A White Tara Teaching

Going into the preliminaries, taking refuge and generating bodhichitta, relax in absolute truth, in the state of enlightened mind.

With the svabhāva mantra's blessing, instantly transform thought, and reverse the appearance of impurity.

From authentic mind's glowing appearance as BRHUM shines forth the vessel of the world's measureless crystal moon mansion amidst which is a lotus moon seat atop which TAM's radiant light rays condense siddhis without exception for a life indestructible as all of saṃsāra-nirvana, steadfast and eternal as a swastika, totally transformed in an instant into immortal Tara the wish-granting chakra wheel, body color white like the moon.

Clean like a crystal jewel, stainless light rays of five colors radiate.

The smiling countenance of one who is supremely, totally peaceful, whose seven eyes have the excellence

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of the wide open petals of an utpala lotus, she gives what is best with her right hand, and her left hand's joined thumb and ring finger hold the stem of a white utpala.

She's charming, elegant, and has the look of love.

Beautified where the swelling curves of her breasts join, her changing adornments chiefly white pearls, she wears an upper garment of white silk, and silk of various colors wrapped around her lower body.

Her curled hair's excess bound into a waving topknot, a youthful body sitting in the manner of a heroine with legs crossed in the vajra posture against the backdrop of the moon, at her heart center is the chakra wheel together with its syllables.

At the crown of her head, on a lotus moon seat is the lineage lord guru Amitabha on the left side of whom is a one day old moon.

Then, summoned by heart-light, light from the alms-bowl of the lineage lord radiates.

The dharmas of the vessel and liquid world condensed into ambrosia enter the crown of the head by the process of dependent origination and that which cannot be destroyed by whatever circumstances arise during an aeon,

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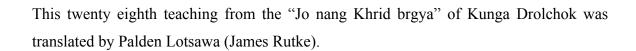
the immortal, natural expanse,
effortless and mind-surpassing,
abiding at rest in naked self-countenance,
is again and again recollected as
connected with glowing appearance
for this is the point of the yoga of recitative speech.

All the life-siddhi delighting the mind,
The mind happy with liberation of the best kind,
The best kind of belief's transformative parts
Are the parts composed in syllables.

Sprung from the stream of speech.

- 1. A youth which does not decline.
- 2. Brilliant light visibly uncontrived.
- 3. Effortless strength.
- 4. Energy-producing skill.
- 5. Inexhaustible siddhi.
- 6. Equally meritorious.
- 7. Increasingly glorious.
- 8. Power which does not waver.
- 9. An unbreakable spirit.
- 10. Immortal life-force.
- 11. An immutable life.
- 12. Unobstructed mind.
- 13. Courage which transforms.
- 14. Virtuous signs victorious everywhere.

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Source

Kun dga' Grol mchog. *Sgrol dkar gi khrid yig*. In Jo nang Khrid brgya, vol. 18 of the Gdams ngag Mdzod, 183.

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