

The White Tara Mantra Collection

We all appreciate the importance of Gelek Rinpoche's health and precious life. Rinpoche's many friends requested permission to do a Long Life White Tara Mantra Collection for his benefit. He finally granted permission for this activity

1. What's the White Tara Mantra Collection?

White Tara is a female Buddha who specially helps individuals enjoy longevity and good health. We will recite White Tara's mantra, count the number of mantras we recite and dedicate all the mantras we say towards Rinpoche's good health and long life. All the mantras that are turned in by July 31, 2009 will be included in the count and presented to Rinpoche on August 1,

2. I am not Buddhist. I would like to help Gelek Rinpoche. Can I participate in the simple White Tara mantra collection?

Yes. Rinpoche has thousands of friends Buddhist and non-Buddhist. You don't have to be Buddhist to participate in the mantra collection. You can collect your mantras anytime and any place, anywhere. Instructions are given below.

3. I am a practitioner with a White Tara initiation. Is there a full retreat setting also happening?

If you are a practitioner and wish to do a full retreat, please contact Beth or Elizabeth for further information.

4. I can't start the mantra collection at 7 PM EST on 07/01/09 because of prior commitments. Can I still collect mantras? When do I know that I have finished my mantra collection?

No problem—just start reciting mantras whenever you can. We are hoping to have everyone somewhat on the same schedule, so that the energy of working all together on mantra collection stays strong.

When you have completed reciting the number of mantras you decided to contribute, please email your mantra collection, please email Beth or Elizabeth and let us know how many mantras you recited as of 07/31/09. We will add your mantras to the count. Any questions feel free to email bjl@wowway.com and elizabethwhurwitz@gmail.com. If you want to continue collecting mantras past 07/31/09 that's great also. We just want to offer some collected mantras to Rinpoche on 08/01/09.

Instructions for White Tara Mantra Collection:

1. Decide whether you are going to collect mantras until you reach a certain number of mantra recitations or if you are going to sit for a specific amount of time.
2. Find a nice quiet place to sit for the day you start the mantra collection activity. Let Beth or Elizabeth know if you're participating in the collection.
3. Figure out how you are going to count the mantras you are reciting. Most people use a mala. Make sure you have pen and paper handy to write down your numbers at the end of each session.
4. Choose a nice seat for yourself for starting the retreat. It could be a cushion on the floor, a comfortable chair or sofa, or a meditation bench.
5. Recite the Prayer to the Noble Tara.

Prayer to the Noble Tara

I take refuge in Buddha, Dharma, Sangha and Tara.
May I reach enlightenment for the benefit of all. (3x)

May all beings have happiness.
May they be free from suffering.
May they find the joy that has never known suffering.
May they be free from attachment and hatred.

In the space before me appears a white lotus.
Upon it is a moon cushion and upon that, the love and compassion
Of all the enlightened appear as the seed syllable TAM,
Light radiates from the TAM and transforms into the
Noble Wish-Fulfilling Tara. She sits on the lotus and moon
With a luminous aura surrounding her. Youthful and radiant,
Her right hand gestures an invitation to liberation.
Her left hand indicates the three jewels,
Giving courage and assurance to those dominated by fear.

At her crown is a white OM,
At her throat a red AH,
At her heart is the white TAM,
Marked by a blue HUM.

Light radiates from the syllables,
Inviting the wisdom beings and empowering deities.
The wisdom beings unite inseparably with Tara.
The empowering deities anoint her, confer initiation,
And with the overflowing nectar
A Buddha of Infinite Life appears on her crown.

I bow down in body, speech and mind.
I offer the best I have to give,
Both real and imagined, to fill the space between us.
I regret and purify all transgressions.
I rejoice in all virtues.
I request you to remain until total enlightenment.
I request wise and compassionate guidance.
I dedicate my merit for the sake of all beings.

Brilliant light emanates from the syllable TAM within her heart,
Reaching infinite universes and collecting back the essence of
Inexhaustible vitality and the powerful blessings of wisdom mind.
The energy streams forth from Tara's heart and body
And I completely absorb this nectar of light,
Cleansing and revitalizing my body, speech and mind.

OM TARE TUTTARE TURE SOHA

If foreseeing signs of premature death,
By consistently practicing the path of Noble Tara,
May I become a vessel worthy of receiving the powerful blessings of immortality.
By this virtue may I quickly attain the essence of Noble Tara
And secure every being without exception in that state.

Notes to Ann Arbor participants:

We will meet at Jewel Heart Center at 7 PM EST on Wednesday July 1st.

We will have a space available for folks to collect mantras from 10 AM to 10 PM every day from July 1, 2009 to July 28, 2009. There will be some minor time changes as we go along. No recitations Monday from 6:30 PM to 8:30 PM. No recitations Tuesdays after 7 PM. No recitations on Sundays until 11:30 AM. There may also be times where there are no recitations after 7 PM on Thursdays also. We meet at the far end of the Main Hall. There are no assigned cushions. Sit where you want each time you come to collect mantras.