



**White Tara**

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## **White Tara Sadhana with Lama Chonam and Sangye Khandro**

**Wednesday, March 18th, 6:30-8:30 p.m. Pacific**

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 savior 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 the spirit of this, we will recite the Tara practice at our first online tsok gathering. A tsok offering will be included, which is important to be performed on sacred days such as Dakini Day and is an important and necessary method to purify our Buddhist vows and samaya.

Lama Chonam and Sangye Khandro will offer some remarks at the start of the practice and then will chant the White Tara practice. All students are encouraged to join in and chant along with this session. Empowerment or permission is not required to attend.

## WHAT YOU NEED IN ORDER TO ATTEND

**TEXTS:** You will need two texts:

**MAIN PRACTICE:** Bring your own personal copy of the text to the session. *Don't worry if you don't have a copy of the practice in time for the session—we will be displaying it on the screen throughout the practice session.* For those who don't yet have a copy but would like to order one for a *future* session: An updated 2020 version of the practice will be available from Vimala Treasures sometime late next week. You can order it [HERE](#).

**AUXILIARY PRAYER PACKET:** Everyone will also need a packet of inserted prayers for this practice—it is available as a free download from Vimala [HERE](#).

**TSOK AND MUSIC OFFERINGS:** This puja will be done with bell and damaru, and you are encouraged to use them if you have instruments. If you are able, it is also suggested that you assemble a tsok food offering in your own home. The most important elements of this would be a small sip of any kind of liquor and a small bit of meat, but any kind of ready-to-eat food can also be offered.

**HOW TO JOIN:** You can join the puja either on your computer as a video stream, or by calling in from a phone as a conference call:

**Video Streaming:** You will need to [CLICK THIS LINK](#) to join the video conference. Please join a few minutes early. *(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.)*

**Audio Only:** For those who only want to join by phone, you can use either a land line or cell phone and it will be charged as a long distance phone call:

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

**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:** For those who are unable to join on Wednesday, we will capture a video recording of the practice session and post it later for offline streaming. Also, remember that 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](#).