

# THE TWENTY-ONE VERSES OF TARA

Green Tara's compassionate wisdom is conceived as different qualities manifesting for different purposes. Green Tara is in the centre with 20 emanations arrayed equally around a circular mandala divided into four directions starting with the east at the bottom of the circle.

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## Introduction

In practice Tara manifests in forms that suit the task;  
Tara is the antidote against all sorts of hindrance.  
In various ways and forms, Tara can guide the human hand;  
Tara is the wisdom born of life experience.  
See the mandala of Tara as effective care  
That can perceive and overcome the different sorts of harm.  
The hindrance is named, the antidote made manifest;  
Tara never ceases caring for the world

The Teaching we name Tara can encourage insight;  
The Teaching we name Tara can engender perseverance;  
The Teaching we name Tara can empower wisdom  
In the way we act when called upon to care.

OM TARE TUTTARE TURE SOHA  
OM TARE TUTTARE TURE SOHA  
OM TARE TUTTARE TURE SOHA

<sup>1</sup> Green Tara in the centre is the source of emanations;

(The four principle Taras)

- <sup>2</sup> White Tara in the east is the harmony of healing.
- <sup>3</sup> Yellow Tara in the south is the bounty of wisdom;
- <sup>4</sup> Red Tara in the west is the power of perception;
- <sup>5</sup> Black Tara in the north is steadfast commitment.

(East to South)

- 6 Green Tara demonstrates wise use of earth;
- 7 Red Tara demonstrates wise use of water;
- 8 Yellow Tara demonstrates wise use of fire;
- 9 White Tara demonstrates wise use of air.

(South to West)

- 10 Green Tara averts misuse of space;
- 11 Blue Tara averts misuse of arms.
- 12 Red Tara averts bad politics.
- 13 Black Tara averts wrong ownership.

(West to North)

- 14 Black Tara promotes respect for environment.
- 15 Brown Tara promotes respect for all animals.
- 16 Black Tara promotes respect for all forms of life.
- 17 White Tara promotes respect for nature's power.

(North to East)

- 18 Lime Green Tara maintains health and heals disease.
- 19 White Tara supports a full and happy life.
- 20 Yellow Tara bestows prosperity for all.
- 21 Warm Green Tara overcomes frustration and fosters aspiration.

All the Taras symbolise compassion in reality.  
All the Taras symbolise a willingness to care.  
Tara's variations, each effective, wonderful,  
Accompany the practice and manifest at need.

ON TARE TUTARRE TURE SOHA  
ON TARE TUTARRE TURE SOHA  
ON TARE TUTARRE TURE SOHA

By the great benefit of practice may I better understand  
This teaching, Mother Tara.  
Considerate, direct and able to subdue,  
Tara treasures life wherever it is found.

SARVA MANGALAM  
SARVA MANGALAM  
SARVA MANGALAM