

# Om Tare Liberation

C G

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

8 C G C

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

*Traditional Mantra, tune modified and dance by Connie Zareen Delaney*

1. Om Tare Tu Tare Ture Soha
2. Om Tare Tu Tare Ture Soha
3. Om Tare Tu Tare Ture Soha
4. Om Om Tare Om

Don't hold hands

1. Step left scooping hands towards the left and slightly in three times, then gesture upwards to left.
2. Repeat stepping and gesturing to right.
3. Repeat as 1
4. Step backwards opening hands down, and then in lifting hands, ready to go left again.

Though we often think of the Tara Mantra as personal healing, the first Dalai Lama wrote that it's about liberation. We can call on her to save us from eight particular dangers, each of which represents a corresponding human mental & spiritual problem:

Lions — pride

Wild elephants — delusion and ignorance

Forest fires — hatred

Snakes — jealousy

Robbers — wrong views, including fanatical views

Prisons — greed and miserliness

Floods — desire and attachment

Demons — doubts caused by delusion.