



## 般若林～菩提三乘林佛學會

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各位善友：

隨喜、歡迎您報名參加「白度母灌頂」等三天的法會。

這次恭請成就者～噶千仁波切傳法，是非常難得殊勝的因緣！為法會具足吉祥的緣起，以及大眾能圓滿領受灌頂的利益，同時也感恩大善知識的恩德，虔敬祈請本尊和前行緣念是相當重要的事。

白度母是觀世音菩薩的慈悲化現，只要懷著虔敬的信心向度母祈請，就能得到加持感應。其次，度母的修持，最主要是持誦度母心咒，當我們專心憶念度母而持誦度母心咒的時候，更能接受度母給予的功德與力量，增廣自、他一切眾生的壽命、智慧與福德。

因此，般若林中心的上師慈囊仁波切，特別希望與會的每位善友，在法會前發願念誦**白度母心咒一萬遍**。一方面藉由我們這樣殷切的祈求，遣除灌頂的違緣障礙；一方面集眾人的善根福德，累積廣大資糧，祈願法會順利圓滿成辦！祝福大家皆能修行成就！

敬請諸位以歡喜心唸誦白度母心咒，噶千仁波切亦會加持並於法會做總迴向。

白度母心咒（附上噶千仁波切親自唸誦的白度母心咒如附檔提供您唸誦學習）：

唵 達瑞 度達瑞 度瑞 媽媽 阿優兒  
佳那 布涅 布真 咕汝 梭哈

咒意：

唵 解脫母！ 解脫苦難母！ 疾速救度母！  
令我壽命、智慧、福德盛開增長 梭哈

法會地點：香港尖沙嘴街坊福利會(九龍彌敦道 136A)

主辦單位：般若林～菩提三乘林佛學會國際弘法小組(堪千慈囊仁波切台灣中心)

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## Palriling Dharma Association

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Dear Dharma friends,

Rejoice, and thank you for your registration for the three-day puja for White Tara Empowerment and Rinpoche's teachings. It has been a great honor and remarkable opportunity to invite Kyabje Garchen Rinpoche to give us teachings, which will be an auspicious start of this grand puja and a benefit to perfect the completion of White Tara empowerment. Meanwhile, it's very important that we extend our deepest gratitude to the kindness and the generosity of our noble friend, and supplicate yidam with preliminary recitation of White Tara Mantra.

White Tara is the manifestation of Chenrezig's compassion. With faith and devotion we practice and recite the Tara Mantra, we will receive powerful blessings and immeasurable merits. Venerable Khenpo Tsulnam Rinpoche of Palriling Dharma Association therefore would like to request everyone to join us in Tara practice with the goal of accumulating at least **Ten thousand Tara Mantra prior to the puja.**

Mantra (White Tara Mantra chanted by H.E.Garchen Rinpoche is attached for your reference.) :

**OM TARE TUTTARE TURE MAMA AYUR  
JNANA PUNYE PUSTIM KURU SVAHA**

Translation of the mantra:

OM O liberator! O liberator from pain! O swift one!  
Makes my lifespan, knowledge and merit blossom SVAHA.

Please join in this special recitation of White Tara Mantra with great joy. Blessings and final dedication of merits will be given by Garchen Rinpoche at the end of puja.

With our strong aspiration, we hope to eliminate obstacles during the empowerment, increase merits for all, and carry out the grand puja successfully. Thank you for your interest in our dharma events and we hope to see you at the Grand Puja.

Thanks and kind regards,  
Palriling Dharma Association

Location : 136A Nathan Rd, Tsim Sha Tsui, Hong Kong  
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