The Short Meditation on White Tara called
The Stream of Nectar
Not rising in the east, not possessing the image of animals but with
the smile of rays of light that causes the
night-blooming lily of wisdom in my mind to open. I prostrate to Tara.

Whoever wishes to manifest the activities of White Tara should, in a suitable place, make an altar
upon which is an image of Tara
and perform the offerings. The practitioner, sitting properly in a comfortable place,
recites the refuge prayers.

REFUGE AND CULTIVATION OF BODHICITTA

SANG GYE CHÖ TSHOG KÜN GYI NGÖ / CHOM DEN DE MA'I LHA TSOG LA
I and all sentient beings take refuge in the noble assembly of bhagavati deities,
DAG DANG KHA NYAM SEM CHEN NAM / JANG CHUB BAR DU KYAB SU CHI
the embodiment of the Buddha, Dharma, and Sangha, until enlightenment is reached.

Recite three times.

MA GYUR KHA NYAM DRO DI DAG / DE DEN DUG NGEL KÜN DREL NE
May all sentient beings, who have been our mothers, limitless as space,
possess happiness and be free from suffering.

NYUR DU PHAG MA DROL MA YI / GHO PHANG CHOG LA GÖ PAR GYI
Swifly will I help them attain the ultimate state of Tara.

Recite three times

Meditate in the state free from the duality of subject and object.
Visualization

Sang Jang Tong Pat Ngang Le Ni / Sung Wai Gur Khang Yang Pat U
From the purified emptiness manifests the vast protection mansion. In its center blossoms a lotus flower.

Chu Kyé Gye Pat Ge Sar U / Sil Zer Chen Gyi Den Teng Du
On which is a moon disc seat. On this rests a brilliant white TAM syllable.

Tam Yig Kar Le Wö Trö Pe / Dro Wai Döön Che Lar Wö Dù
Radiating light that benefits all sentient beings. The light returns and is absorbed into the syllable TAM.

Ke Chig Rang Rig Drol Ma’i Ku / Gang Rjí Dog Chen Zhi Dzum Den
Instantly I become Tara of snow-mountain color, smiling and having one face.

Zhel Chig Chag Nyi Dze Pat Ku / Dar Dang Rat Ne Do Shel Chen
Two arms, and graceful beauty. Clad in silken robes and adorned with jewel ornaments,

Chag Ye Choeg Jin Yon Ut Pal / Zhab Nyi Dor Kyil Sil Zer Gyi
My right hand displays the supreme attainment-bestowing mudra, and the left holds a blue lotus.
My legs are folded gracefully in the vajra position, and behind me is a moon disc.

Gyab Yöl Dang Den Ne Sum Le / Yig Sum Wö Trö Rang Zhin Gyi
From the three special places, the three syllables radiate light, inviting the many wisdom deities from all directions who appear in the sky before me.

Ne Ne Chen Trang Cho Ching Tö
I make offerings and give praise.
OFFERINGS

Om ar ya ta re ta sa pa ri wa ra ar gham pra ti tsa swa ha

Om ar ya ta re sa pa ri wa ra pad yam pra ti tsa swa ha

Om ar ya ta re sa pa ri wa ra push pam pra ti tsa swa ha

Om ar ya ta re sa pa ri wa ra dhu pam pra ti tsa swa ha

Om ar ya ta re sa pa ri wa ra a lo kam pra ti tsa swa ha

Om ar ya ta re sa pa ri wa ra ghan de pra ti tsa swa ha

Om ar ye ta re sa pa ri wa ra nai wi te pra ti tsa swa ha

Om ar ya ta re sa pa ri wa ra shap ta pra ti tsa swa ha
PRAISE

LHA DANG LHA MIN CHÖ PEN GYI / ZHAB KYI PE MO LA TÚ NE
The crowns of gods and demigods pay homage to your lotus feet.

PHONG PA KÜN LE DRÔL DZE MA / DROL MA YUM LA CHAG TSEL TÖ
You who liberate from all unfavorable conditions: I praise and prostrate to Mother Tara.

