are supplicated.

ହିନ୍ଦୁପାତାପନ୍ଦପନ୍ଦଶୀଲ୍ଲକ୍ଷମଣାଶ୍ରୀ ।

ji tar tam pa tsam gyi ni

The Five Fathers respond, “As soon as [the Buddha] was born,

ଶ୍ରୀକ୍ଷମଣାଶ୍ରୀକ୍ଷର୍ଣ୍ଣପାତାପନ୍ଦ ।

lha nam kyi ni tru söl tar

the deities offered him an ablution of pure celestial water;

ଶ୍ରୀଘିନ୍ଦ୍ରିଦଶପିଣା ।

lha yi chu ni dak pa yi

in the same way, I bathe you

ଦେଶବିନ୍ଦୁପାତାପନ୍ଦଶୀଲ୍ଲକ୍ଷମଣାଶ୍ରୀ ।

de shin dak gi tru söl lo

with pure heavenly water.”

ॐ सर वा ता था गा ता अभि के का ता सा मा या श्री हुं

om sar wa ta tha ga ta abhi ke ka ta sa ma ya shri yé hung

बिना शाश्वत शिरोमुख अनी कुण्डल वस्त्र एवं बाल

shé sung shing bum pé chu wang kur

Then, the five mothers empower me with water from their vases;

कुंग द्री मा दक ।

ku gang dri ma dak

filling my body, it purifies stains.

कुंग द्री मा दक ।

chu lhak ma yar lu pa lé rik kyi dak po

The excess overflows, and the head of the family,

अमिताभ शिरोमुख एवं बाल

ö pak mé kyi ur gyen par gyur

Amitabha, becomes my crown ornament.

श्री तारा देवी द्वारा अपारद्दिव्य उपहार

Imagine that emanated goddesses make offerings to you as Tara:

ॐ अर्या तरा सपारी वारा अर्घम सोहा

om arya tara sapariwara argham soha

To Noble Tara and her retinue they offer water for drinking.

ॐ अर्या तरा सपारी वारा पद्यम सोहा

om arya tara sapariwara padyam soha

To Noble Tara and her retinue they offer water for bathing.

ॐ अर्या तरा सपारी वारा पुपे अह हंग

om arya tara sapariwara pupé ah hung

To Noble Tara and her retinue they offer flowers.

ॐ अर्या तरा सपारी वारा धुपे अह हंग

om arya tara sapariwara dhupé ah hung

To Noble Tara and her retinue they offer incense.

ॐ अर्या तरा सपारी वारा अलोके अह हंग

om arya tara sapariwara aloké ah hung

To Noble Tara and her retinue they offer lights.

ॐ अर्या तरा सपारी वारा गेंधे अह हंग

om arya tara sapariwara gendhé ah hung

To Noble Tara and her retinue they offer fragrance.

ॐ अर्या तरा सपारिवारा नेविद्ये अह हंग् ॥

om arya tara sapariwara néwidye ah hung

To Noble Tara and her retinue they offer food.

ॐ अर्या तरा सपारिवारा शब्दा अह हंग् ॥

om arya tara sapariwara shabda ah hung

To Noble Tara and her retinue they offer music.

ऽहं दद्धि विष्टु च विश्वा ।

Iha dang Iha min chö pen gyi

Devas and asuras bow their crowns

वृषभा श्री वक्त्रा लवचन्द्रा ।

shap kyi pe mo la tu de

at your lotus feet.

शद्वासा गुरु विष्टु विश्वा ।

phong pa kun lé dröl ze ma

I pay homage and give praise to Mother Tara,

अस्मिन् विष्टु विश्वा विश्वा ।

dröl ma yum la chak tsal tö

who liberates from all poverty.

ପଞ୍ଚମ ପ୍ରକାଶନୀ

Then recite:

**rang gi nying gar pe dé teng du khor lo kar po tsip gye mu khyu dang
ché pé**

In my heart, on a lotus and moon is a white wheel with eight spokes and a rim.

କୁଣ୍ଡଳୀ ଦେଖିବାରେ ପାଞ୍ଚ ମହିନା ବିଲାପିତା ହେବାରେ ଏହା କିମ୍ବା

te war tam dei thar dun né yé kor du

In its center is $\frac{5}{2}$ (TAM); starting from the front, arranged clockwise around it are

ଓ'ম'ম'ଗ୍ନ'ୟ'ଃ ପ'ଶ'କ'ର'ଶ'ହ'ର'ନ'ନ'।

om ma ma a yuh pun yé jna na puk tim ku ru ha

ଓঁ ম ম অ যু পু শু ত্রে ত্রে র পু হি কু ন ন (OM MAMA AYUH PUNYÉ JNANA PUKTIM KURU HA).

