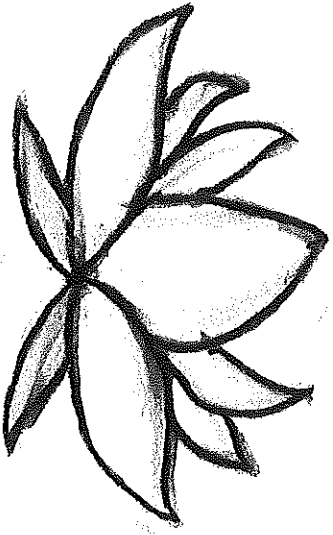


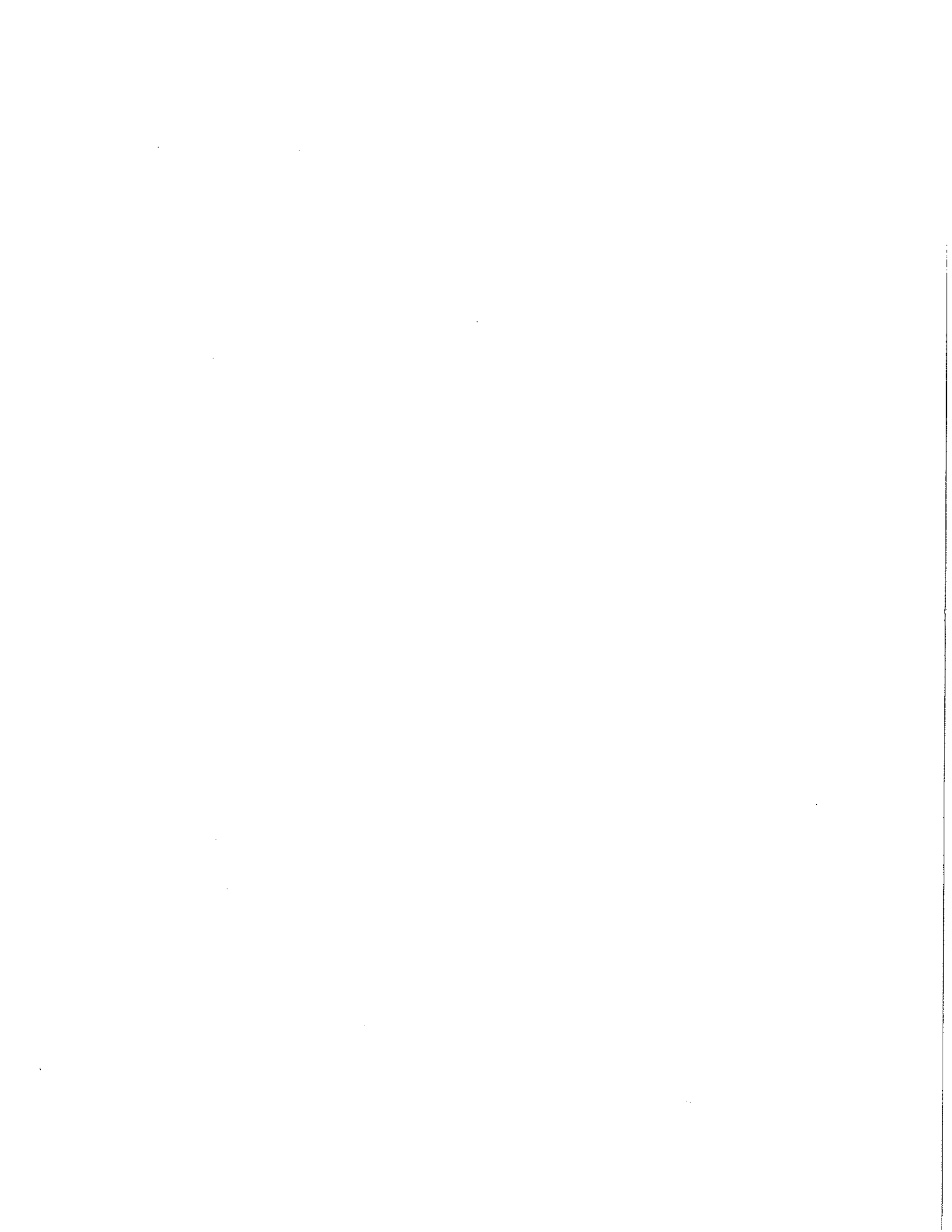
Tara

Whispers



Prayers & Devotionals
to the Female Buddha

by Liz Makkin



Resources

<https://blog.sivanaspirit.com/story-of-the-goddess-tara-and-how-she-reminded-us-women-are-divine/>

<https://buddhaweekly.com/mama-buddha-tara-compassionate-action/>

[https://en.wikipedia.org/wiki/Tara_\(Buddhism\)](https://en.wikipedia.org/wiki/Tara_(Buddhism))

About the Author

Liz Watkin is studying for her master's in Liberal Studies at UNC Wilmington, this zine was created as part of her work for the degree.

