



Om Tare Tuttare Ture Soha
Om Tāre Tuttāre Ture Svāhā / Om Tare Tuttare Ture Svaha
- Green Tara's Mantra

ॐ तरे तुतारे तुरे स्वाहा

“All that we are is the result of what we have thought.” ~ Buddha

Om Tare Tuttare Ture Soha is an ancient Tibetan Buddhist mantra that is dedicated to Tara, the “Mother of all Buddhas,” and especially to her manifestation as Green Tara, the great liberator. The word-name **Tara** is variously interpreted to **mean** Shining Star, Liberator, Rescuer, Savior, or One Who Ferries Across. The essence of Tara is fearlessness and courage.

A mantra is "a sound, syllable, word, or group of words that is considered capable of 'creating transformation.'" •1 The word Mantra is said to mean "that which protects the mind," or a more literal meaning based on etymology is "an instrument of mind." •4 In my yoga classes, I like to remind students to be mindful of the mind, for it is the mind that will often take us out of a pose or out of our flow faster than anything else. Therefore a mantra becomes a tool or an instrument to focus and develop our minds, to thus awaken our consciousness to higher octaves so we may play a sweeter song.

Like many ancient mantras, "the Green Tara Mantra is much greater than the sum of its parts, there are layers of meaning and benefit that resonate with us beyond what our minds perceive."•2 By calling on Tara's protection from danger and from our fears with a sincere motivation to be relieved of our suffering for the benefit of all beings, we can gain the multiple benefits of unconditional love, selfish altruism, loving kindness, compassion, wisdom and pure happiness. Our joy and peace truly matter. Our love heals the world.

OM - toning Om summons Green Tara's presence and opens the space within you to call for help. It clears your mind of negative projections and distractions that keep your awareness small, thus allowing for Tara and your higher self to step in fully. When in a crisis, instead of crying HELP, try instead toning OM!

Tare - toning Tare declares that you are laying down your attachments to suffering and viral beliefs in exchange for non-circumstantial happiness and a reunification with your divinity.

Tuttare - toning Tuttare liberates your awareness from the eight great fears by taking refuge in your own divinity - it is a seeded sound wave of self-love!

8 great fears/obscurations that keep us in a state of suffering:

1. Ignorance
2. Pride

3. Anger
4. Jealousy
5. Erroneous views, wrong view
6. Greed
7. Desire and attachments
8. Doubt

Ture - toning Ture declares your oneness with all beings as the root of your happiness. Our greatest happiness arises from releasing judgements and projections about others, truly seeing all others as our master teachers and working toward the liberation of all beings as we are all in this together! "Every time you speak TURE you are anchoring more of your Higher Self's light within your human body and awareness."³

Soha - toning Soha commands the blueprint of this mantra to activate your DNA and open the pathway for your Sacred Heart to live in happiness for the greatest good of all beings.³ It also means, Within Me, meaning the Green Tara is within each of us. Immediately at the end of chanting the mantra, hold a moment of silence and feel/visualize Green Tara residing within you.



To activate/potentiate your courageous radiant heart more fully, you can practice chanting the Green Tara Mantra with the Fearless Heart Mudra.

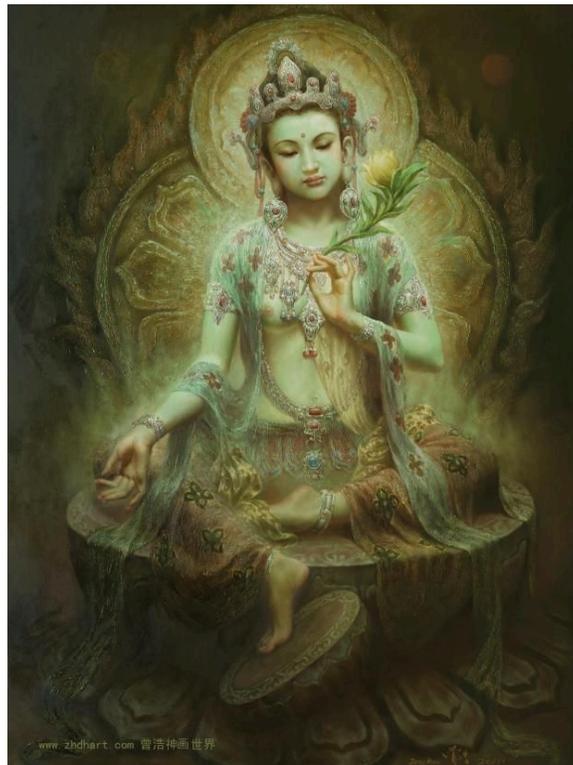
The **Fearless Heart mudra -ABHAYA HRDAYA** .

The Fearless Heart Mudra brings another level of courage and inner strength to your practice and connects you to your inner truth and fearless heart. This is a great mudra to use if you are afraid of something or to overcome anxiety or stress, it is another way of invoking HELP, while staying calm. It is a powerful way to start the day, for it activates the heart chakra and brings awareness to the Heart Space – also known as Hridaya in Sanskrit. May we all live each day from a place of courageous love and heart.

“This mudra is performed by crossing right hand over left and placing the backs of hands together. Next, wrap the right index finger around the left, the right middle finger around the left, skip the ring finger, and then wrap the pinky fingers. The ring finger and thumb touch. Hands pull back into the heart/sternum.”⁶

By adding Mudras to our Mantras, we take them to the next level and accelerate their potency. For only when all beings are free, may we truly be free. May all beings be free/sovereign from all attachments to suffering. May all beings know love. May all beings be free from suffering. May our liberation be for the greatest good of all beings. So may it be, and so it is!!!!!!

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Footnotes

1. Feuerstein, G. *The Deeper Dimension of Yoga*. Shambala Publications, Boston, MA. 2003. (Via Wikipedia: <http://en.wikipedia.org/wiki/Mantra>)
2. Yowangdu. Experience the Joys of Tibetan Culture. November 11, 2017. yowangdu.com
3. Ra, Kaia. *The Sophia Code*. Kai Ra and Ra-El Publishing, Mount Shasta, CA. 2016
4. <https://www.wildmind.org/mantras/figures/greentara> and <https://www.wildmind.org/mantras/method>
5. <http://gayatriclab.com/2011/10/the-power-of-tara-mantra-om-tare-tuttare-ture-swaha-for-daily-protection/>
6. <https://basmati.com/2016/10/31/introduction-mudras>
7. Payne, Buryl. *The Quantum Theory of Love*, Love Publications, Capitola, CA. Infinite.

Listen

Deva Premal chants the Green Tara Mantra for one hour:
<https://www.youtube.com/watch?v=cPDp9a5BHMM>