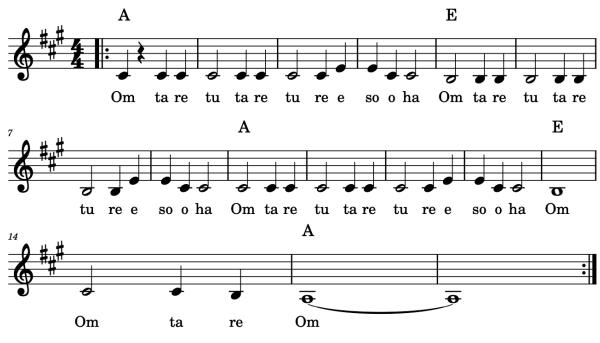
## **Om Tare Liberation**

Traditional melody adapted by Connie Zareen Delaney



Om Tare Tuttare Ture Soha 3x Om Om Tare Om Singing praise to the Bodhisattva of compassion 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:

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

Key of A