

The Nalanda Institute,
Center for Buddhist Study and Meditation
presents

White Tara Empowerment and Teaching

offered by

Her Eminence Dagmo Kusho Sakya

Revered Lama of Sakya Monastery -- Seattle, WA
Founder of Tara Ling center -- Pasadena, CA

April 29th 2007, 9:00 AM to 3:00 PM
The Coach House at the Washington State Capitol Museum
22nd & Columbia, Olympia, WA

Schedule:

9:00 AM	Orientation
10:00 AM	Empowerment Ceremony
12:00	lunch Break
1:00 PM	Teaching on the practice
2:30 PM	White Tara practice with Dagmo Kusho
3:00 PM	End

Donation requested: \$50.00 non members, \$45.00 members.
No one turned away

ADDITIONAL INFORMATION

Is this Empowerment and Teaching suitable for me?

This empowerment and teaching is open to everyone and provides great benefit. Equally important, H.E. Dagmo Kusho is one of the foremost female Tibetan Buddhist teachers in the West and receiving empowerment from her is a great opportunity and blessing. Long time students at Sakya Monastery revere her for her legendary kindness, selfless service, shining devotion, and deep faith. In my (Bob Saunders) own experience, watching her recite prayers to pay respects at the eight holy sites of Buddhist pilgrimage in India was to witness a profoundly moving act of devotion that can still brings tears to my eyes. For me and many others she IS Tara.

Who is White Tara?

White Tara is the female Bodhisattva that represents the qualities of compassion, long life, healing and serenity. She is also known as The Wish fulfilling Wheel, or Cintachakra; and also as Samaya Tara, meaning Vow Tara. This refers to Tara's vow to save all beings from suffering and also to our Bodhisattva vow. One calls on her for health, strength, and longevity. Her white color indicates purity, but also indicates that she is Ultimate Truth, complete and undifferentiated. She has seven eyes: the two usual eyes, plus an eye in the centre of her forehead and eyes in her hands and feet. These indicate that she sees all suffering and all cries for help, even in the human world, even in the worlds of pain, using both ordinary and psychic or extraordinary means of perception.

Who is H.E. Dagmo Kusho Sakya?

Her Eminence Dagmo Kusho, also called Dagmola, was born in Kham, in Eastern Tibet, and was raised in a loving family of moderate affluence that was pervaded by the spirit of Buddhism. As the niece of one of the most highly realized Sakya masters of the twentieth century, H.E. Deshung Rinpoche III, she had unusual access to Buddhist training and began studying at an early age. In her teens, she went on pilgrimage with her Uncle to the headquarters of the Sakya order and was soon eagerly courted by a young religious nobleman of the Phuntsok Palace of Sakya. This of course was H. H. Jigdal Dagchen Sakya, Rinpoche who was being prepared to become the Head Lama of the Sakya Order. Upon marriage, she accepted the heavy responsibilities of entering the ranks of Tibetan nobility and of representing the ancient tradition of this spiritual lineage.

A few years later all their lives changed dramatically. Dagmola witnessed the severe oppression, deceit, and manipulation the communists perpetrated upon her people. In 1959, when violence erupted in Lhasa, the family including a child, were forced to flee for their lives over the Himalayas. Like most Tibetans at that time, the family expected to return home once hostilities had subsided, but Chinese communism killed that dream.

Eventually reaching Seattle, Dagmola selflessly devoted herself to bringing up her five sons and assisting her husband in his many religious activities, in particular, the establishment of Sakya Monastery. She also quietly devoted herself to spiritual practice under the guidance of her revered uncle, H.E. Deshung Rinpoche, who also encouraged her to begin teaching Buddhism and granting empowerments. Now, Dagmola is authorized to accept the role of Lama by one of the foremost Tibetan Buddhist masters of the Sakya Order and by other esteemed Tibetan Lamas.

Dagmola regularly bestows empowerments and teaches at Sakya Monastery. She has founded the Mother Tara Center/Tara Ling in Pasadena, California and established centers in Kona, Hawaii; Flagstaff, Arizona; and Mexico City

Is White Tara related to Green Tara?

More broadly, Tara or Arya Tara is the female Bodhisattva known as the "mother of liberation" and represents success in spiritual work and achievements. Arya Tara is shown in many forms, 21 in fact. White Tara is one of these 21 forms that are used by tantric practitioners to represent both inner and outer qualities of compassion and emptiness. Meditating on the one of the forms of Tara develops or calls forth those characteristics within yourself. Common forms of Tara include:

Green Tara: the Bodhisattva of enlightened activity
White Tara: the Bodhisattva of compassion, long life, healing and serenity
Red Tara: associated with magnetizing all good things
Yellow Tara: associated with wealth and prosperity
Blue Tara: associated with transmutation of anger

Want More Information?

<http://www.sakya.org> See especially the sections on Lamas, Sakya History, and Sakya Centers

<http://www.taraling.org/> Dagmola's center in Pasadena

http://en.wikipedia.org/wiki/Tara_%28Buddhist%29 Wikipedia has a good summary of Tara and her practice in tantric Buddhism.

<http://www.amazon.com/> Search for Princess in the Land of Snows, Dagmola's autobiography