DZA HUNG BAM HO NYI ME TIM / LAR YANG THUG KAI SA BON LE
DZA HUNG BAM HO.
All the enlightened beings dissolve inseparably into me.
Again, from the seed syllable in my heart,

WÔ TRÖ WANG LHA CHEN TRANG TE
light radiates and invites the empowerment deities.

OM SAR VA TA THA GA TA A BHI SHE KA TA SA MA YA SHRI YE HUNG

WANG KUR GYE TAB RANG LA THIM
They grant the empowerment and dissolve into me.
MANTRA RECITATION

RANG NYI LHAR SEL THUG KA RU / KGOR LO TSIB DEN TE WA RU
In the heart chakra, of myself as Tara, is a wheel in the center of which is the white syllable TAM.
The syllables of the mantra are resting on the spokes of the chakra. As I recite the mantra, it circles clockwise.

TAM YIG KAR PO SEL WA'I TSIB / NYING PO KOR WA YE KOR DU
Light radiates from the mantra, bringing the buddhas' blessings into me. I become the embodiment of all the buddhas.

KHOR WAR MIG LA NGAG DI DA
Light then radiates to all sentient beings. All their negative emotions are purified
and they become White Tara.

Recite many times.
OFFERINGS

श्रीशुद्रे श्रीसहस्र श्रीसुग मन्त्रित्ते स्ववा

OM AR YA TA RE TA SA PA RI WA RA AR GHAM PRA TI TSA SWA HA

श्रीशुद्रे श्रीसहस्र श्रीसुग मन्त्रित्ते स्ववा

OM AR YA TA RE SA PA RI WA RA PAD YAM PRA TI TSA SWA HA

श्रीशुद्रे श्रीसहस्र श्रीसुग मन्त्रित्ते स्ववा

OM AR YA TA RE SA PA RI WA RA PUSH PAM PRA TI TSA SWA HA

श्रीशुद्रे श्रीसहस्र श्रीसुग मन्त्रित्ते स्ववा

OM AR YA TA RE SA PA RI WA RA DHU PAM PRA TI TSA SWA HA

श्रीशुद्रे श्रीसहस्र श्रीसुग मन्त्रित्ते स्ववा

OM AR YA TA RE SA PA RI WA RA A LO KAM PRA TI TSA SWA HA

श्रीशुद्रे श्रीसहस्र श्रीसुग मन्त्रित्ते स्ववा

OM AR YA TA RE SA PA RI WA RA GHAN DE PRA TI TSA SWA HA

श्रीशुद्रे श्रीसहस्र श्रीसुग मन्त्रित्ते स्ववा

OM AR YE TA RE SA PA RI WA RA NAI WI TE PRA TI TSA SWA HA

श्रीशुद्रे श्रीसहस्र श्रीसुग मन्त्रित्ते स्ववा

OM AR YA TA RE SA PA RI WA RA SHAP TA PRA TI TSA SWA HA

PRAISE

LHA DANG LHA MIN CHÖ PEN GYI / ZHAB KYI PE MO LA TÖ NE
The crowns of gods and demigods pay homage to your lotus feet.

PHONG PA KÜN LE DRÖL DZE MA / DRÖL MA YUM LA CHAG TSEL TÖ
You who liberate from all unfavorable conditions: I praise and prostrate to Mother Tara.
Dissolution

CHÖ CHING TÖ DE BA DZRA MU
I make the offerings, give praise, and then dissolve into the state of non-duality.

Meditate in the state of the mind-as-such.

Dedication

GE WA DI YI NYUR DU DAG / YI ZHI KGOR LO DRUB GYUR NE
By these virtuous deeds, may I quickly attain the wish granting wheel,

DRO WA CHIG KYANG MA LÜ PA / DE YI SA LA GÖ PAR SHOG
and may all sentient beings without exception be established in that state.

Seal the dedication by sharing the merit. This short Arya Tara sadhana was written by Vajradrik Konchog Trinley Sangpo in the Padma Wo (Lotus Light) palace at the request of Ven. Namdag Dorje. By this merit may all sentient beings attain enlightenment.

This text was translated by Khenchen Rinpoche, Konchog Gyaltshen at the Tibetan Meditation Center.