

In Praise of Tara

Holy Tara, Protector of living beings,
May your blessings flow throughout all of our lives

and by Your Compassionate Activity,
may all the myriad needs of all the myriad beings
be completely fulfilled

Tara
Your beauty tames the minds of living beings.
You draw all beings to yourself.
Your virtue calms their fears and brings them all fresh happiness.

You are the one who makes what seems to be the impossible
entirely possible
You conquer disbelief, and dispel doubt
without leaving even a trace
You are miraculous activity, beyond comprehension.

You are 'swift to regard', quick to respond,
the remover of obstacles.

You are our protector

You are grace and blessings,
the relative and ultimate liberator of beings

Your beauty inspires uprightness of moral character
You pacify habit energy
We shed our skins, lose our old ways,
like leaves falling off of trees

You bring new birth, and give new strength
You purify the mind - like the stream-clearing jewel

You uplift and brighten the mind

For those with positive aims,
You are their Great Benefactress

You set all things right
You bring about reconciliation without impediment
without anything blocking it
You bring harmony to every surrounding circumstance

You help us to gather all positive conditions
You bring out the best that is in us all
You make all practices effective

It has always been this way
It is this way now
It will always be this way

You are the spring-like feeling of 'yes',
the sum of all optimism,
joyful positive energy,
the feeling of 'I can'

Tara,
May your blessings completely illuminate all of our lives

And may all the myriad needs of all the myriad beings
be completely fulfilled now

O, Bright Virtue!

You are light
You are grace in my life
and subtle nourishment
The blessing of all the women who have ever wished me well

You are instinctive love,
all-accommodating
naturally inclusive
comprehensive

You are embodied enlightened intelligence,
intuitive awareness, the heart awake,
and the flourishing of joy

You are playful, youthful, joyful, quick, charming, elegant,
inspiring, wise, warm, strengthening, encouraging, healing,
calming, stabilizing;

How can I call you? Tara - hope, positive energy, joyful, pure,
wholesome energy

With your rivers
nurture my limbs, these fields
With your warmth, your light
bring about the total flowering of goodness...

Tara,
May your blessings be established in all of our lives

Because this is Divine Feminine energy, quick to respond
with magical activity,
the equivalent of the patron saint of lost causes,
grace,
spiritual beauty bringing light, giving hope,
removing obstacles,

calming fear, pacifying suffering, and protecting
bringing harmony to every surrounding circumstance,
bringing life, health, happiness, good fortune, and stability

and, being the spring-like sum of all optimism, inspiring,
positive energy,
enabling all the good things we would do to become effective,
to become fulfilled,
to become complete,
This is called Green Tara

May all share in these blessings...