ଶୈଶବକ୍ଷଣିକା ଏବଂ ପରିମାଣରେ ଅନୁଭବ ହେଉଥିଲା

tsip gye la ta ré tut ta ré tu ré so

On its eight spokes are: ဋ ရ ၏၏၏၏၏၏၏၏၏ (TA RÉ TUT TA RÉ TU RÉ SO).

ཡි·ගේ·ක්වන·ශ්‍රූ·තිය·ගී·ද්‍රුජ·අෂ·ප්‍රූජ·දාජ·හුජ·පේ·මි·යුජ·ස්‍රාජ·යා

yi ge nam mu tik gi dok po tar kar hram me mi yo war né pa

The letters are luminous white, like beads of pearl, and do not move.

ද්‍රී·යා·ද්‍රේඛ·යා ක්‍රූ·යා·ෂ්‍රාජ·යා·යා

de lé ö trö gyal wa se ché chö

They radiate lights, making offerings to the Victorious Ones and their offspring

ක්‍රූ·යා·තඩ·ක්වන·ශ්‍රී·හේ·යා·ෂ්‍රාජ·යා·ද්‍රුජ·යා

sem chen nam kyi tse pel wa sok kyi dön je

and benefitting beings with increased longevity, and other favors.

ව්‍යාජ·යා·ක්වන·ශ්‍රී·හ්‍රිඨ·ස්‍රාජ·දාජ·ස්‍රාජ·යා·ද්‍රුජ·යා

phak pa nam kyi jin lap dang ten yo khor dé kyi tse chu

The blessings of the Noble Ones, the vital essence of the world and its beings,

ද්‍රී·යා·ෂ්‍රාජ·යා·තඩ·ද්‍රේඛ·ම්‍රී·ශ්‍රී·ක්ව·යා·ෂ්‍රාජ·යා

ngö drup tham che ö ser gyi nam par du

of samsara and nirvana as well as all the siddhis are collected in the form of light

ସା ବେନ୍ ନ୍ୟାଣା ଶ୍ରୀଦିନା ସତନା ଧାସିବା ଧନା ସାହାନା ପାତ୍ରି ସହିଦି

sa bön ngak treng dang ché pa la thim pé trak dang si ji

and absorbed into the seed syllable and the mantra circles.

କମ୍ବୁ କମ୍ବୁ କମ୍ବୁ କମ୍ବୁ କମ୍ବୁ କମ୍ବୁ କମ୍ବୁ କମ୍ବୁ

rap tu bar shing chi mé tse yi ngö drup thop par gyur

They blaze with brilliance and majesty, bestowing the siddhi of immortality.

ତୈରା ପରିଚିନ୍ତିତ କମ୍ବୁ କମ୍ବୁ କମ୍ବୁ କମ୍ବୁ

Remaining in one-pointed samadhi, recite:

ଓମଁ ତାରେ ତୁତ୍ତାରେ ତୁରେ ସୋହା

ବିନା କୁ ନଦି ଘି ଶି ଷକ୍ତି ପାତ୍ରି କୁନା କୁ ମଞ୍ଜା ପରମ

Recite the ten root letters as much as possible. At the end:

[If you wish to do long life practice, now click [here](#)]

ଓମଁ ତାରେ ତୁତ୍ତାରେ ତୁରେ ମା ଆୟୁଂ ପୁଣ୍ୟ କୁରୁ କୁରୁ କୁରୁ

om tā re tuttā re ture mama āyu punye jnāna puktim kuru svā hā

Thus recite this long life mantra 108 times. While accumulating repetitions, one million recitations of the root mantra is said to be the accomplishment of the mantra. With ten million, it is said that all activities are accomplished. In a retreat of about seven days, if you recite the mantra with devotion and joy, you can even experience the ability to reverse untimely death. Then, when you are focusing on the long life practice and also when engaging in the daily practice, recite the long life mantra.

କ୍ରମାବଳୀ

Now to conclude the session:

nang si tham che phak ma dröl may kyil khor du gyur

All apparent existence becomes the mandala of Noble Tara,

ଦ୍ୟୁମନ୍ତନ୍ତ୍ରବିଜ୍ଞାନପାଠୀ

de tham che sung khor la them

which dissolves into the circle of protection.

ସଦ୍ବୈନ୍ଦ୍ରିୟକୁ ଦର୍ଶନ କରିବାରେ ଏହା ପରମା ଅନୁଭବ ହେଲା

rang nyi ten dang ten par ché pa'ang rim gyi thuk ké tam la thim

Sequentially, the outer world and myself as Tara dissolve into the ས (TAM) in my heart.

ଦେଇନ୍ ମେ ରିମ ଗ୍ୟି ଓ ସାଲ ଦୁ ଶୁକ ପାର ଗ୍ୟୁର

de'ang mé rim gyi ö sal du shuk par gyur

Then the TAM gradually dissolves from its lowest part upward. I rest in clear light.

