

Sadhana of White Tara



Jangtse Choje Kyabje Gosok Rinpoche



Taking refuge and generating enlightened mind (Bodhicitta) (recite 3 times):

ଓঁ শব্দস্তুষাক্ষণ্ডক্ষণাগ্নিরক্ষণাক্ষণাপ্রিণ্ডে
পদ্মণায়ৈশ্বরীক্ষণাপদ্মৈশ্বরীক্ষণাগ্নি

**Sangye chö dang tsok gyi chok name la / jang chup par dou dak ni kyap su chi
Dak gyi chin sok gyi bey tsok name gyi / dro la pen chir sangye drup par sho**

In the Buddha, the Dharma and the Supreme Samgha, I take refuge until I attain enlightenment. Through the accumulation of merits of practicing generosity and so on, may I realize Buddhahood in order to benefit all beings.

The four immeasurables (recite 3 times):

ଶୈମରା ତକ୍ତ ସମାଜ ଦ୍ୱାରା ପରିଚ୍ଛନ୍ନ ହେଲା ଏହା ଗୁରୁ ଛେ
ଶୈମରା ତକ୍ତ ସମାଜ ଦ୍ୱାରା ପରିଚ୍ଛନ୍ନ ହେଲା ଏହା ଗୁରୁ ଛେ
ଶୈମରା ତକ୍ତ ସମାଜ ଦ୍ୱାରା ପରିଚ୍ଛନ୍ନ ହେଲା ଏହା ଗୁରୁ ଛେ
ଶୈମରା ତକ୍ତ ସମାଜ ଦ୍ୱାରା ପରିଚ୍ଛନ୍ନ ହେଲା ଏହା ଗୁରୁ ଛେ

Sem chen tam che de wa dang de wey gyü dang den par gyür chik

Sem chen tam che duk ngel dang duk ngel gyi gyü dang drel war gyür chik

Sem chen tam che duk ngel me bey de wa dang mi drel war gyür chik

Sem chen tam che nye ring chak dang nyi dang drel wey tang nyom la ne par gyür chik

May all sentient beings be endowed with happiness and its causes!

May all sentient beings be free of sufferings and their causes!

May all sentient beings not be separated from sorrowless bliss!

May all sentient beings remain in the equanimity free from the bias of attachment and aversion!

Praise

୧୦ ପାଠ୍ୟାବଳୀ ମାତ୍ରାଶାସ୍ତ୍ର ଅନୁଷ୍ଠାନିକ ପାଠ୍ୟାବଳୀ

Kang gi kyö shap pedmo ku chö ne / Ta re la sok rik ngak dö tsam gyi

Homage to You who bestow upon whoever pays homage with respect to the lotus of your feet and simply recites mantras like TURE

ପାଇଁ ଗେଡ଼ କେ ଦୂର ଘେନା ମେଣା ଏଣ୍ଟିଙ୍କ କରଣା ଶେଣା

Chi me tse dang ye she sö nam sok / chi dö ngö drup tsöl la chak tsel lo

All the realizations they long for such as immortal longevity, wisdom and merits.

Heart mantra. (Recite as much as you can)

OM TARE TUTTARE TURE MAMA AYUR PUNYE JNANA PUSHTIN KURU SOHA

Seed-syllable: TAM ə (white color)

Mantra of 100 syllables of the lotus (at least 21 recitations):

ஓ || ଅଁପଦ୍ମାସତୋସାମ୍ଯା ମାନୁଷ୍ୟାୟା ସକ୍ଷାସାତ୍ରେକ୍ଷିପାଦିଷ୍ଟି ହିଂକ୍ଷାୟେଶ୍ୱରୀ ଶୁର୍ତ୍ତୁପ୍ରେଷ୍ଣାଭୀ ଶୁର୍ତ୍ତୁ
ମେଷ୍ଟୁଭୀ ଅନୁରୂପେଶ୍ୱରୀ ସତ୍ୟକିଷ୍ଣେଶ୍ୱରୀ ଏତ୍ତାଗଣ୍ମାତ୍ରାଭୀ ତେଜିଷ୍ଠେଶ୍ୱରୀଗୁରୁତ୍ବୀ ହନ୍ତନ୍ତନ୍ତିଙ୍ଗ
ଶ୍ଵେତଶକ୍ତିଶାନ୍ତିଶାନ୍ତି ସକ୍ଷାସାକ୍ଷୀଶ୍ୱରୀ ସକ୍ଷାସାଭୀଶ୍ୱରୀ ବନ୍ଧୁଶାନ୍ତିଶାନ୍ତି ତେଜାଶିଳ୍ପାର୍ଥାପର୍ବତୀ

