



How to Free Your Mind: The Practice of Tara the Liberator

Thubten Chodron

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Tara, the feminine embodiment of enlightened activity, is a Buddhist deity whose Tibetan name means "liberator," signaling her ability to liberate beings from the delusion and ignorance that keep them trapped in ever-recurring patterns of negativity. She embodies a challenge—to transform our minds and become like her, whose tranquility, compassion, and wisdom make her so beautiful—but one that is profoundly nurturing. In the author's words, "We can relax in her presence and look at ourselves honestly, knowing that Tara will not judge, reject, or abandon us due to our shortcomings. Like a mother, she sees her child's potential—in this case, our spiritual potential or Buddha-nature—and wants to nurture it." Ven. Chodron describes a simple meditation on Tara, explaining its benefits and its application to daily life. She then presents two well-loved praises to Tara, together with reflections on their meanings for modern practitioners. Included here are the "Homage to the Twenty-one Taras," verses that are frequently chanted in Tibetan monasteries and homes, and "A Song of Longing for Tara, the Infallible," by Lama Lobsang Tenpey Gyaltzen.

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