



White Tara Health and Longevity Sadhana



白度母健康長壽唸誦法

Start by praying for the root lineage blessing: First empty the mind. Next, visualize the Root Lineage Guru Living Buddha Lian-sheng appearing above your crown and radiating light on everyone present. Chant the Root Lineage Guru Heart Mantra 7 times. Pray to the Root Lineage Guru to empower you so that the practice will be auspicious.

Engender the Four Immeasurable Minds: Visualize your parents, children, relatives, friends, and enemies joining you in this practice.

Wake-Up Call: Clap twice, then cross hands and snap thumbs and middle fingers.

1. **Recite the Purification Mantras and Earth God Mantra**
2. **Recite the Invocation Mantra**
3. **Tender the Great Homage with Visualization**
4. **Mandala Offering**
5. **Fourfold Refuge**
6. **Recite the Repentance Verse and Mantra**
7. **Recite the Four Immeasurable Vows**
8. **Armor Protection**
9. **Recite the Bodhicitta Verse and Mantra**
10. **Recite the High King Avalokitesvara Sutra (1 time).**
11. **Recite the Rebirth Mantra (7 times).**
12. **Recite the Root Guru's Heart Mantra (108 times):**

Om, gu-ru, lian-sheng sid-dhi, hum.

13. **Mudra and Visualization**

White Tara Mudra: Interlace the fingers of both hands inwards. Place the middle fingers upright touching and point the index fingers apart. Touch the thumbs lightly against the middle fingers. Hold the mudra in front of your chest.

Illustration of mudra:





Seed Syllable: *Dang* (white in color)

Visualization: First empty the mind

Chant the Emptiness Mantra:

Om, si-ba-wa, su-da, sa-er-wa, da-er-ma, si-ba-wa, su-do-hang. (3 times)

1. Visualize a 「𑍇」 "bang" syllable. Bang! The 「𑍇」 "bang" syllable transforms into a white lotus appearing in space. There is a sun disc, a moon disc, and a 「𑍇」 "dang" syllable in the center of the white lotus. The 「𑍇」 "dang" syllable revolves and transforms into White Tara.
2. White Tara is white in color with two arms and three eyes on her face. She has the appearance of a sixteen-year-old girl. Her beauty is extraordinary and unsurpassed. There is an eye at the center of each palm and on the sole of each foot. Her right hand forms the Wish-fulfilling Mudra while her left hand holds utpalas with the Lotus-holding Mudra. Her hair is tied back and a wisp of hair hangs down each side of her face. She is in high spirits, wears celestial garments, a silk skirt, and necklaces made from precious gemstones.
3. Visualize *Za, Hum, Ban*. White Tara is then sitting atop one's crown. The stem of White Tara's lotus goes down through one's crown chakra. Visualize white dharma elixir dripping through the lotus stem into the brain, cooling and refreshing one's brain. The dripping is slow and continuous. Visualize the dharma elixir continuously dripping into the heart, liver, spleen, lungs, kidneys, and the whole body. One's internal organs and body become completely white all the way down to one's toes. When the dharma elixir entirely fills one's body, one instantly transforms into White Tara.
4. Visualize White Tara's dharma elixir dripping to wherever one's illness is located.

14. Recite the White Tara Heart Mantra (108 times):

Perform mala beads visualization before chanting the mantra

om ◦ da-lie ◦ dou-da-lie ◦ dou-lie ◦ so-ha ◦ om ◦ bie-zha ◦ gu-ru ◦ ye ◦ so-ha

15. Nine Cycle Breathing Exercise and Entering Samadhi

16. Emerging from Samadhi

Praise Verse:

Ding-li-yue-se-bai-du-mu

Qiu-bai-man-yue-ju-ji-lian

Cheng-qian-qun-xing-tong-hui-ju

Jin-fang-wei-quang-ji-can-ran

Homage to White Tara white as the moon

Her face a hundred full autumn moons converging

Like the gathering of a multitude of stars

Radiating supreme and brilliant light

17. Recite the Principal Heart Mantras

18. Recite the Buddha's Name (3 times)

Namo the 36 trillion 119 thousand and 500 Amitabha Buddhas.

19. Dedication

20. Recite the Hundred Syllable Mantra (3 times)

21. Tender the Great Homage with Visualization (same as step 3)

22. Recite the Completion Mantra

Om, Bu Lin. (3 times)

Om Mani Padme Hum.

Dismissal: Clap twice, then cross hands and snap thumbs and middle fingers.

End of Practice: May all endeavors be auspicious.

An empowerment must be received from Living Buddha Lian-sheng or an authorized True Buddha School master before engaging in this particular sadhana.