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About Tara

There is a true feminist movement in Buddhism that relates to the goddess Tara. Following her cultivation of bodhicitta, the bodhisattva's motivation, she looked upon the situation of those striving towards full awakening and she felt that there were too few people who attained Buddhahood as women. So she vowed, "I have developed bodhicitta as a woman. For all my lifetimes along the path I vow to be born as a woman, and in my final lifetime when I attain Buddhahood, then, too, I will be a woman."

The Dalai Lama - 1

Tara can be found throughout Hindu and Buddhist traditions as a deity and Buddha or bodhisattva. Scriptures tell us that when Tara attained enlightenment, she was encouraged by monks to become a man so that she may fulfil her full potential as a bodhisattva. Tara refused and admonished the monks for being bound to the illusion of gender. Tara then vowed to be reborn always as a woman to encourage the enlightenment of women who were overlooked and oppressed.

"Tārā is the flawless expression of the inseparability of emptiness, awareness and compassion. Just as you use a mirror to see your face, Tārā meditation is a means of seeing the true face of your mind, devoid of any trace of delusion".

Chagdud Tulku Rinpoche - 3

Will you
walk in
Peace?

Green

Tara
Who
saves

Come to center and breathe:

Tara who is green, Tara who saves.

My arms can hold the earth.

My heart can hold life.

Tara whispers,

Go beyond yourself and see all.

Come to center and breathe:

Tara who is green, Tara who saves.

Tara who is I.

dance in
moon

My

is

athe

Will you walk in
joy?

Tara who is green

The sun blesses

The breeze cleanses

Who are all children

Tara Who is Green,

Tara Who Saves

Birch leaves dance in the afternoon.

The breeze cleanses.

The sun blesses.

Tara whispers,

To know the present is all, is to be free

Go here Come to center and breathe:

Tara who is green, Tara who saves.

Come Will you walk in joy?

Will you walk in peace?

Will you take step with the stranger?

Tara whispers,

We are all children.

