

## The Power of Tara Mantra “Om Tare Tuttare Ture Swaha” for daily protection

By [Gayatri Clabonova](#) Posted In: [Mantra](#), [Tara Mantra](#)

Tara is known to protect from fear and danger, heal illness, increase longevity and increase prosperity. On the ultimate level, she awakens our wisdom so that we can realize the true nature of reality. In Mahayana Buddhist tradition it is believed that practice of Tara mantra or reciting sacred Tara Mantra brings Green Tara's instant help to overcome all problems and help actualize all our material needs and heartfelt wishes. Goddess Tara is the embodiment of enlightened activity. Tara is a bodhisatta, rather [Buddha](#), who, although totally free from the imperfections of Samsara, remains in samsara to help all those that suffer. Tara protects us from eight great spiritual fears externally symbolized by animals and trying situations described as follows: Eight Great Fears (External and internal):

1. elephants = ignorance
2. lions = pride
3. fire = anger
4. poisonous snakes = jealousy
5. thieves = erroneous philosophies, wrong view
6. imprisonment = greed
7. water = desire and attachment
8. demons = doubts

### Symbolic Meaning of the Manifestation of Green Tara:

Green symbolizes the color of awakened activity and deep compassion. Green also indicates the color of wind and Nature. Tara acts for the benefit of those who pray to her with the swiftness of wind. Her left leg represents renouncement of conflicting emotions. Her right leg indicates that Tara is ready to stand up to come to the help of her devotees. Her right hand is in the gesture of generosity signifying that she bestows boons of ordinary supernormal powers as well as sublime accomplishments such as realization of the nature of the mind. Her left hand is in the gesture of refuge. Her thumb and ring finger are joined to symbolize the union of skillful ways and knowledge. Her other fingers are held up to represent detachment. Her left hand is held as her heart, indicating that her mind is never separate from the Dharmakaya. The stems of the lotuses she holds with her hands indicate that all the qualities of realization have fully blossomed within her. Her charm and beauty reveal that she is the ‘ mother of all Buddhas and her compassion for all beings is flowing continuously.

# Tara Mantra

## Om Tāre Tuttāre Ture Svāhā / Om Tare Tuttare Ture Soha

Tara means “star” or “The one who ferries across”, or “She Who Saves”. Really, she represents compassion in action, since she’s in the process of stepping from her lotus throne in order to help the suffering sentient beings. Tara’s name is said to derive from the verb meaning “to cross” or “to traverse” or “to get to the other side.” The word Tara also literally means “star.” Like a star she shines and helps us guide our lives in a safe direction. A third meaning of “tara” is “the pupil of the eye,” suggesting her as the watching presence, who watches over those who navigate the treacherous waters of life in search of the further shore of liberation.



**OM** represents Tara’s sacred and enlightened body, speech and mind.

**TARE** means liberating from all discontent.

**TUTTARE** means liberating from the eight fears, the external dangers and also from the internal dangers such as ignorance and delusions.

**TURE** means liberating from duality; it shows the true cessation of confusion.

**SOHA** means “may the meaning of the mantra take root in my mind.”

Source: <http://gayatriclab.com/2011/10/the-power-of-tara-mantra-%E2%80%99Com-tare-tuttare-ture-swaha%E2%80%9D-for-daily-protection/>

Video for Inspiration:



Deva Premal - Om Tare Tuttare (1 hour)

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<https://www.youtube.com/watch?v=cPDp9a5BHMM>