



White Tara Sadhana

Refuge and Bodhicitta



I take refuge until I have awakened
In the Buddha, the Dharma and the Sangha
By the merit I create by listening to the Dharma
I will attain Buddhahood in order to benefit all
sentient beings
(Repeat 3x)

Four Immeasurables



May all sentient beings have happiness and its causes.

May all sentient beings be free of suffering and its causes.

May all sentient beings not be separated from sorrowless bliss.

May all sentient beings abide in equanimity, free of
bias, attachment, and anger.



om tare tuttare ture mama ayur punye jnana pushtim kuru soha



om tare tuttare ture soha



“I am liberated from all negative karma, disturbing attitudes, negative emotions, disease, interferences and dangers of untimely death. I will use my life in a meaningful way to transform my mind; develop love, compassion, and the six far-reaching attitudes; and act in ways that benefit others, myself, and our environment.”

Dedication

Due to this merit may we soon
Attain the state of White Tara
That we will be able to liberate
All sentient beings from their
suffering.



Dedication

May anyone who merely sees, hears, remembers, touches or talks to me be freed in that very instant from all sufferings and abide in happiness forever.



Dedication

May the glorious spiritual masters live long, and may all beings throughout limitless space be happy. By purifying our defilements and accumulating positive potential, may I and all others be inspired to attain Buddhahood quickly.



Dedication

In order to train just like the hero
Manjushri who knows reality as it is
and just like Samantabhadra as well, I
completely dedicate all this goodness,
just as they did.



Dedication

With that dedication which is praised as greatest by all the Buddhas gone to freedom in the three times, I, too, dedicate all my roots of goodness for the attainments of the bodhisattva practice.