[If you wish to do the practice of the protection wheel, click now [here](#).]

ଜ୍ଞାନ ରତ୍ନ ତ୍ରିଦ ରଥଶଶ ମା ଶ୍ଵେତ ପାଦି ଜ୍ଞାନ ସୁନ ପାଦି

lar rang nyi phak ma dröl may kur gyur pé

I arise again in the form of Noble Tara,

ସବ୍ରଣ ଶଶ ଶୁନ ଦୁ ଔ ଅଙ୍ଗ ହୁଣ ଶୀନ ପକର ପନ ସୁନ

né sum du om ah hum gi tsen par gyur

whose three places are marked with ଔ ଅଙ୍ଗ ହୁଣ (OM AH HUNG).

ଶୁଦ ଶଶ ଶୁନ ପକର ପନ ରତ୍ନ ଦ୍ଵାରା ପନ ସନ ରତ୍ନ ପାଦି ପିନ ପିନ

nang drak kyi chö tham che dön dam par rang shin mé pa

Ultimately, all the phenomena of sights, sounds, and so forth have no inherent nature;

ଶୁଦ କ ଶୁନ ପକର ପନ ଯି ସନ ଲୁହି ଦ ରତ୍ନ ଦ୍ଵାରା ପନ ସନ ରତ୍ନ ପାଦି ।

nang drak kyi chö tham che dön dam par rang shin mé pa

what appears is illusion-like and utterly pure as the essential nature of the wisdom deities.

[If you wish to offer torma, click now [here](#).]

དྷଁ·ସ· བ୍ରଦୀ· པଣ୍ଟିଶ· ଶୁନ୍ତର୍ମୁନ୍ତର୍ମଣ ।

ge wa di yi nyur du dak

By this virtue,

ଆସି· ପାଦଗର୍ବର୍ମିତା· ଶୁନ୍ତର୍ମୁନ୍ତର୍ମଣ ।

dröl ma kar mo drup gyur né

may I swiftly accomplish White Tara

ଏଶ୍ଵର୍ମି· ଶାନ୍ତିଶ· ଶୁନ୍ତର୍ମୁନ୍ତର୍ମଣ ।

dro wa chik kyang ma lu pa

and establish all beings without exception

ଦ୍ୱାରା· ପିଣ୍ଡାଶ· ଶୁନ୍ତର୍ମୁନ୍ତର୍ମଣ ।

de yi sa la gö par shok

on her level.

ଶଶିଶାସନ୍ତର୍ମୁନ୍ତର୍ମଣ ।

Speak thus.

[To conclude, click here for [aspiration and auspiciousness prayers](#).]



ଶ୍ରୀ ପଦମାନାବୁ ଏଣ୍ଡର୍ ବାଦ୍ଯାସ୍ତ୍ରା ଦ୍ୟାନ୍ ଏଣ୍ଡର୍ କ୍ଷେତ୍ରା କ୍ଷେତ୍ରା ସମ୍ବନ୍ଧା କ୍ଷେତ୍ରା

Between sessions, if you offer torma, set up a white chok dum torma:

ଓঁ ষষ্ঠী আশ্বিনী পুরুষ পূজা করে দেবতা

Om benza amrita kundali hana hana hung pé

ଶ୍ରୀମଦ୍ଭଗବତ

Thus cleanse.

ଓঁ শু অ প্রেরণ ঃ সত্ত্ব ক্ষুঃ শু অ প্রেরণ ঃ

om sobhawa shuddha sarva dharmah sobhawa shuddho ham

藏文大藏经

Thus purify.

ଶ୍ରୀମତୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ ପାତ୍ନୀ

tong pay ngang lé tor nö yang shing gya che wa rin po che lé drup pé
nang du

Out of emptiness arises a vast and spacious torma vessel made of jewels.

ॐ अहूः हुं द्विन् द्विन् द्विन् द्विन् द्विन्

om ah hung ö du shu wa lé jung way tor ma

Within it, ॐ अहूः हुं (OM, AH, HUNG) melt into light, from which arises a torma —

दो गी ग्या त्सो चेन पो क्हा डोक द्रि रो नु ठु फुन सुम ट्सोक पर ग्युर

dö gui gyä tso chen po kha dok dri ro nu thu phun sum tsok par gyur
a great ocean of everything that could be desired in superlative color, smell, taste, and vitality.

ॐ अहूः हुं

om ah hung

एवं एषाम् अवाम् एवाम्

Repeat three or seven times.

