



TARA is a Tibetan deity. She is the incorporation of wisdom and compassion. She is the great Mother Nature consciousness; the female side present in everyone's psyche. She represents our own enlightening potential.

MANTRA OF GREEN TARA- OM TARE TUTARE TURE SOHA

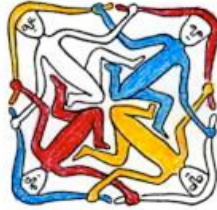
MANDALA of 21 prayers of TARA

All the teachings of setting the motivation, is given by Lama Yeshe, from the book "Introduction to Tantra".

All the teachings from "Refuge" are from the SADHANA of LAMA CHERPA.

"BODHICITA" use to be sing in Buddhist Tibetan meetings.

English version from the 21 prayers of Tara of Buddhists Tibetan shadanas, was created by Prema Dasara, Jeff Muñoz, Anahata. Was created by the traditional Tibetan SADHANA, "A GOM TER ", write by ORIGYEN DECHEN CHOKJUR LINGPA. Use in "KARMA KAGYU - Centers World



Tara dance is a dance with Tibetan Buddhist teachings, which was created by Prema Dasara. She creates and developed this meditative dance; afterwards together with Anahata and other sincere women made the final touch. Some Lamas and the Dalai Lama himself blessed it, which gave them the permission to teach the dance all over the world. Later was create a nonprofits organization named" TARA DHATU", to help to expand and protect the dance.

This dance, which I am a student/professor- level 2, as being practised in many countries such as USA, Canada, Brazil, Colombia, Australia, New Zealand, Hawaii, India, Nepal, Swiss, Germany England and Portugal. I' am teaching Tara dance in Portugal for six years, from north to south, and island's. I get initiation in white Tara and Vajra Satwa by Trunchik Rimpoche and Tulku Rimpoche, and blessed by Dalai Lama.

This practise is on the way to achieve the purification of the human mind, by removing obstacles and creating beneficial conditions. It has the power to awake consciousness for the inner feminine qualities in a human being, and to help to find equanimity, balance, peace, love and compassion, that exist already inside of us, leading us to correct thoughts, speech and actions.

Do you like to share, learn or apply this dance, in your life?

You only need a room for minim 8 friends; witch can dance together in circle around. If the weather is good we can dance out site in the nature.

We hope all mistakes are forgiven, and all merit is for mother Tara. May we can dance together for happiness and harmony.

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