

Tara Meditation



Tara is a female deity in Tibetan Buddhism. A deity is not a god in the western sense of the world; rather, it is a metaphor for a higher spiritual power such as wisdom and compassion.

Tara is a symbol of compassion and is depicted in female form. She is the embodiment of enlightened activity. Her powers protect a person from fear and danger, heal illnesses, increase longevity, and bring about prosperity. On the ultimate level, she awakens our

wisdom so that we can realize the true nature of reality.

Tara is a Bodhisattva, not a Buddha, who although totally free of the imperfections has pledged to remain in samsara to help all those who suffer. Tara protects us from eight great spiritual fears externally symbolized by animals and trying situations described below:

Elephants	Ignorance
Lions	Pride
Fire	Anger
Poisonous snakes	Jealousy
Thieves	Erroneous philosophies
Imprisonment	Greed
Water	Desire and attachment
Demons	Doubts

Tara's mantra is **OM TARE TUTTARE TURE SOHA**

