

White Tara Sadhana Tibetan Buddhist Center

Tara (Buddhism)

Tara (Sanskrit: तारा, tārā; Standard Tibetan: དོ་ལྷ་མ་, dölma), Ārya Tārā (Noble Tara), also known as Jetsün Dölma (Tibetan: rje btsun sgrol ma, meaning:

Tara (Sanskrit: तारा, tārā; Standard Tibetan: དོ་ལྷ་མ་, dölma), Ārya Tārā (Noble Tara), also known as Jetsün Dölma (Tibetan: rje btsun sgrol ma, meaning: "Venerable Mother of Liberation"), is an important female Buddha in Buddhism, especially revered in Vajrayana Buddhism and Mahayana Buddhism. She may appear as a female bodhisattva in Mahayana Buddhism. In Vajrayana Buddhism, Green Tara is a female Buddha who is a consort of Amoghasiddhi Buddha. Tārā is also known as a saviouress who hears the cries of beings in saṃsāra and saves them from worldly and spiritual danger.

In Vajrayana, she is considered to be a Buddha, and the Tārā Tantra describes her as "a mother who gives birth to the buddhas of the three times" who is also "beyond saṃsāra and nirvāṇa." She is one of the most important female...

Tibetan Buddhism

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Tibetan Buddhism is a form of Buddhism practiced in Tibet, Bhutan and Mongolia. It also has a sizable number of adherents in the areas surrounding the Himalayas, including the Indian regions of Ladakh, Darjeeling, Sikkim, and Arunachal Pradesh, as well as in Nepal. Smaller groups of practitioners can be found in Central Asia, some regions of

China such as Northeast China, Xinjiang, Inner Mongolia and some regions of Russia, such as Tuva, Buryatia, and Kalmykia.

Tibetan Buddhism evolved as a form of Mahayana Buddhism stemming from the latest stages of Buddhism (which included many Vajrayana elements). It thus preserves many Indian Buddhist tantric practices of the post-Gupta early medieval period (500–1200 CE), along with numerous native Tibetan developments. In the pre-modern era, Tibetan Buddhism...

Prayer flag

*new ones annually on the Tibetan New Year. Buddhist prayer beads Bunting (textile)
Namkha Papel picado Phurba Stupa Tibetan prayer wheel Barker, page*

A Tibetan prayer flag is a colorful rectangular cloth, often found strung along trails and peaks high in the Himalayas. They are used to bless the surrounding countryside and for other purposes.

Prayer flags are believed to have originated within the religious tradition of Bon. In Bon, shamanistic Bonpo used primary-colored plain flags in Tibet. Traditional prayer flags include woodblock-printed text and images.

Buddhist music

traditions include the Newari Buddhist Gunlā Bājan, Tibetan Buddhist music, Japanese Buddhist Shōmyō, modern Indian Buddhist bhajans, and Cambodian Smot

Buddhist music is music (Sanskrit: vādita, saṅgīta) created for or inspired by Buddhism and includes numerous ritual and non-ritual musical forms. As a Buddhist art form, music has been used by Buddhists since the time of early Buddhism, as attested by artistic depictions in Indian sites like Sanchi. While certain early Buddhist sources contain negative attitudes to music, Mahayana sources tend to be much more positive to

music, seeing it as a suitable offering to the Buddhas and as a skillful means to bring sentient beings to Buddhism.

Buddhist music retains a prominent place in many Buddhist traditions, and is usually used for ceremonial and devotional purposes. Buddhist music and chanting is often part of Buddhist rituals and festivals in which they may be seen as offerings to the Buddha...

Vajrayana

ISBN 978-81-208-0872-0. Wayman, Alex (2008). The Buddhist Tantras: Light on Indo-Tibetan Esotericism. Routledge.[ISBN missing] White, David Gordon, ed. (2000). Tantra

Vajrayāna (Sanskrit: वज्रयान; lit. 'vajra vehicle'), also known as Mantrayāna ('mantra vehicle'), Guhyamantrayāna ('secret mantra vehicle'), Tantrayāna ('tantra vehicle'), Tantric Buddhism, and Esoteric Buddhism, is a Mahāyāna Buddhist tradition that emphasizes esoteric practices and rituals aimed at rapid spiritual awakening. Emerging between the 5th and 7th centuries CE in medieval India, Vajrayāna incorporates a range of techniques, including the use of mantras (sacred sounds), dhāraṇīs (mnemonic codes), mudrās (symbolic hand gestures), mandalās (spiritual diagrams), and the visualization of deities and Buddhas. These practices are designed to transform ordinary experiences into paths toward enlightenment, often by engaging with aspects of desire and aversion in a ritualized context.

A...

