



# Tara

A MEDITATIVE, ARTISTIC PRAYER  
EXPRESSION EXPERIENCED IN THE  
21 ASPECTS OF TARA

THE DIVINE FEMININE MANIFEST IN  
ME, AROUND ME, AND THROUGH  
ME



- ▶ Throughout the past 2 years of intense dreamwork study, I have experienced the Divine Feminine rising in my waking and sleeping dreams. Through premonitions, cognitive mystical experiences, and synchronicities, this time has been awe-inspiring as well as challenging. I wanted to bring in a practice that was different from my usual meditation and contemplative practices. This came across my Facebook feed as a meditative art challenge. It was one of those synchronistic events in answer to my prayer. I have to give credit to Whitney Freya for the artistic challenge and Rachel Wooten for her book, “Tara: The Liberating of the Female Buddha” which served as guides for the journey.
- ▶ What follows is a daily photo log of the progress/process with a few words about the experience within me.

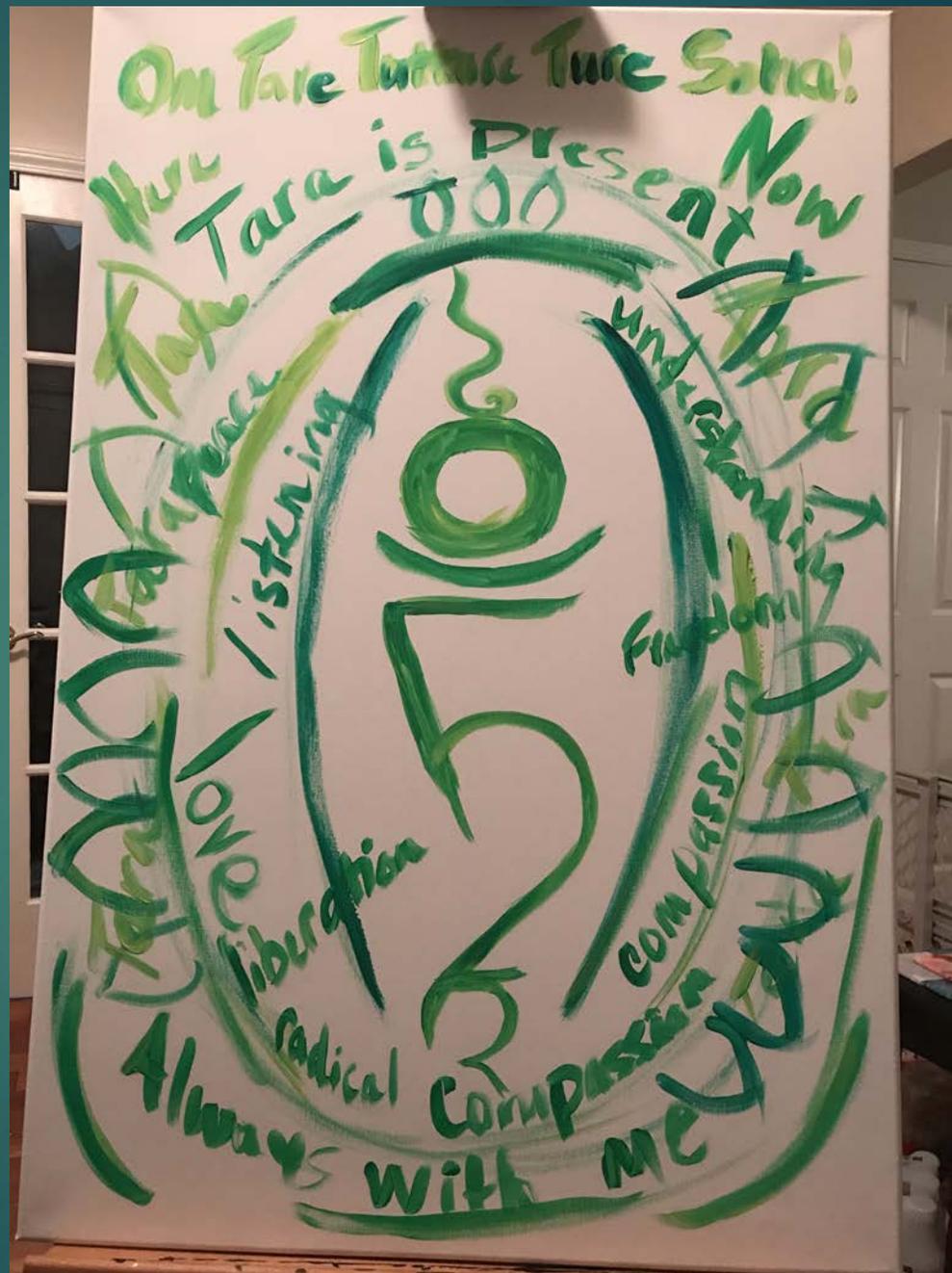
# Green Tara

Tara's seed syllable in the center

Green Tara's mantra:

Om Tare Tuttare Ture Soha!

