

# Om Tare Liberation

Traditional melody adapted by  
Connie Zareen Delaney

Key of A

A E

Om ta re tu ta re tu re e so o ha Om ta re tu ta re

7 A E

tu re e so o ha Om ta re tu ta re tu re e so o ha Om

14 A

Om ta re Om

Om Tare Tuttare Ture Soha 3x Singing praise to the Bodhisattva of compassion  
Om Om Tare Om In her manifestation as Green Tara

## Movements:

Dancers are not holding hands. On the first phrase walk to the right, hands start at the heart and swoop gently upward and right three times, then on Soha hands go further right and up, looking up, then coming back to the heart. It's a graceful movement.

On second phrase do the same movements to the left, then on the third do it again to the right.

On Om Om Tare Om everyone faces center and takes four steps back, arms sweeping back in a bow. Then come four steps in, arms sweeping in and ending with a Namaste bow.

## Attunement:

This dance is called Om Tare Liberation because the first Dalai Lama wrote that we can call on her to instantly save us from eight particular dangers, each of which represents a corresponding human mental problem:

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| <b>lions</b> — pride                           | <b>robbers</b> — wrong views, including fanatical views |
| <b>wild elephants</b> — delusion and ignorance | <b>prisons</b> — greed and miserliness                  |
| <b>forest fires</b> — hatred                   | <b>floods</b> — desire and attachment                   |
| <b>snakes</b> — jealousy                       | <b>demons</b> — doubts caused by delusion               |