



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 thru May  
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."*

**ONLINE MEETING INFORMATION PROVIDED BELOW**

**PLEASE READ:  
IMPORTANT INFO YOU NEED IN ORDER TO ATTEND**

**HOW TO JOIN:** You can join the puja either on your computer as a live video stream or by calling in from a phone as a conference call. (a) For video streaming, click the Zoom meeting link below. (Please note: If you have never used Zoom before, the very first time you join a Zoom session, it will download an app onto your computer before taking you into the session—so if this is your first time, please join early to get all set up.) (b) For dial-in, either a land line or cell phone will work, and the call will be long distance.

Join Zoom Meeting – we will use this same conference ID every Saturday:  
<https://zoom.us/j/602198453>

Meeting ID: 602 198 453

One tap mobile  
+16699006833,,602198453# US (San Jose)  
+13462487799,,602198453# US (Houston)

Dial by your location

+1 669 900 6833 US (San Jose)  
+1 346 248 7799 US (Houston)  
+1 929 436 2866 US (New York)  
+1 253 215 8782 US  
+1 301 715 8592 US  
+1 312 626 6799 US (Chicago)

Meeting ID: 602 198 453

Find your local number: <https://zoom.us/u/aelwOhw8aC>

**AUDIO MUTED AND VIDEO CAMERAS OFF FOR EVERYONE, PLEASE:** Please doublecheck as soon as you join to make sure that your audio is MUTED and your video is OFF.

**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 (PDF format):** We highly recommend that you get the digital text as you will receive it much faster than printed format. The digital text is available [HERE](#). (Please Note: please allow a full 3 hrs prior to the start of the practice session for processing your order—we cannot take last-minute orders).

**Hardcopy Texts:** If you prefer a hardcopy printed text for a future session, we have several more printed texts available right now. You can order one [HERE](#). Please note that it might take 7-10 days to ship to you under current circumstances. Thank you for your patience!

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

**DONATIONS:** Please consider making a donation to 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://vimalatreasures.org/make-a-donation.aspx>. Please include a note with your donation that it is for “TC Online Puja”.

**RECORDINGS:** Sangye and Lama Chonam recently 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!**