Beginning to create a sacred relationship with the canvas





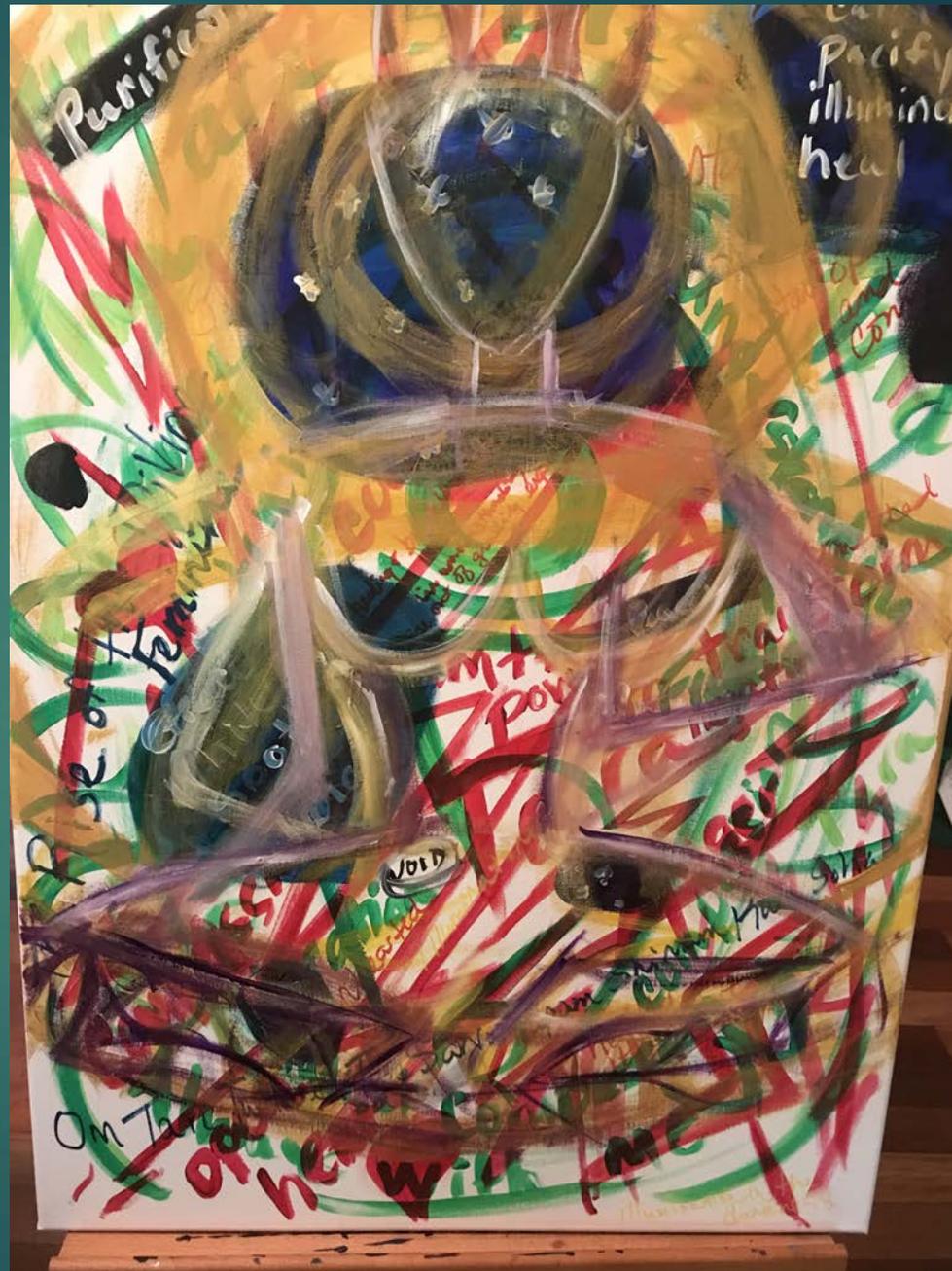


## Golden Tara

Starting to give structure for Tara to emerge on the canvas

I went very simple and loose and working on not judging myself harshly- an ongoing practice

Asking for increasing energy and purpose in my life



# Yellow All-Victorious Tara

She is fearless and wild

Yellow columbine blossom painted in  
upper right

Imagination and lifting of spirits

Overcoming fear

Tara's goodness reminds us of our  
own goodness; her generosity  
inspires us to be generous