रंग गी न्यिं गाइ सा बोन ले ओ त्रो

rang gi nying gai sa bona lé ö tö
The seed syllable in my heart radiates light,

ल्हो चोक पो ता ले रि बो ने जे त्सुन मा द्रोल मा कार मो ला

lho chok po ta lé ri bo né je tsun ma dröl ma kar mo la
inviting from Potala Mountain in the south, the noble White Tara,

ଶଦ୍ରା·କୃତ୍ତିନ୍ଦ୍ର·ପ୍ରତିକ୍ରିଯା·ଶିଖନ୍ତି·ଦ୍ୱାରା·ହେତୁଣା·ବିମନ୍ତା·ଚନ୍ଦ୍ର·ଶ୍ରୀମନ୍ତିରାଙ୍ଗନ୍ତିରା

sang gyé dang jang chup sem pé tsok tham che kyi kor ba

surrounded by a gathering of all the buddhas and bodhisattvas.

ମହାଶ୍ୟାମଙ୍କ ଶାନ୍ତିମନ୍ଦିରାଳୀ।

benza samadzah / pema kamalaya satam

ଶ୍ରୀକୃଷ୍ଣାମୁନିମୂଳପାତ୍ରହିନ୍ଦ୍ରିସ୍ତ୍ରୀଶ୍ଵରମାଣାନାନ୍ଦନାନୁର୍ମାଣି

Iha nam kyi jak dor jé bu gu drang te tor ma söl war gyur

The deities partake of the torma, drawing it through the hollow of their vajra tongues.

om taré tuttaré turé idam balingta khakha kha hi kha hi

ସବୁମାତ୍ରିଶାହେନ୍ଦ୍ରକମାଦି ॥

Offer to Tara three times.

ଓঁ আগুর্বন্ত সন্ধিশব্দে অসমীয়া ভাষার সুন্দর প্রকৃতি।

**Om akaro mukham sarwa dharmanam adé nutpenna tota om ah hung
pé soha**

ଏକ·ଶଶୁମା·ଶ୍ରୀଶ·ପରିଷ·ହେଣା·କୁମାର·ପ·ଦ୍ରୁପା|

Three times offer to her retinue:

ॐ अर्या तरा सपारी वारा अर्घम सोहा ।

om arya tara sapariwara argham soha

To Noble Tara and her retinue I offer water to drink.

ॐ अर्या तरा सपारी वारा पद्यम सोहा ।

om arya tara sapariwara padyam soha

To Noble Tara and her retinue I offer water for bathing.

ॐ अर्या तरा सपारी वारा पुपे अह हंग ।

om arya tara sapariwara pupé ah hung

To Noble Tara and her retinue I offer flowers.

ॐ अर्या तरा सपारी वारा धुपे अह हंग ।

om arya tara sapariwara dhupé ah hung

To Noble Tara and her retinue I offer incense.

ॐ अर्या तरा सपारी वारा अलोके अह हंग ।

om arya tara sapariwara aloké ah hung

To Noble Tara and her retinue I offer light.

ॐ अर्या तरा सपारी वारा गेंधे अह हंग ।

om arya tara sapariwara gendhé ah hung

To Noble Tara and her retinue I offer fragrance.

ॐ अर्या तरा सवारिवारा नेविद्ये अह हुं ॥

om arya tara sawariwara néwidye ah hung

To Noble Tara and her retinue I offer food.

ॐ अर्या तरा सपारिवारा शब्दा अह हुं ॥

om arya tara sapariwara shabda ah hung

To Noble Tara and her retinue I offer melodic sounds.

श्रीनामकृद् ।

Thus make offerings.

मर्त्तन् स एवा श्वेता द्वि रे आ ।

khor wa lé dröl ta ré ma

You are the mother who with TARÉ liberates from samsara;

तु द्वू रे चिना द्वैषणा एकुद श्वेता ।

tuttaré yi jik gye dröl

With TUTTARÉ you give freedom from the eight fears;

तु रेषा रा एवा गुरु एवा श्वेता ।

turé na wa kun lé kyop

With TURÉ you protect from all illness.

ਛੇਵਾਵਾਵਾਵੈਤੁ਷ਾਵਕਵਾਵਾਵੈਨਾ॥

dröl ma la ni chak tsal tö

I praise and prostrate to you, the Noble Liberator.

ਸਦਾਸ਼ੀਵਿਸ਼ਣਾਵੈਨਿਰੰਦ੍ਰਾਵਾਵਾਵੈਨਾ॥

gang gi thuk je ö kar gyi

With the white light of your compassion,

ਮਾਲੁਦ੍ਰਾਵਾਵੈਨਿਰੰਦ੍ਰਾਵਾਵੈਨਾ॥

ma lu dro wé dön dze ching

you benefit every living being.

ਕਾਰੋਵਾਵੈਨਿਰੰਦ੍ਰਾਵਾਵੈਨਾ॥

gön mé nam kyi gön dang kyap

To those without a protector, you give protection and refuge.