To know the present is to know to be free

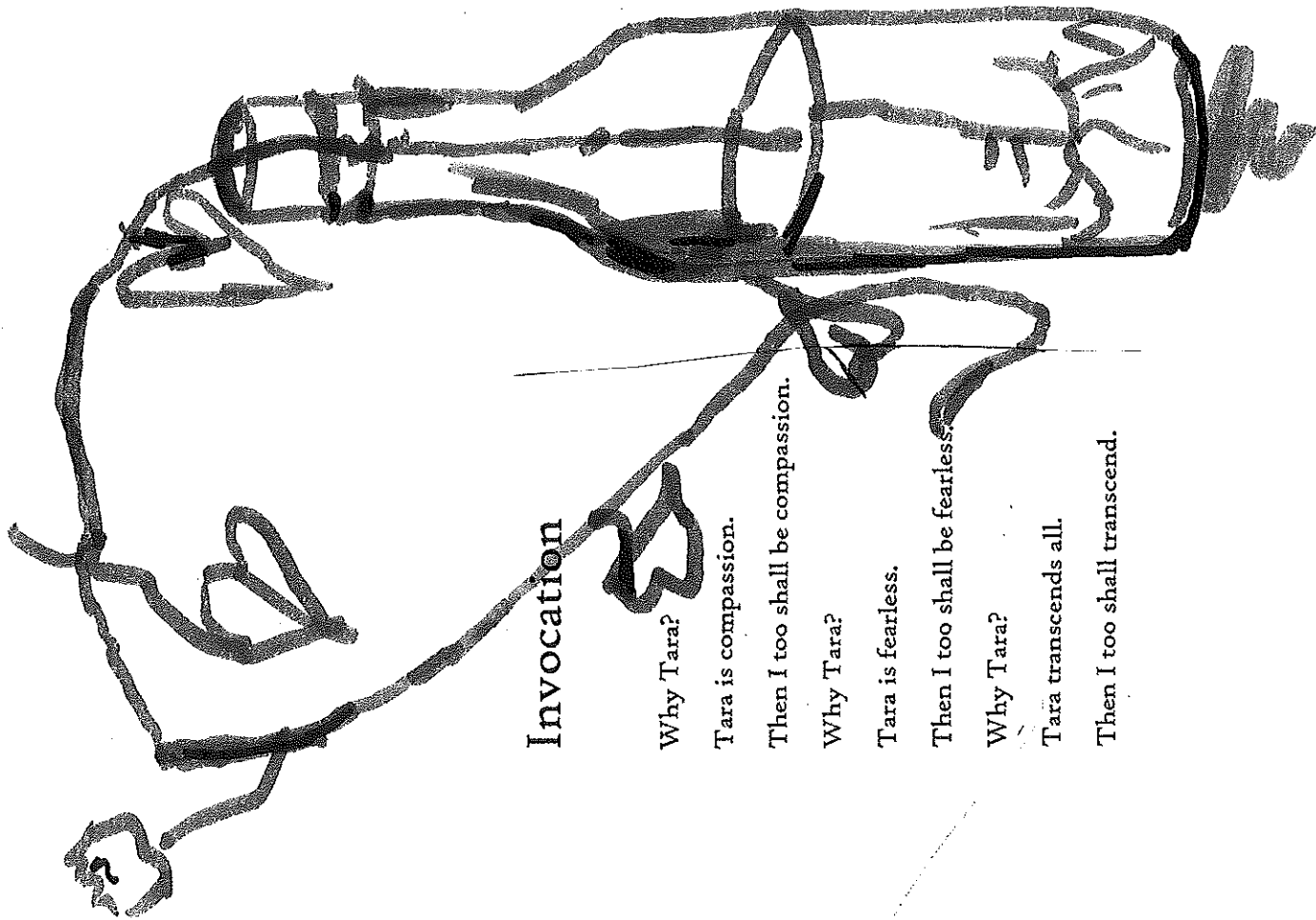
We may assign to her the pronouns 'she' and 'her', but Tara is to whom we can pray as the reflection of ourselves as true beings that transcend gender. She frees us of the oppression of the material self and works for our spiritual emancipation.

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.

Bhikushuni Chodron - 2



The prayers and invocations in this zine are to be read either in silence or aloud and as such belong to the one who reads them. The intention is for one to develop a personal relationship with Tara and the divine.

