

A White Tara Meditation for Long Life

Composed by Lama Zopa Rinpoche

Before the practice, generate the motivation that you are doing this practice not just for yourself but for the benefit of all sentient beings. Then, take refuge in Buddha, Dharma, and Sangha from the heart.

Taking Refuge and Generating Bodhichitta

I take refuge until I am enlightened
In the Buddha, the Dharma, and the Supreme Assembly.
By my merits of generosity and so forth,
May I become a buddha to benefit transmigratory beings. (3x)

Visualize White Tara above your head or in front of you at the level of your forehead. Visualize long life nectar coming from Tara's heart. This blissful white light enters your crown and completely fills your body. Feel strongly and concentrate clearly that all your sicknesses, spirit harms, negative karmas, and obscurations are completely purified.

*Meditate on the above visualization in the following way:
While reciting one mala of Tara's mantra, concentrate on the nectar entering and filling your body. At the completion of one mala, feel strongly that your life has been increased, your merit developed, your scriptural understanding and wisdom increased, and that you have achieved realization of immortality.*

OM TĀRE TUTTĀRE TURE MAMA ĀYUR PUṆYE JÑĀNA
PUṢṬIṀ KURUYE SVĀHĀ

At the end, dedicate the merit to achieving the state of buddhahood in order to benefit all sentient beings.

Colophon:

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