ਕੁਰਾਵਾਵਾਵਾਵੈਨਾ॥

gyal wa sé dang ché la du

I bow to the Victorious Ones and their heirs.

ਕਹੋਵਾਵਾਵੈਨਾ॥

chö jin tor ma di shé la

Please accept this torma, offered to those above and below.

କ୍ରମ୍ବସ୍ତୁତାନ୍ତରାତ୍ରିରେ ପରିଚୟ ।

nal jor dak chak khor ché la

May we practitioners and all connected to us

ବ୍ୟାଧିରେ ଦୁଃଖରେ ଶୁଦ୍ଧିରେ ।।

né mé tse dang wang chuk dang

have good health, long life, strength,

ବ୍ୟାଧିରେ ଶୁଦ୍ଧିରେ ଦୁଃଖରେ ।।

pal dang drak dang kal pa sang

glory, fame, good fortune,

ବ୍ୟାଧିରେ ଶୁଦ୍ଧିରେ ଦୁଃଖରେ ।।

long chö gya chen kun thop ching

as well as great and vast resources.

ବ୍ୟାଧିରେ ଶୁଦ୍ଧିରେ ଦୁଃଖରେ ।।

shi dang gyé la sok pa yi

Please grant us the siddhi of the four activities —

ବ୍ୟାଧିରେ ଶୁଦ୍ଧିରେ ଦୁଃଖରେ ।।

lé kyi ngö drup dak la tsöl

pacifying, increasing, and the others.

དམ·ჲිජ·თდ·ჲ්‍රීජ·სდග·ე·ჲურნა|

dam tsik chen gyi dak la sung

You who keep samaya, protect us.

ნდ්‍රා·ჲුნ·გურ·ჲ්‍රී·ჲ්‍රී·სდგ·ჲ්‍රී·მაჲნა|

ngö drup kun gyi tong drok dzö

Assist us in attaining all siddhis.

კუ·ჲინ·გჲი·დდ·რდ·ჲმას·დდ|

du min chi dang ne nam dang

Eliminate untimely death and disease,

ენდ·დდ·სონს·ჲმას·ჲინ·ენ·მაჲნა|

dön dang gek nam mé par dzö

negative influences and obstructing spirits.

ჲქ·ევ·დვ·დდ·ჲარდ·ჲ·დვ|

mi lam ngen dang tsen ma ngen

Banish omens, bad dreams,

ე·ჲინ·დვ·ს·ჲინ·ენ·მაჲნა|

ja je ngen pa mé par zö

and harmful actions.

ਵਹਿਣੁ ਹੈ ਰਾਵਦੀ ਕਿਵੇਂ ਪੇਸ਼ ਕਰਦਾ ॥

jik ten de shing lo lek dang

Give your support to a joyous world, bountiful harvests,

ਵਹੁ ਕਰਮਾ ਦਾ ਸੇਵਾ ਕਿਵੇਂ ਕੱਲਾ ਦਾ ਸੇਵਾ ਕਰਦਾ ॥

dru nam phel shing chö phel dang

thriving crops, flourishing Dharma,

ਵਦੀ ਪੇਸ਼ ਕਰੁ ਕੁਝ ਕੱਲਾ ਪਾ ਕਰਦਾ ॥

de lek pun sum tsok pa dang

well-being, and abundance.

ਧਿਨ ਦਾ ਦੁਦਦ ਦਾ ਗੁਰ ਦੁਆਰਾ ਕਰਦਾ ।

yi la dö pa kun drup dzö

May all our wishes for good be accomplished.

ਅਥਗਾ ਮਾਂ ਸ਼੍ਰੀ ਪਾਨ ਪਦਗ ਦਾ ਪਾਕਣ ਸ਼੍ਰੁਤ ਕੁਦਾ ਥੀ ਦੁਦਗ ਦੁਆਰਾ ਸ਼ੁਨਾ ਦਾ ਸ਼ੁਨਾ ਦਾ ਸ਼ੁਨਾ ਦਾ ।

phak ma dröl mé dak la chok thun mong gi ngö drup ma lu pa tsöl wa dang

Noble Tara, please grant all the supreme and ordinary siddhis,

ਅਨੁ ਸਨੁ ਕੁ ਦੁਆਰਾ ਘੁਰ ਥੀ ਵਹਿਣ ਦਾ ਦਾ ਦਾ ਸ਼੍ਰੀ ਸ਼੍ਰੀ ਚੰਦ ।

khye par du tral yun gyi jik pa lé kyop ching

and especially, protect us from present and future fears.

હોં શ્રી દુર્ગા વિના રક્ત વિના અક્ષેત્ર એવા વિના એવા

chö chö shin yun ring du tso wé chok jin par ze du sól

Bestow the supreme gift of a long life engaged in the Dharma.

