



Khenpo Tsewang Dongyal Rinpoche, Lama Chonam, and Sangye Khandro have recommended that students do White Tara practice in order to avert sickness and bring longevity and blessings to ourselves and all beings during this difficult time. Khenpo Tsewang Rinpoche says, *"The Mother of all the Buddhas, White Tara, is the female Buddha of our age. A saviouress and protector, her blessings increase prosperity and longevity, remove suffering, and quickly bring realization, connecting us with our innate nature of compassion and wisdom."* In accordance with this advice, we will be offering weekly Saturday sessions of White Tara practice:

***The Sadhana for the Wish-Fulfilling Chakra, Noble Mother Tara,
entitled: An Excellent Vase of Immortal Nectar***

**Video-streamed every Saturday morning
10am-Noon Pacific**

About this practice, Sangye Khandro says: *"The White Tara practice that we are engaging with is a terma revelation of Vidyadhara Rigdzin Düddul Dorje, also known as Dudul Rolpa Tsai (1615-1672). He was a predecessor of both Heruka Dudjom Lingpa and Kyabje Dudjom Rinpoche, Jigdral Yeshe Dorje. Jigdral Yeshe Dorje added the supplementary liturgies to this root terma revelation and disseminated this widely in his lifetime. Given that his wife and consort, Sangyam Rigdzin Wangmo, was a well-known incarnation of White Tara, this was one of her main practices. White Tara is the Tara emanation of immortality. Through her boundless blessings, all illness, disease, negativity, demonic force possession, and obstacles are fully pacified during one's life; ultimately, the state of an immortal Vidyadhara is realized. White Tara is an important daily practice—especially during this time of great fear and strife surrounding the global pandemic, the White Tara practice is the perfect panacea."*

ZOOM MEETING LINK AND TEXT INFORMATION BELOW

WHITE TARA SATURDAY WEBINARS AT TASHI CHOLING

This will be a recurring Webinar every Saturday morning from 10am-Noon PACIFIC. We will use this same Webinar information every week for our White Tara practices at Tashi Choling.

HOW TO JOIN: WEBINAR LINK– ***we will use this same Webinar ID every Saturday:***

<https://us02web.zoom.us/j/88157439340?pwd=UmZ0ZTJZYmdoYzZlcld1bXZQR2tLQT09>

Passcode: 205348

Or iPhone one-tap :

US:+16699006833,,88157439340#,,,,,0#,,205348# or
+12532158782,,88157439340#,,,,,0#,,205348#

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

US: +1 669 900 6833 or +1 253 215 8782 or +1 346 248 7799 or +1 929 436 2866 or
+1 301 715 8592 or +1 312 626 6799

Webinar ID: 881 5743 9340

Passcode: 205348

International numbers available: <https://us02web.zoom.us/u/kcoOvihQCI>

MAIN PRACTICE TEXT: Sangye Khandro encourages everyone to obtain a copy of the text. She says, *“We highly recommend and encourage everyone to do this practice on a daily basis and accumulate the Tara mantra. Lama Chonam and I are trying to facilitate everyone learning how to do this by offering these pujas. There are many benefits, but if you go ahead and get the practice, then you’ll have it. This is our goal, so that more and more people will be practicing White Tara, generally for the planet at this time, for themselves, and for the good health and liberation of all beings.”*

Digital Texts (non-printable PDF format): The digital text is available in English, Chinese, and Spanish [HERE](#). Please allow 24-hrs for processing your order (e.g., order on Friday if you want it in time for Saturday!)

Hardcopy Texts: If you prefer a hardcopy printed text, they are available in English, Chinese, and Spanish [HERE](#). Please allow 10-14 days to receive your text under current circumstances.

AUXILIARY PRAYER PACKET: Get your free download copy [HERE](#).

DONATIONS: We offer these online practices for free. If you would like to make a donation to help support our ability to offer these online sessions (\$5 per session, or any amount you would like to offer, recurring or one-time), you can use the donate button on this page: <http://vimalat treasures.org/make-a-donation.aspx>. Please include a note: “For TC Online Pujas”.

RECORDINGS: Sangye and Lama Chonam released an audio recording of themselves doing this Tara practice and that is available as a free download from Light of Berotsana [HERE](#).

May all beings benefit!