Chöd

now a staple of the advanced sādhanā of Tibetan Buddhism. It is practiced worldwide following dissemination by the Tibetan diaspora.[citation needed] A

Chöd (Tibetan: རྩོམ་ཆོད་, Wylie: gcod lit. 'to sever') is a spiritual practice found primarily in the Yundrung Bön tradition as well as in the Nyingma and Kagyu schools of Tibetan Buddhism (where it is classed as Anuttarayoga Tantra in Kagyu and Anuyoga in Nyingma). Also known as "cutting through the ego," the practices are based on the Prajñāpāramitā or "Perfection of Wisdom" sutras, which expound the "emptiness" concept of Buddhist philosophy.

According to Mahayana Buddhists, emptiness is the ultimate wisdom of understanding that all things lack inherent existence. Chöd combines prajñāpāramitā philosophy with specific meditation methods and tantric ritual. The chöd practitioner seeks to tap the power of fear through activities such as rituals set in graveyards, and visualisation of offering their...

Prajñāpāramitā Devī

Great Mother (Tibetan: རྩོམ་ཆོད་མཆོག་མཆོག་མཆོག་, Wylie: Yum chen mo). She is a central figure in Vajrayana and appears in various sutra and tantra Buddhist sources, like

Prajñāpāramitā Devī (Sanskrit: प्रज्ञापारमिता देवी, lit. 'Perfection of Wisdom Goddess'; Tibetan: རྩོམ་ཆོད་མཆོག་མཆོག་མཆོག་མཆོག་མཆོག་, abbr. རྩོམ་ཆོད་མཆོག་, Wylie: shes rab kyi pa rol tu chin ma abbr. sher chin ma) is a female Buddha that symbolizes and embodies Prajñāpāramitā, the perfection of transcendent wisdom. This is the highest kind of wisdom in Mahayana and Vajrayana, which leads to Buddhahood and is the spontaneous source of Buddhahood. This is the essence of the Prajñāpāramitā sutras of which there are thousands. As such, Prajñāpāramitā Devī is a samboghakaya Buddha, and is known as "Mother of Buddhas" (Sanskrit: बुद्धमāत्र, romanized: Buddhamātr) or "The Great Mother" (Tibetan: རྩོམ་ཆོད་མཆོག་, Wylie: Yum chen mo).

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Achi Chokyi Drolma

Tibetan Buddhism "White Tara and Achi Practice

Gar Drolma Buddhist Learning & Meditation Center". Gar Drolma Buddhist Learning & Meditation Center. - Achi Chökyi Drölma (Wylie: a phyi chos kyi sgrol ma) is the Dharma Protector (Dharmapāla) of the Drikung Kagyu school of Tibetan Buddhism. Achi Chokyi Drolma is the grandmother of Jigten Sumgön, the founder of Drikung Kagyu. She also appears as a protector in the Karma Kagyu refuge tree as Achi Chodron and is a dharmapāla and dakini in the life story of the Nyingma tertön Tsasum Lingpa (Wylie: rtsa gsum gling pa).

Om mani padme hum

Arya-sad-aksari-sadhana. Some Buddhist scholars argue that the mantra as practiced in Tibetan Buddhism was based on the Sadhanamala, a collection of sadhana or spiritual

Om maṇi padme hūṃ^{*} (Sanskrit: ॐ मणि पद्मे हुं, IPA: [õ:: meɳɪ pədme: hũ:]) is the six-syllabled Sanskrit mantra particularly associated with the four-armed Shadakshari form of Avalokiteshvara, the bodhisattva of compassion. It first appeared in the Mahayana Kāraṇḍavyūha sūtra, where it is also referred to as the sadaksara (Sanskrit: षडक्षरा, six syllabled) and the paramahrdaya, or "innermost heart" of Avalokiteshvara. In this text, the mantra is seen as the condensed form of all Buddhist teachings.

The precise meaning and significance of the words remain much discussed by Buddhist scholars. The literal meaning in English has been expressed as "praise to the jewel in the lotus", or as a declarative aspiration, possibly meaning "I in the jewel-lotus". Padma is the Sanskrit for the Indian lotus...

Chagdud Tulku Rinpoche

lama in the Gelug school of Tibetan Buddhism. His mother was Dawa Drolma, who was widely considered to be an emanation of Tara and was from a Sakya family

Chagdud Tulku (Tibetan: རྒྱལ་པོ་ལྷ་མོ་འཕགས་པ་ལྷ་མོ་, Wylie: lcags mdud, 1930–2002) was a Tibetan teacher of the Nyingma school of Vajrayana Tibetan Buddhism. He was known and respected in the West for his teachings, his melodic chanting voice, his artistry as a sculptor and painter, and his skill as a physician. He acted as a spiritual guide for thousands of students worldwide. He was the sixteenth tülku of the Chagdud line.

Chagdud Gonpa centers practice Tibetan Buddhism, primarily in the Nyingma tradition of Padmasambhava.

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