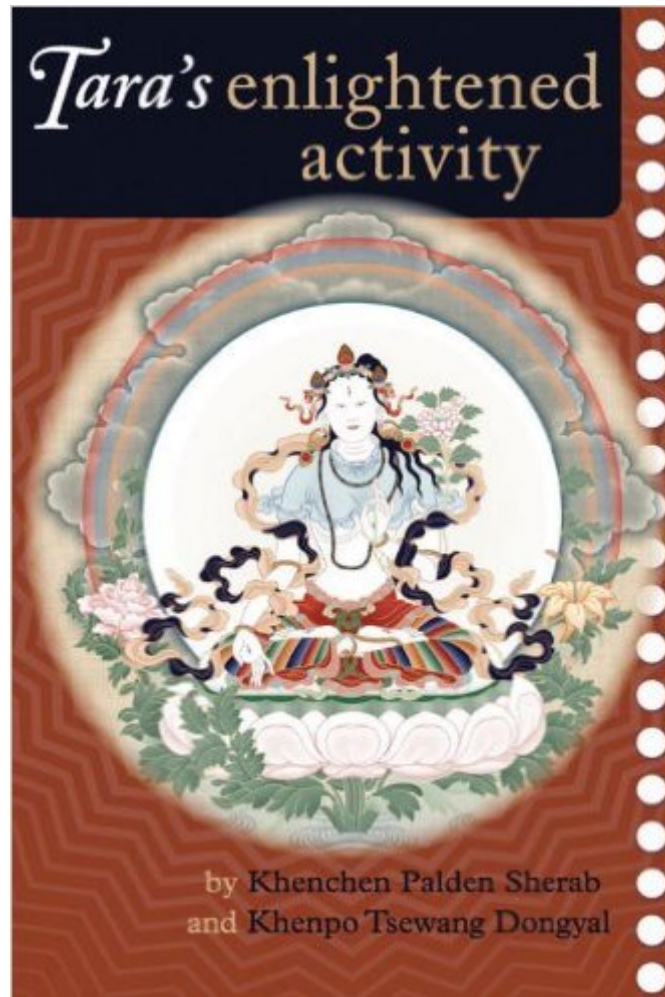


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# Tara's Enlightened Activity: An Oral Commentary On The Twenty-One Praises To Tara



## Synopsis

The female Buddhist deity Tara is an object of devotional worship and meditative practice for Tibetan Buddhists everywhere, both male and female. She clears away fears, overpowers negative emotions, and enables all beings to reach enlightenment. She has special resonance as a source of female spiritual wisdom. Tibetans of all schools and traditions recite the verses on which this commentary is based. Focused contemplative meditation in relation to the myriad aspects of Tara works to transform the practitioner's mind into those enlightened qualities and mind states that Tara represents. Sought-after teachers throughout the West for over twenty-five years, Khenchen Palden Sherab Rinpoche and his brother Khenpo Tsewang Dongyal Rinpoche illuminate the practice of the Praises to the Twenty-one Taras with humor and wisdom. The explanations cover progressively more subtle levels from basic Buddhism through the Inner Tantras and culminate with Dzogchen. Interspersed with lively stories about Tara, the authors explain the physical conditions for practice, the outer and inner meanings of the text itself, and give solutions for problems that may emerge as practice progresses.

## Book Information

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## Customer Reviews

Tara's Enlightened Activity is an open, consistently clear and friendly guide to the practice of the 21 Taras. The most phenomenal aspect of this commentary is that it's useful to every level of practitioner. Seriously, if you're a total beginner, this is for you. Equally true, if you're a Tara devotee - this is for you! For example, I'm a Tara practitioner, and have been for many years. Love her. I had just finished taking (yet another fantastic) class on the practice of the 21 Taras when I read this

book. The author's consistently detailed and specific descriptions of the Word, Inner, Secret and Ultimate meaning of each of the Taras gave me an overarching framework in which to place my experiences. Even more impressive was that the book taught me to focus on the more subtle aspects of the practice, and I immediately felt the benefit. As for the beginner side, I lent this book and a thank you to a friend who had never practiced Vajrayana before and she was immediately able to feel a connection with Tara. The authors make the entire practice accessible and understandable. They are truly kind teachers from afar.

Anyone interested in Tara, Buddhism, Vajrayana, Goddesses, Dzogchen, the Bodhisattva path, or mysticism could benefit from this beautiful and clear commentary on the praises to the 21 taras. Tibetan Buddhists in the Kagyu, Sakya, and Gelug sects can also greatly benefit from this book as the root text of the 21 praises is the same in all the traditions and the commentary is, well, enlightening. OM TARE TUTARE TURE SVAHA

Details each of the 21 Taras and includes mantras, visualizations and lots of instruction on how to practice. Very good info. I highly recommend it as it has the most complete info on the 21 Taras that I've found so far. This should be in the library of everyone who is interested in Tara practice. :)

Well written with a very informative history of Tara, then a very detailed description of the practices associated with the Nyingma Buddhist practice of the 21 Taras. Beautiful illustrations adorn the pages as well.

This book is for someone who takes the Goddess seriously. There is a wealth of scholarly background and insight into the Twenty One Taras that may not be found elsewhere. Although the direct secret Tantric methods are appropriately not directly given here, they are alluded to in a way that points to the ultimate depth and meaning of her practice.

This manual is great for beginners and for seasoned practitioners. Each stanza of the prayer is given in Tibetan and English and is followed by a detailed, multi-layered commentary. Really accessible for a new meditator and a helpful guide for more advanced students.

This book is an invaluable text for anyone who is either a devoted practitioner of the Tara sadhana, or someone who is just beginning or interested in knowing more about this wonderful female deity.

Within these pages are the explanations of the aspects of Tara as she is throughout the liturgy, as well as precise descriptions of how to visualize her different aspects in both the creation and generation stages of the practice. For those who are just becoming aware of this wonderful practice, Tara is a great liberator from almost any circumstance that befalls us within Samsara. She is sometimes referred to as the Mother of the Buddhas, but her story goes so much deeper and can truly be one of uplifting freedom and experience along the path of enlightenment. Within Buddhism she has almost the same cult sort of following as Mary does within Catholicism, but it goes even deeper, more mystical, and more reachable through her practice and mantras. The text in this book shows how to access her many aspects and how to call upon her to have her near to you in an instant, and once she's near, you'll never want to stray too far from her wonderful presence.

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