

# White Tara Mantra for Kyabje Zopa Rinpoche's Long Life

*Begin by reciting the White Tara mantra 21 times or more followed by the recitation of Tara's mantra many times. At the end of the session, recite Tara's mantra with the prayer for Rinpoche's long life.*

## White Tara Mantra

ཨོཾ་རཱ་ཀཱ་ལྷ་ཏུ་ཏུ་ཏུ་ལྷ་མ་མ་ལྷ་ཡུ་ཏུ་ཏུ་ཏུ་ལྷ་ཀྱ་ཏུ་ཏུ་ཏུ་ཡེ་སྒྲུ་།

OM TARE TUTTARE TURE MAMA AYUR PUNYE JÑANA PUSHTIM KURU [YE]<sup>1</sup>  
SVAHA (21x or more)

## Tara Mantra

ཨོཾ་རཱ་ཀཱ་ལྷ་ཏུ་ཏུ་ཏུ་ལྷ་སྒྲུ་།

OM TARE TUTTARE TURE SVAHA (many times)

*Then, at the end of the session recite:*

## Special Recitation for Lama Zopa Rinpoche

OM TARE TUTTARE TURE May the glorious holy Guru Kyabje Thubten Zopa Rinpoche's life, deeds and activities forever increase SVAHA (100x or at least 21x)

## Tibetan phonetics

OM TARE TUTTARE TURE pälden lama dam pa Kyabje Thubten Zopa Rinpoche päi zangpöi ku tse ze trin gäi per gyur chig SVAHA (100x or at least 21x)

*Colophon: Compiled by Thubten Pemba according to instructions found in the White Tara sadhana of Pabongkha Rinpoche.*

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<sup>1</sup> Please note that the "YE" in this mantra is optional. It is written differently in different sources. This is according to how the mantra is found in the Lamai Naljor 1987 and was checked against the Tibetan in July 2001 by Connie Miller.