ॐ બેન્જા સતો સમાયા માણુષા યા

om benza sato samaya manu palaya

બેન્જા નુહેર્પટીન્હેર્પેન્ના

benza sato tenopa tikta dridho mé bhawa

નુહેર્પેન્ના નુહેર્પેન્ના

sutokhayo mé bhawa supokhayo mé bhawa

આનુરક્તે પેન્ના એસ્થસીક્રીષ્ટેસ્યા

anurakto mé bhava sarva siddhi mém prayatsa

એસ્થા સુર્તે પેન્ના

sarwa karma sutsa mé tsittam shreyah

એસ્થા હા હા હા હો

bhagawen

សារ៉ា.ទាច.ហេ.បេ.មេ.មុន្តា.

sarva tathagata benza mamé muntsa

បេ.ជី.នុ.អ.ម.នុ.ន.ម.យ.ស.ន.ញូ.

bendzi bhawa maha samaya sato ah

ពិ.សិ.សក្រ.ស.ឃវ.សន្យ.ស.ណ.

Repeat the hundred syllables three times. [\[Back to the beginning of the mantra\]](#).

ម.អត្ថ.ស.ណ.ទមន.ស.ណ.||

ma jor pa dang nyam pa dang

Whatever was lacking or defective,

ស.ណ.យ.ណ.ស.ណ.ស.ណ.ស.ណ.||

gang yang dak mong lo yi ni

whatever my deluded mind has done or caused to do,

ស.ពិ.ស.ណ.ទិ.ស.ពិ.ស.ណ.ស.ណ.||

gyi pa dang ni gyi tsal gang

for all of these,

ଦ୍ୟନ୍ତିଷତ୍ତବାଦୀକୁ ଶର୍ଣ୍ଣପା ।

de yang sö par dze du söl

I pray for the Protector's patience.

ଶ୍ରୀମଦ୍ଭଗବତ

Thus faults are acknowledged.

ସଦ୍ବିନ୍ଦୁକେ ହେଠାନଙ୍କ ଲୀଖିତ ଶିରୀଶୁଣୁ ।

dir ni ten dang lhen chik tu

Please remain here together with the support

ପର୍ବତ-ପାତ୍ରିଦ୍ୱାରା ପରିଷ୍କାର କରାଯାଇଥାଏ ।

khor wa si du shuk né kyang

as long as samsara exists

ସନ୍ଦେଶକ୍ଷେତ୍ରବିଭାଗ ମୁଖ୍ୟମନ୍ତ୍ରୀ ।

ne me tse dang wang chuk dang

and grant good health, long life,

ଅଙ୍କେଷ୍ଟ କୁମରା ପିତାମହ ଏବଂ ଶ୍ଵରୁମାତ୍ର ସର୍ବପାଦ ।

chok nam lek par tsal du söl

power, and the supreme siddhi.

ॐ सूत्र रिति एक प्रेरणा है।

om sutra tishtha benza ye soha

ब्रह्म वस्तु एवं अर्थात् अपेक्षा कर्त्ता विद्युत् विद्युत् विद्युत् विद्युत् ।

Thus the torma guests are asked to remain in the support. Then make aspiration prayers and prayers of auspiciousness.

[Back to the main practice]



If you wish to meditate on the wheel of protection, after dissolving the self-visualization and before arising again in the body of union, recite:

ઝેદ-ઘરી-દદ-ઘણ-ઝેદ-લેણ-ઘેણ-દસ્તિશ-ઝે-દગાર-ઝે-કુઘણ-ઘણ-શુન-ઘણણ-શુ-ઘણણ-

tong pé ngang lé ke chik gi khor lo kar po tsip chu gur thap su né
shing

From emptiness instantly arises a white wheel, resembling a tent with ten spokes,

କିମନ୍ତକ ପନ୍ଥୁନ୍ତକ ପରିଶ ପଦି ଲେ ସାଙ୍ଗୁମ ଅଧିକାରୀ ପଦି କର୍ତ୍ତକ

mi ngön par nyur du khor wé te wa dum po yang pé nang du
spinning swiftly and invisibly. Within its round and spacious center,

ସର୍ବତ୍ରିଦ୍ୟାଶବ୍ଦାକ୍ଷର୍ଯ୍ୟପାଦ୍ୟାଧିଦ୍ୱାରାବିନିର୍ମିତ ଏହିତିରେ ଏହିତିରେ ଏହିତିରେ ଏହିତିରେ

rang nyi phak ma dröl ma yi shin khor lo gyen dang cha luk

I appear clearly as Noble Tara, the Wish-Fulfilling Wheel,

ઘડસ·સુહૃત્તણસ·દન·ણાય·ઘરી·સુષણસ·ગન·દર્શિસ·ઘ્યાંઘિણ·દ્વારસ·દન·ઘણસ·ઘ

yong su dzok par sal wé thuk kar khor lo yik dru dang ché pa

perfectly complete in ornament and attire. In my heart is the mantra wheel with its syllables.

