

Green Tara & her mantra, Om Tare Tuttare Ture Soha



Green Tara is one of the most beloved awakened beings by Tibetans, revered for her swiftness in helping those who rely on her for protection and inspiration. She is undoubtedly the most powerful female deity in the Buddhism. She is not only supremely beautiful in how she is portrayed but is also believed to possess spiritual power that is at least the equal of her male cosmic counterparts. When calling upon this deity, the energy of Green Tara is believed to manifest healing, along with inner states of calmness & tranquility, clarity & purpose, wisdom & compassion.

Tara appears to have been first recognized and worshipped in Indian Buddhism around the 5th or 6th century and is still worshipped today throughout Tibet, Nepal, India and much of South-East Asia, and is less known in China and Japan.

Tara means “star”, “the one who ferries across”, or “she who saves”. She represents compassion in action, as she swiftly steps from her lotus throne, to help the suffering sentient beings who reach out to her. Tara is a star—symbolizing the light of the soul—and she is like the North Star, guiding those who are lost on their spiritual path, back to the path of enlightenment.

Tara has been described as the first feminist, a true warrior and Inspirational figure to many. She is a fierce protector and liberator for those who suffer in this life. She embodies the most compelling & vital qualities of the feminine: beauty, grace, & the ability to nurture, care for & protect. According to one of the stories of her origin, having been told by her spiritual advisors to take rebirth as a man, she vowed always to take rebirth as a woman. Motherhood is central to the conception of Tara. Her titles include “loving mother”, “supreme mother”, “mother of the world”, “universal mother” and “mother of all Buddhas”.

Green—the universal color of healing, regeneration, & growth. It symbolizes awakened activity & deep compassion, as well as youthful vigor & activity. Green Tara embodies the healing energy that releases fear & ignorance. It’s the color of the wind element in nature—Tara acts for the benefit of those who pray to her with the swiftness of wind.

Green Tara is recognized as having 21 forms, each of which protects us from a specific type of fear, danger, & calamity. Arising in many forms of varying colors and demeanors, each has a specific way of supporting us on the path to liberation. Tara appears in many colors, but the two most popular are GREEN Tara & WHITE Tara. In Tibetan symbolism, green is considered as the color that contains all other colors, while white is the pure non-color from which all colors have their origin. White Tara embodies grace and serenity and the love of a mother for her child; Green Tara embodies enlightened activity, wisdom & compassion in action. Together, they represent compassion that is boundless. Green Tara is considered the chief or main form of Tara & source of all her other manifestations.

Many legends are associated with Tara. It is said that she arose from the tears of Avalokiteshvara, the bodhisattva of compassion, as he wept in despair because he was unable to fulfill his task to save all beings from suffering. Tara consoled him and offered to assume the form of a female bodhisattva so to assist him in his noble endeavors.

Om Tare Tuttare Ture Soha - *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 altruism and compassionate action, becoming happier ourselves as we help others.*

Om: primordial sound of the universe, also representing Tara’s sacred, enlightened body, speech & mind

Tare: with tare, Tara liberates you from all true sufferings

Tuttare: liberates you from the 8 fears related to external dangers (ignorance, attachment, anger, pride, jealousy, miserliness, doubt and wrong views. Protects from spiritual dangers.

Ture: liberates causes of disease, disturbing thoughts & true suffering, granting us peace & freedom

Soha: Anchors the energy and blessings of the mantra into our lives.