



White Tara Reiki

by Rafael Popov

*For the benefit of all sentient beings, and to eliminate the cause of suffering, I
offer the White Tara Reiki.*

*„With TARE you liberate beings from samsara.
With TUTTARE you liberate from the Eight Fears.
With TURE you liberate from sickness.
To you, O Mother, I bow down and give praise. „*



Picture on cover: White Tara statue in a Karma Kagyu dharma centre.
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This manual by Rafael Popov 2015

Tara

Tara (Sanskrit: तारा, tārā; Tib. Drolma), also known as Dolma in Tibetan Buddhism, is a female Bodhisattva, a saviour-goddess and a goddess of universal compassion. She is the female aspect of Avalokiteśvara and in some origin stories she comes from his tears. It is said that he wept as he looked upon the world of suffering beings, and his tears formed a lake in which a lotus sprung up. When the lotus opened, the goddess was revealed. It is said that her compassion for living beings is stronger than a mother's love for her children. Tara represents virtuous and enlightened action. She also brings about longevity, protects earthly travel, and guards her followers on their spiritual journey to enlightenment. Those who are devoted to her are especially fortunate.

Tara is actually a generic name for a set of Buddhas or bodhisattvas of similar aspect. Tibetans usually think of Tara as having 21 manifestations, as she does in the common Tibetan Buddhist prayer - In Praise of the 21 Taras. In each form she takes a different color - like White Tara and Green Tara - and offers a different energy or virtue to help us on our spiritual paths.

White Tara (Sanskrit: Sitatara; Tibetan: Dolkar) is sometimes called the Mother of all Buddhas and she represents the motherly aspect of compassion. Her white color signifies purity, wisdom and truth. In iconography, White Tara often has seven eyes - her third eye, in her forehead, symbolizes her vision of the unity of ultimate reality, while she simultaneously sees the relative and dualistic world with her other two eyes. Her hands and feet also have eyes, showing that all her actions are governed by her ultimate wisdom and compassion. The peaceful, compassionate White Tara is known for long life, healing and serenity. She is associated with longevity. She is the protective, helpful and comforting mother who shows limitless kindness, generosity and protection towards those who are tossed in the ocean of suffering. Her love heals the at the source of disease, bringing health, strength, longevity and beauty. She is also known as The Wish-fulfilling Wheel.

Ultimately, she is the very nature of the Dharmakaya – “the ultimate nature or essence of the enlightened mind, which is uncreated, free from the limits of conceptual elaboration, empty of inherent existence, naturally radiant, beyond duality and spacious like the sky” (definition by Karma Lingpa).

His Eminence Garchen Rinpoche has taught extensively on the benefits of White Tara practice. There are a number of variations of the White Tara mantra; I received the empowerment by Garchen Rinpoche and I offer this mantra:

„Om tāre tuttāre ture mama āyur jñāna punye puṣṭim kuru svāhā“



White Tara's seed syllable is "Tam"

If we recite her mantra and make a connection to her, we draw closer to developing her enlightened qualities in ourselves.

White Tara Reiki

Receiving the audio attunement

Pre-requisite: Kundalini Reiki Master preferred.

First decide how you will play back the chosen mp3 audio attunement file. The audio attunement should be received when alone. Make sure that you will not be disturbed for 30 minutes and lie down in a comfortable position. When you are ready start the audio file and listen to it until it stops. Keep your position for another 15 minutes and the attunement is done! It's recommended to relax for more than 10 minutes. Drink plenty of water afterwards.

Healing

White Tara Reiki can be used for both "hands-on" and remote, long distance treatments.

Hands-on healing

Reiki hand positions can be used, but a more intuitive approach is preferred.

Place your hands on the receiver's body and say mentally or loud "White Tara Reiki" to start the energy flow. You don't have to concentrate on keeping the energy flowing, it will flow freely. Keep your hands position for more than 3 minutes and continue to give Reiki until you feel that the energy stops. That means that the healing is complete. The healing energy will however, continue to work. It is possible that you might feel guided to place your hands on different parts of the body. Just keep on healing if you feel prompted to do so.

Long distance healing

Place your palms together and say: **For** (Mention the receiver's name) **"White Tara Reiki"**! Keep your palms together and let the energy flow for more than 10 minutes. After a while you might feel that the energy stops. This means the healing is complete. The same method can be used for self-healing. Remember that the energy will always flow to where it is needed.

After healing a person, it's highly recommended that you

- **"Disconnect"** from the receiver.
- Do a short **grounding exercise**.

Disconnect

When performing a healing session, you establish a connection with the receiver. It's important to cut these etheric threads afterwards. If you don't, it's possible to stay connected to that person. This could result in draining of your energy. What you have to do when finished with the healing, is to make a fast "karate chop" in front of you, and say "Cut all threads!" Do this 3 times.

Grounding

After cutting threads, do a grounding exercise. Stand on the ground bare feet. Picture yourself as a tree firmly rooted to the ground, and say mentally or loud: "I now ground!" Stand for 2-5 minutes. If you do not have access to the ground or it's just too cold, just imagine that you are standing on the ground.

It is important to balance yourself and to permit all excess energy, to flow out from your body into the Earth. Think that the energies transmute into exactly what Earth needs.

Additional benefits

If used on a regular basis, additional benefits may occur:

- gaining additional wisdom and knowledge about healing and health care.
- choosing the right remedies/energies
- feelings of compassion
- you might feel guided to change the diet or add certain spices or supplements.

How to pass on White Tara Reiki

Use the corresponding audio attunement mp3 file.

Links

For **White Tara Sadhana**, you may find the following link useful: <http://www.garchen.org>
Listen to the mantra: http://www.garchenbiography.net/garR_chant_white_tara.mp3