



The Very Concise Meditation of White Tara

The Stream of Yoga

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*Written by Jamyang Khyentse Wangpo Wangpo (1820-1892).
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To the Three Jewels I go for refuge;
for the benefit of liberation I practice the Arya Tara.

OM SVABHAVA SHUDDHA SARVA DHARMA SVABHAVA
SHUDDHO 'HAM.

From the state of emptiness, above a lotus and moon is my mind as the white letter TAM. The TAM transforms into Arya Tara with a body white in color. Her right hand is in supreme generosity; her left holds an utpala. She smiles peacefully. She has seven eyes of primordial wisdom. She is wearing silks and jewel ornaments. Her back is supported by a moon. She is seated with the two feet in vajra posture.



Engage in the union of appearance-emptiness.

In the heart is a white eight-spoked wheel with five rims. In the middle is TAM, surrounded by the pair, OM in front, HA in back. On the eight spokes are the eight letters TA RE (etc.). Surrounded by the garlands, purifying the rims, are the Essence of Dependant Origination, vajras and the five lights. Rays of light shine forth in samsara and nirvana gathering the pure essence - dissolving into me, increasing the excellent attainments of life, merit and primordial wisdom.

ཨོཾ་ཏཱ་རེ་ཏུ་ཏཱ་རེ་ཏུ་རེ་མ་མ་ཨུ་ཡུ་པུ་ཏུ་ཏུ་འ་པུ་ཏུ་ཀུ་ཏུ་ཏུ་ཏུ་

OM TARE TUTTARE TURE MAMA AYU PUNYE JNANA
PUSHTIM KURU SVAHA,

(Recite as much as possible.)

By this merit having quickly attained the stage of Cintacakra Tara;
may I place on that stage all beings without exception.