

Om Tare Tare

Guitar in open G tuning with capo on 2nd fret.

Play melody on the 3rd string using the indicated fret above the capo...

0 = unfretted, 2 = 2nd fret above the capo, 4 = 4th fret above the capo, etc

0 2 4 2 0
Om tare tare tutare ture soha

0 2 4 2 0
Om tare tare tutare ture soha

5 7 9 7 5
Om tare tare tutare ture soha

4
Om tare tare

2 2 4 2 0
Om tare taaaaare

0
Om

Lyrics:

1 – Om tare tare tutare ture soha

2 - Om tare tare tutare ture soha

3 - Om tare tare tutare ture soha

4 – Om tare tare, Om tare tare

5 – Om tare tare tutare ture soha (very, very softly or on the breath)

Movements:

Begin the dance with partners facing each other, hands on their own hearts, sharing loving eye contact.

Let every movement be filled with loving kindness and compassion.

1 – partners hold right hands (as in a handshake)

2 – partners cover right hands with their left hands

3 – partners in embrace

4 – partners step back from embrace with arms in “W” position, not touching partner’s hands

5 – partners progress past right shoulders in slow one turn spin toward their own and reach their next partner with their hands on their hearts, in slight bow.

Pronunciation:

The words are all Sanskrit, except for soha which is a Tibetan version of the Sanskrit svaha.

Om – om (o like the o in ocean)

tare – taaray (aa like the a in father, ray like the word ray)

tutare – tootaaray (oo like the oo in choose, aa like the a in father, ray like the word ray)

ture – tooray (oo like the oo in choose, ray like the word ray)

soha – sohaa (so like the word so, aa like the a in father)

Translation:

The meaning of the Tara mantra is greater than the words can express. The words can only point rather vaguely in the direction of the meaning. The name *Tara* is variously interpreted to mean shining star, liberator, rescuer, savior, or one who ferries across.

A traditional explanation of the mantra is that it uses variations of the name Tara to represent three progressive stages of deliverance or salvation.

Tare represents deliverance from mundane suffering, liberation from the sufferings of samsara.

Tutare represents deliverance into the spiritual path conceived in terms of individual salvation, liberation from fear, external dangers and internal delusions.

Ture represents the culmination of the spiritual path in terms of deliverance into the altruistic path of universal salvation, the Bodhisattva path, the end of suffering, liberation from ignorance.

Alternate Translation:

Om - The cosmic sound that keeps our universe together.

Tare – the Sanskrit invocation of Tara, which is seen in Buddhism as the feminine aspect of compassion that resides within all sentient creatures in the universe.

Tut and *Ture* - the seed syllables that activate this center of compassion within us.

Soha (Tibetan form of the Sanskrit word svaha) - similar to Amen or "let this be so grounded in the physical"

Another Alternate Translation:

OM represents Tara's holy body, speech and mind.

TARE means liberating from true suffering, the sufferings of samsara, our aggregates being under the control of delusion and karma.

TUTARE means liberating from the 8 fears, the external dangers, but mainly from the internal dangers, the delusions, and also karma.

TURE means liberating from the ignorance of the absolute nature of the I; it shows the true cessation of suffering.

SOHA means "may the meaning of the mantra take root in my mind."

Attunement:

- Tara belongs to the Karma family of unobstructed compassionate activity. She is known as the Swift One, due to her immediate response to those who request her aid. Furthermore she is known as the great liberator, specializing in overcoming obstacles in whatever form they manifest in our lives. She is especially known for her power to overcome the most difficult situations, giving protection against dangers and all kinds of fear.
- Like any Bodhisattva she has transcended the polarity of masculinity and femininity. Her beautiful form is just the gateway to a deep inner experience which has neither color, nor form, nor sex. However, we are told that Tara chose, in fact *vowed*, to continue working for sentient beings in the *form* of a woman.
- ... the mantra of the Goddess Tara. *This is the manifestation of Buddha's energy.* This is very useful for everything. For long life, good health, wealth; for those people who want children --the recitation of this mantra is very good ... For a good marriage, for everything, this is quite helpful and useful. We describe the goddess Tara as a very able sort of deity... *Om Tare Tutare Ture Soha.*

~ from a talk by the 14th Dalai Lama

- In the Tibetan tradition, the color green is considered to include all the others. Green Tara has her right foot extended as if about to rise. Her left hand, in the gesture of granting refuge holds the stem of a blue water lily or utpala that waves over her left shoulder while her right hand also holding a flower, offers that which we desire, a boon.

Both hands signal with blue utpala flowers,
"Samsaric beings! Cling not to worldly pleasures.
Enter the great city of liberation!"
Flower-gods prodding us to effort. Homage to you!

~ First Dalai Lama (1391-1474)

- The practice of Green Tara helps to overcome fear and anxiety. Devotees believe that she can grant wishes, eliminate suffering of all kinds and bring happiness. When called upon she instantaneously saves us from eight specific external and internal calamities:

- 1) lions and pride
- 2) wild elephants and delusions
- 3) forest fires and hatred
- 4) snakes and envy
- 5) robbers and fanatical views
- 6) prisons and avarice
- 7) floods and lust
- 8) demons and doubt

~ First Dalai Lama (1391-1474)

Credits:

lyrics – traditional, mantra to Green Tara

melody – based on a theme from *Peaceful Goddess of the Turquoise Lake* by Anton Mizerak

movements - by Wahiduddin

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