OM PADMA SATO SAMAYA / MANUPALAYA / PEDMA SATO TENOPATISHTA / DRIDHO MEBHAWA /
SUTOKAYO MEBHAWA / SUPO KAYO ME BAWA / ANU RAKTO MEBHAWA / SARVA SIDDHI MEM
PRAYATSA / SARVA KARMA SUTSAME / CITTAM SHRI YAM KURU HUM / HA HA HA HA HO /
BHAGAWAN / SARWA TATHAGATA / PEDMA MAME MUDZA / PEDMA BHAWA / MAHA SAMAYA
SATO AH

Dedications:

ଦ୍ଵାରା ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ
ଦ୍ଵାରା ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ

Ge wa di yi nyur du dak / yi shine kor lo drup gyur ney
Dro wa chik kyang ma lü pa / de yi sa la gö par sho

By the power of these virtues, may I quickly obtain the achievements of Tara, Wish-Fulfilling Wheel,

And then, may I also establish in this state all the beings without exception.

ଦୁଃଖାଶୁଦ୍ଧିଶାନ୍ତିଶାନ୍ତିଶାନ୍ତି ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ
ଦୁଃଖାଶୁଦ୍ଧିଶାନ୍ତିଶାନ୍ତିଶାନ୍ତି ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ

Dü sum shek pey gyel wa tam che kyi / ngo wa kang la chok tu ngak pa de
Dak shen ge wey tsa wa di kün kyang / sang po chö chir rap tu ngo war gyi

In conformity with what has been praised as the supreme dedication by all the Victorious who manifest themselves in the three times,

I perfectly dedicate all the root of virtues of myself and others to the accomplishment of excellent activities.

॥ ଶ୍ରୀକ୍ୟାବ୍ଜେ ଚୋଜେ କେତ୍ତା ହେଷ୍ଟା ରେତ୍ରା ରେତ୍ରା କେତ୍ତା କେତ୍ତା କେତ୍ତା

Prayer of Long Life for His Eminence Kyabje Jangtse Chöje Gosok Rinpoche

ଓ || ଅଁଶ୍ଵରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ
ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ ପଦ୍ମାମାତ୍ରାଭୀଶ୍ୱରୀ

Om Svasti. Tsen nyen dü tsyi la ten pey mö / zhön drel dorje tse sok drup pey gön /
Ma nge gyu mar röl pey tse yi lhe / chi me drup pey chin gya deng dir pop

Om Svasti. You whose nectar of fame delights our mind when we think about it; You, Deities of long life who appear in this world in various appearances; You Lords who have obtained a longevity similar to the indestructible vajra, spread here today a multitude of blessings for the realization of immortality!

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Ngak gi wang chuk tup sung rap jam zhung / she drup ten pey dzö dzin chö kyi je /

Ma me ge den lek she nor bü ter / gya chen chö kyi tso la söl wa dep

O Lord of Dharma, Holder of the treasure of the Doctrine taught and realized through the excellent works of the Words of Buddha Sakyamuni whose speech is skillful and powerful, to You, vast and profound ocean of Dharma, precious treasure of the excellent speeches of the Virtuous with superior qualities, I make this supplication.

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Yong dak trül drel tawa zap mö long / che jok rang tsel ngom pey yik gi ter

Gyel se chö pey dzum lap chok kyi tar / tro khe chö kyi gya tsor zhap ten shok

O vast ocean of Dharma, to You I address my prayers. O Treasure of wealth obtained by dexterity and strength in analytic and focalized meditations that have for object the immensity of the profound view totally pure and free from any error, please always remain in the ocean of Dharma which is efficient in setting in motion the waves of your Bodhisattva activity, You Son of the Victorious.

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Zap sel khyen rap lha lam yang pey khar / lhak sam dü tsi dawa dzum pey lap

Kün mong dra dey mün pa pam pey chi / tsung drel ma wey dawar zhap ten shok

In the sky, wide and vast path of the celestial beings, of your deep and clear wisdom, the magnificent smiling moon of the nectar of Your supreme altruistic aspiration delights in defeating the darkness of the enemy troops of ignorance. Please always remain in the moon of unequalled eloquence.

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Che pa kap sum chi me dzang bu ngar / tsö pa nam nön ji pey bar khyim no

Tsom ba tsik dön gyen gyi dap tong gye / ten pey sel che chen por zhap ten shok

You whose explanations are crystal clear like the lakes of the immortal gods; You whose arguments subdue and decide like the lion's claws; You whose compositions are enriched by the thousand lotus petals of the ornament of words and their meanings, please always remain in the great activity of clarification of the Doctrine.

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Lu me se che gyelwey den jin dang / tu den ten sung dam chen gya tsö top

Dak chak de mö lhak sam dak pey tü / re dre ji zhin de lak drup gyur chik

By the authentic blessing of the Victorious and their undeviating Sons, by the strength of the ocean of very powerful oath-bound protectors of the Doctrine, by the power of our trusting faith and our altruistic aspiration, may the wishes we formulate and their results be fulfilled with ease.

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