ସମ୍ବନ୍ଧିତ ଶ୍ରୀ ଶ୍ରୀଦ୍ଵାରା ଦେଖାଯାଇଥାଏ କେବଳ କଣ୍ଠରେ ଅନୁଭବ ହେଲା ଏବଂ ପରିଚାରରେ ଅନୁଭବ ହେଲା

rang nyi kyi teng du om og tu ha tsip kyi tsa wa bup tong gi the kyi

An $\ddot{\text{E}}$ (OM) is above me and $\bar{\text{H}}$ (HĀ) below. Inside the hollow area of each spoke's joint,

nang du dun né yé kor du yi ge gye ché yik dru nam kar po

from the front clockwise, are the eight white syllables.

ସନ୍ଦର୍ଭାବରେ କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା କିମ୍ବା

rang gi thuk ké sa böñ lé ö ser kar po shel ta bu

The seed syllable in my heart radiates one after another crystalline white lights,

ଶେର-ଶ୍ଵ-ଷାଶେର-ଲୁହୁଣ୍ଡା ଦେଶ-ଶ୍ଵ-ପକ୍ଷ-ନୁ-ଷ-ଲୁହୁଣ୍ଡା

ser po ser ta bu mar po pe ma ra ga ta bu

golden yellow lights, ruby red lights,

ପୁଣ୍ୟବିରାମ ପାତାଙ୍ଗ ପାତାଙ୍ଗ ପାତାଙ୍ଗ ପାତାଙ୍ଗ

chak kha tho reng kyi nam ta bu jang gu ma ge ta bu

metallic blue lights (the color of the sky at dawn), emerald green lights,

ପାଦିକ୍ଷାରୀ ପାଦିକ୍ଷାରୀ ପାଦିକ୍ଷାରୀ ପାଦିକ୍ଷାରୀ

chin kha in dra ni la ta bu nam rim par trö

and deep blue sapphire lights.

ଶେଷା'ତବ'ଶ୍ରୀ'ଦ୍ଵିତୀୟା କୃପା'ପ'କ୍ରମା'ପକ୍ଷଦ୍ଵା

sem chen gyi dön jé gyal wa nam chö

They benefit sentient beings and make offerings to the Victorious Ones

ଶ୍ରୀମତୀ. ପାତ୍ରିକା ପାତ୍ରିକା ମହାନାଥ ପାତ୍ରିକା

chok chui gyal wa nam kyi jin lap ö ser

in the ten directions. Their blessings return in sequence

དྲାଙ୍ ଶେନ୍ ଦ୍ୱାରା ଶ୍ରୀ ମହିଦାବିଦ୍ ପାଇଁ କ୍ଷମା ପରିଚ୍ଯାପନ କରିଛା

kar ser mar ngo jang thing gi nam par rim par jön

as white, yellow, red, metallic blue, green, and deep blue lights.

ମୁଣ୍ଡାରୀ ପାଇଁ କିମ୍ବା କିମ୍ବା କିମ୍ବା

rang gi thuk ké khor lo la thim pé

Through their dissolving into the wheel at my heart,

shi gyé wang drak lé na tsok pé ngö drup thop ching ten par jé

the siddhis of the various activities — pacifying, enriching, empowering, and subduing — are attained and stabilized.

ਦੰਡਾਂ ਲੋਣਾ ਮਾਂ ਕੁਮਾਰ ਵਰਤੋਂ ਹੈਂ ਸੁਨ ਪਦ ਧੀ ਤ੍ਰੀਵਾ

ö lhak ma nam khor loi gur khang gi chi né

The remaining lights form successive pavilions, starting

ਦੰਡਾਂ ਗਦ ਚੰਡ ਵਾਂ ਦੰਡਾਂ ਦਾ ਗੁਰ ਹੈਂ ਸੁਨ ਪਦ

dom gang tsam né ö kar poy gur khang

about six feet from the outer perimeter of the wheel. The nearest pavilion is made of white light;

ਦੰਡੇ ਪ੍ਰੀਤ ਜੀਵ ਹੈਂ ਦੰਡੇ ਪ੍ਰੀਤ ਦਾ ਗੁਰ ਹੈ

dei chir ser po dei chir mar po

beyond this is a yellow one; beyond that, a red one;

ਦੰਡੇ ਪ੍ਰੀਤ ਲੂਣ ਸਾਂ ਸਾ | ਦੰਡੇ ਪ੍ਰੀਤ ਲੂਣ ਸਾ

dei chir chak kha dei chir jang gu

beyond that, a metallic blue one; beyond that, a green one;

