



# WHITE TARA EMPOWERMENT TEACHING and PRACTICE

by Venerable Lama Tsang Tsing

**Saturday, May 12, 2018, 2:00 p.m.**

**Sunday, May 13, 2018, 9:00 a.m. – 4:00 p.m.**

*Please arrive 15 - 20 minutes before the ceremonies; late arrivals will not be admitted.*

## KAGYU DAKSHANG CHULING

917 East 43rd Avenue, Eugene, OR 97405

(Between West Amazon and Fox Hollow)

*To minimize the Center's impact on our neighborhood, please park  
on West Amazon and walk up hill to KDC.*

### White Tara Empowerment

*Saturday, May 12, 2018, 2:00 p.m.*

*(Arrive by 1:45 p.m.)*

White Tara is one of the main long-life deities. White Tara's practice is imbued with many blessings and is easy to accomplish. The Refuge Vow is required and will be offered by Lama before the Empowerment.

The cost is \$30.

It is also customary to make a donation to the empowering Lama.

### White Tara Teaching and Practice

*Sunday, May 13, 2018, 9:00 a.m. to 4:00 p.m.*

*(Arrive by 8:45 a.m.)*

Through Tara meditation practice a person receives the blessings and protection of Tara, and all suffering and obstacles are pacified. The practice of White Tara is brief, easy to accomplish, and carries a great blessing. Participants must have received the White Tara Empowerment.

The cost is \$35 and the pecha (practice text) is \$5. You are welcome to bring a lunch and stay during the break.

For more information, please visit KDC's website at [www.kdc-eugene.org](http://www.kdc-eugene.org)  
or call (541) 485-3961 or (541) 683-1808 between 10:00 a.m. and 7:00 p.m.

Venerable Lama Tsang Tsing is a meditation master in the Shangpa and Karma Kagyu lineages of Tibetan Buddhism, and is the resident director of Kagyu Dakshang Chuling Dharma Center in Eugene. Lama gives teachings, seminars, and empowerments throughout the West Coast.