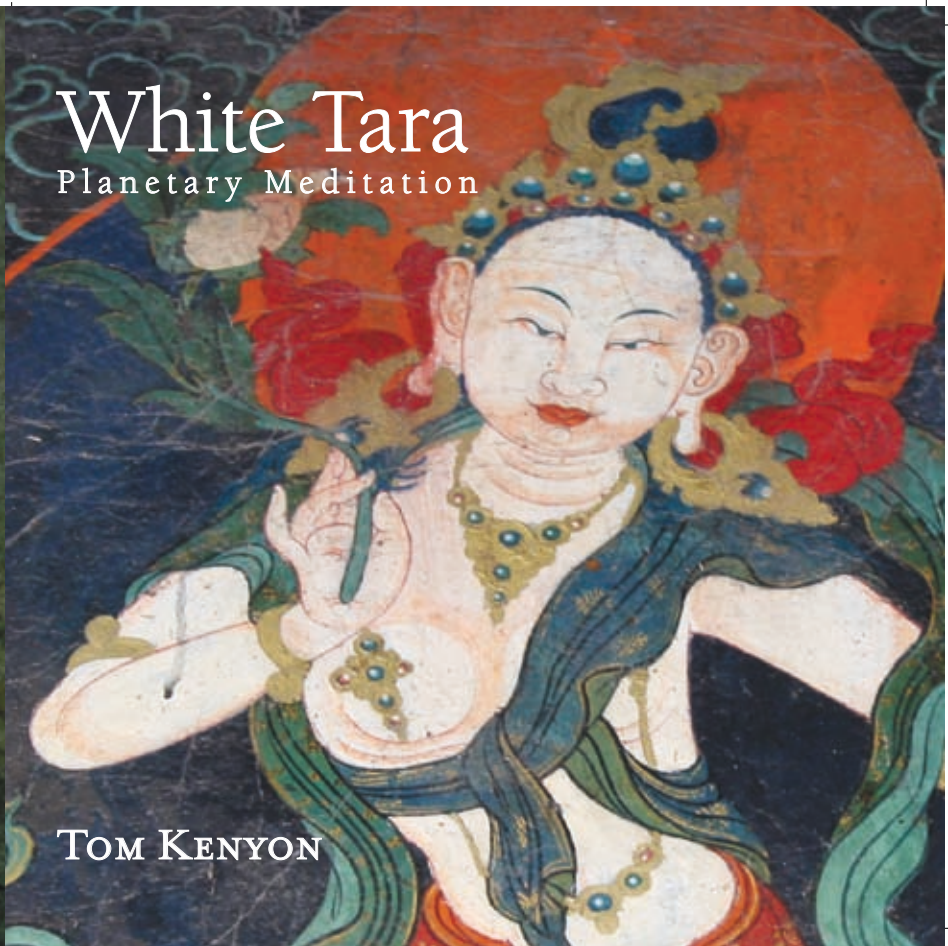


Om Tare Tutare Ture So Ha

*Hail To Tara the Swift Protectress
May All Beings Be Happy
May All Beings Be Free*



White Tara
Planetary Meditation

TOM KENYON

White Tara Planetary Meditation

In Tibetan Buddhism, Tara is known as a Goddess and Bodhisattva of Compassion. She resides in the realm of pure light and sound called the Sambhogakaya. Here, in this realm of pure light, she has twenty-one aspects, each aspect emanating different colored lights.

White Tara is known as the Swift Protectress because she moves quickly to help those ensnared in the conflicts of samsara (duality). She is also said to enhance life span.

As an expression of white light, she is a pure sattvic (rarefied) energy and has an uplifting presence.

The purpose of this particular meditation is to immerse oneself in the benevolent influence of this Bodhisattva and to emanate her spiritual light for the benefit of all sentient beings and that of Earth.

In the Tibetan Buddhist understanding, deities such as Tara reside within the complex sounds of their mantras. Thus, by just listening to the sounds of the mantras in this meditation, you enter the luminous realms of consciousness.

It is suggested that you listen to the Instructions (Track One) first.

Track One 26:27

Track Two 52:0

The mantras used in this meditation:

OM AH HUM VAJRA GURU PADMA SIDDHI HUM:

The mantra of Guru Rinpoche, Padmasambhava

OM VAJRAPANI: Homage to the Power of all the Buddhas

OM PEME VAJRA GURU SIDDHI HUM:

Homage to Padmasambhava, the Siddhi Guru

OM YESHE TSOGYUL VAJRA GURU SIDDHI HUM:

Homage to Yeshe Tsogyul, the Siddhi Guru

**OM TILOPA, OM NAROPA, OM MARPA, OM MILAREPA,
OM KARMAPA, OM DALAI LAMA, OM TULKU URGYEN,
OM YABSONG RINPOCHE:** Homage to the Lineage

OM MAHAKALA: Homage to the Tantric Protector Mahakala

OM VAJRADHARA SIDDHI GURU HUM:

Homage to Vajradhara, the Primordial Buddha of Sound

OM HUM: Homage to Heart Wisdom

OM MANI PADME HUM: Hail to the Jewel in the Lotus, the Great Mantra of Chenrezig, the Buddha of Infinite Compassion

OM JEN JEN OM JEN JEN OM JEN JEN OM:

Homage to the Spirit Helpers

**OM TARE, OM TARE TURE SO HA, OM TARE TUTARE TURE
SO HA:** Variations of Tara's mantra—Om Tare Tutare Ture So Ha—
May All Beings Be Happy, May All Beings Be Free

TASHI DELEK: May Good Fortune Follow You