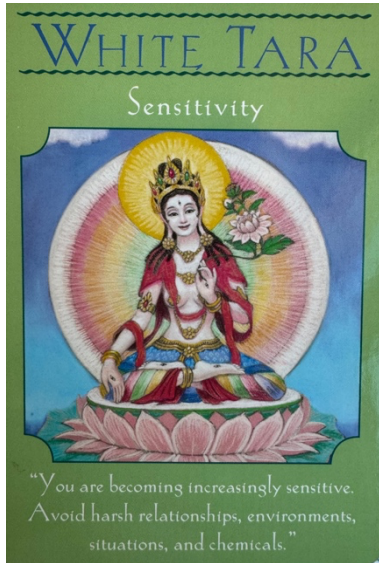


White Tara

White Tara is an aspect of Tara, a female Buddha and Hindu Mother Creator, and the divine feminine. She represents purity, maturity, compassion and healing. She brings peace and calm. White Tara has eyes on her forehead, hands and feet that allow her to be aware of all prayers. She helps us to live long and peaceful lives.



(from the Goddess Guidance Oracle Cards...)

"Acknowledge and honor your heightened sensitivity. You've stripped away the outer protective layers of unneeded defenses, which blocked your spiritual awareness. Now you are on the path, which calls for heightened awareness. And with it comes new levels of sensitivity to the impure and harsh. Your body is a trustworthy instrument of measurement of your tolerance level. Steer clear of that which your body signals you to avoid. Take excellent care of your body, and it shall serve you well."

The White Tara Mantra, *Om Tāre Tuttāre Ture Mama Āyuh Puṇya Jñāna Puṣṭim Kuru Svāhā*, is a powerful Buddhist prayer for long life, healing, and increased wisdom.

It translates to: "Om, Tare (Liberator) Tuttare (Savior) Ture (Healer), Grant (Kuru) me (Mama) long life (Ayuh), merit (Punya), wisdom (Jnana), and abundance (Pustim), Svaha (Hail/Blessings)".



Om: The sacred sound of the Buddha's body, speech & mind.

Tare: Represents liberation from suffering and samsara.

Tuttare: Represents protection from the eight fears and dangers.

Ture: Represents healing and freedom from disease.

Mama: Means "mine," I request these qualities for myself or another.

Ayuh: Long life.

Punya: Merit, or positive karma derived from virtuous actions.

Jnana: Wisdom.

Pustim: Abundance, prosperity, or increase.

Kuru: An imperative command meaning "do it" or "make it so".

Svaha: A closing, similar to "amen" or "so be it".