

GANDEN LHA GYEMA

One of the most popular practices in the Tsong Khapa tradition, the Ganden Lha Gyema deepens our connection with the enlightened through meditational exercises and enriches our inner development. With grounded appreciation for the spiritual teacher, this practice uplifts through generosity, respect, purification, rejoicing and many beneficial activities. It includes the practice of the Migtsema mantra.

FOUNDATION OF ALL PERFECTIONS

The Foundation of All Perfections, composed by Je Tsong Khapa, is a succinct prayer of the *lam rim* or graduated path, highlighting the major steps of spiritual development on the way to enlightenment. It is often inserted into the Ganden Lha Gyema.

THE HEALING PRACTICE OF WHITE TARA

Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. She is particularly associated with healing and long life. This practice contains visualization techniques relying on the feminine energy of White Tara to overcome physical, mental and emotional suffering.