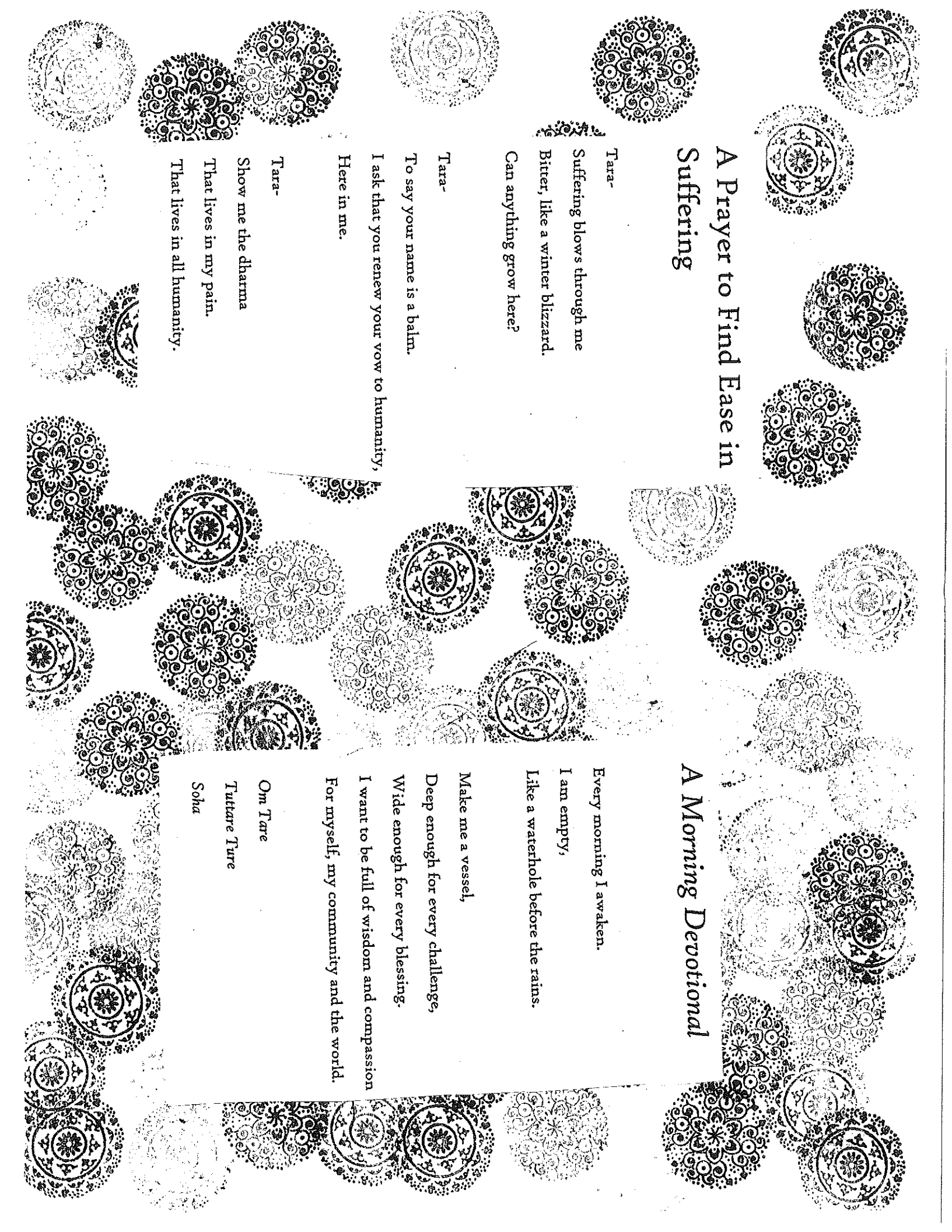


Invocation

Why Tara?
Tara is compassion.
Then I too shall be compassion.
Why Tara?
Tara is fearless.
Then I too shall be fearless.
Why Tara?
Tara transcends all.
Then I too shall transcend.



Om Tara
Tuffare Ture
Soha



A Prayer to Find Ease in Suffering

Tara-

Suffering blows through me
Bitter, like a winter blizzard.
Can anything grow here?

Tara-

To say your name is a balm.
I ask that you renew your vow to humanity,
Here in me.

Tara-

Show me the dharma
That lives in my pain.
That lives in all humanity.

A Morning Devotional

Every morning I awaken.

I am empty,

Like a waterhole before the rains.

Make me a vessel,

Deep enough for every challenge,

Wide enough for every blessing.

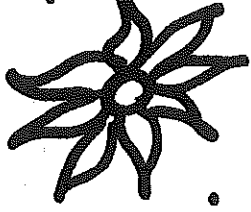
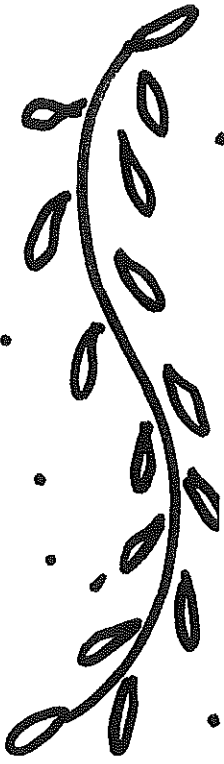
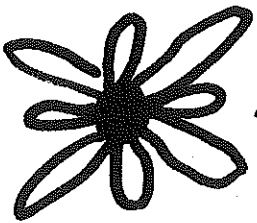
I want to be full of wisdom and compassion

For myself, my community and the world.

Om Ture

Tutare Ture

Soha



Ritual of Gratitude and Self-Love

You shall be outside,

Water or wind your companion.

Hold a flower of kissable petals.

Pluck a petal:

"For forgiveness and acceptance"

Kiss the petal and release to water or wind.

Pluck a petal:

"For love of all beings"

Kiss the petal and release to water or wind.

Pluck a petal:

"For the grey that I have or shall come"

Kiss the petal and release to water or wind.

Pluck a petal:



Pluck a petal:
"For Tara who holds me. I reflect in all aspects and none"

Kiss the petal and release to water or wind.

"For the moment we have and the moment now past"

Kiss the petal and release to water or wind.

Pluck a petal:

"For Tara who holds me. I reflect in all aspects and none"

Kiss the petal and release to water or wind.