ਦੰਡੇ ਪ੍ਰੀਤ ਦੰਡ ਕਿਵ ਸਨੈ ਸੁਨ ਪਦ ਕੁਮਾਰ ਗੁਦ ਦੰਡ ਸੰਨੈ ਸਨ ਬਸਾ ਤਕਾ

dei chir ö chin khé gur khang nam kyang dom rei bar thak chen

and beyond that, a deep blue one. They are about six feet apart

ਛੇਂਦ ਦੱਸ ਪ੍ਰੇਸ਼ਨ ਮਕ ਮਨ ਗੁਰ ਚੁ ਵਰਤ ਸ ਲੈ ਕ ਸੰਨੈ ਕ ਸ ਤਕਾ

teng ök chok tsam kun tu khor wa dum poi nam pa chen

and spherical with a seamless surface.

sa wa ten pa sup mé pa lung ser bu tsam yang mi thar pa war

Strong, firm, and without gaps — not even a trace of wind can pass through them.

ଶ୍ରୀମତୀ. କଣ୍ଠାପୁରୀ ଶ୍ରୀମତୀ. ପ୍ରିଯାମାତ୍ରାନ୍ତାନ୍ଦନାନ୍ଦନାମୁଖୀ

tong tham che ut pa la ngön po kha je ma thak pé gang war gyur

The empty spaces are filled with blue utpala flowers fresh in bloom.

After reciting the ten syllables as much as possible, dissolve into clear light and arise in the body of union as previously described. The lamas also explain this to be the practice of the completion stage with characteristics.

[Back to the main practice.]



ཡ ད ༌ ག ཉ ཁ ཈ ང ཉ ཁ ཉ

To engage in the long-life practice:

ଓ གྷ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ

chi woi ö pak mé kyi thuk gyu kul wé

Through invoking the mind of Amitabha above my crown,

ଓ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ

chak gi lhung se kyi du tsi khöl

nectar from the begging bowl in his hands heats and overflows;

ଓ ཉ ཁ ཉ ཁ ཉ ཁ ཉ

rang gi chi wo né shuk

entering through my crown,

ଓ ཉ ཁ ཉ ཁ ཉ ཁ ཉ ཁ ཉ

lu tham che gang shing chi mé drup par gyur

it fills my entire body, ensuring immortality.

ବୈଷ୍ଣବମୂର୍ତ୍ତିନୀପଦ୍ମାନାଥାକ୍ଷେତ୍ରମହାଶୁଦ୍ଧିମୁଦ୍ରା ।

Thinking in this way, you should sometimes recite the long-life mantra.

[Back to the long life mantra.]

ਕੁਲਾਕੋਤਾਕੇਨਥਾਮੇਦਾਵੈਧੁਮਾ।

gyal chok tse pak mé pé yum

Mother of the supreme, victorious Amitayus,

ਓਕੈਮੇਦਾਦੇਸਾਏਨਾਲੈਨਾਸਮਾ।

chi mé ngé par ter wa mo

You who surely bestow immortality,

ਰੀਣਾਏਵਾਦਿਕਾਵਾਨਾਲ੍ਹਾਨਾਵਾ।

rik pa dzin ma chom den dé

Vidyadhara and Bhagavati,

ਚਿਦਾਵਾਕਿਵਾਵਾਵਾਵਾਵਾਵਾ।

yi shin khor loi ta shi shok

May the auspiciousness of the Wish-Fulfilling Wheel be present.

ਦਾਗਾਵਾਦਾਚਿਨਾਨੋਕਾਨਾਕਾਗੁਵਾ।

ge wa di yi sem chen kun

By this virtue may all sentient beings' negative actions, obscurations, faults,

ਖੀਗਾਖੀਏਨਾਲ੍ਹੁਦਾਕਾਨਾਗਾਵਾ।

dik drip nyé tung ne dön shi

downfalls, sicknesses, and harmful influences be pacified.

କେନ୍ଦ୍ରପାତ୍ରଶବ୍ଦିକାମଣିଷୀଳା ।

tse pal sö nam ye shé gyé

May lifespan, glory, merit, and primordial wisdom increase.

ଶ୍ରୀମଦ୍ଭଗବତ୍ ।

dröl mé go phang nyur thop shok

May they swiftly accomplish the realization of Tara.

At the request for a daily practice by Lodro, King of Dege, who holds the wealth of the four abundances and the discipline of the ten virtues, this was written by the lazy Dharma Kara, the Eighth Tai Situ, in the year of a bountiful harvest on an auspicious day during the fortnight of the increasing moon of the eighth month, in the great palace of the capital of Lhundrup Teng. Mangalam jayentu.



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