As always, for the benefit of all  
sentient beings



# Red Hum-Sounding Tara

Setting boundaries within self and  
with others

Painted seed symbol for Hum in red  
near her heart



## Dark Red Victorious Tara

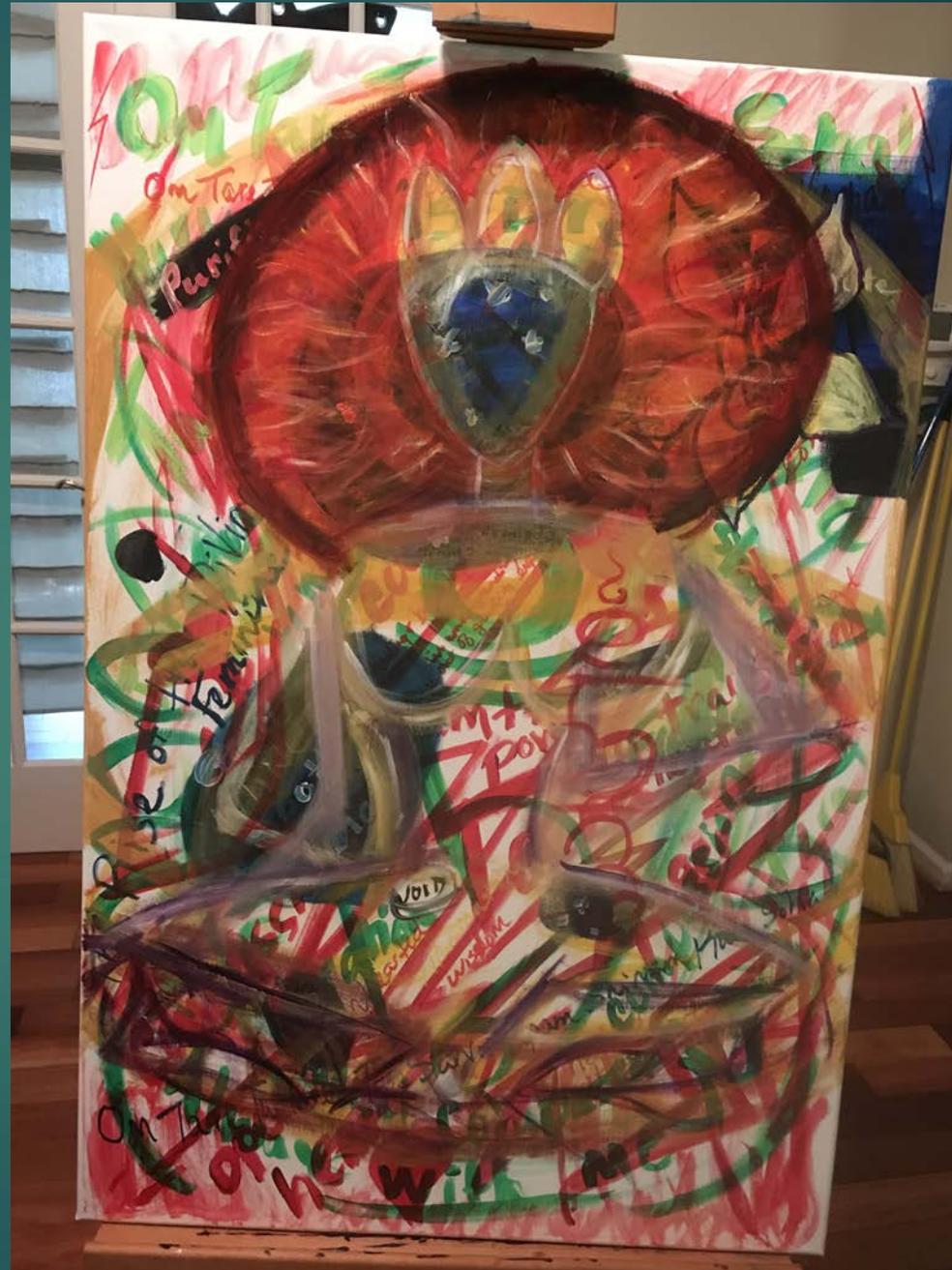
So excited by this practice, today!

Painting the fiery red sun disk.

Powerful

She is fiercely compassionate

She wants to burn away old patterns  
of negativity and patterns that make  
us feel separate



# Black Tara Who Destroys All Negativities

She helps us to protect ourselves  
from the negativities around us

Starting to give more shape to her  
face and add hair-black.

Also experimenting with shades of  
green and white

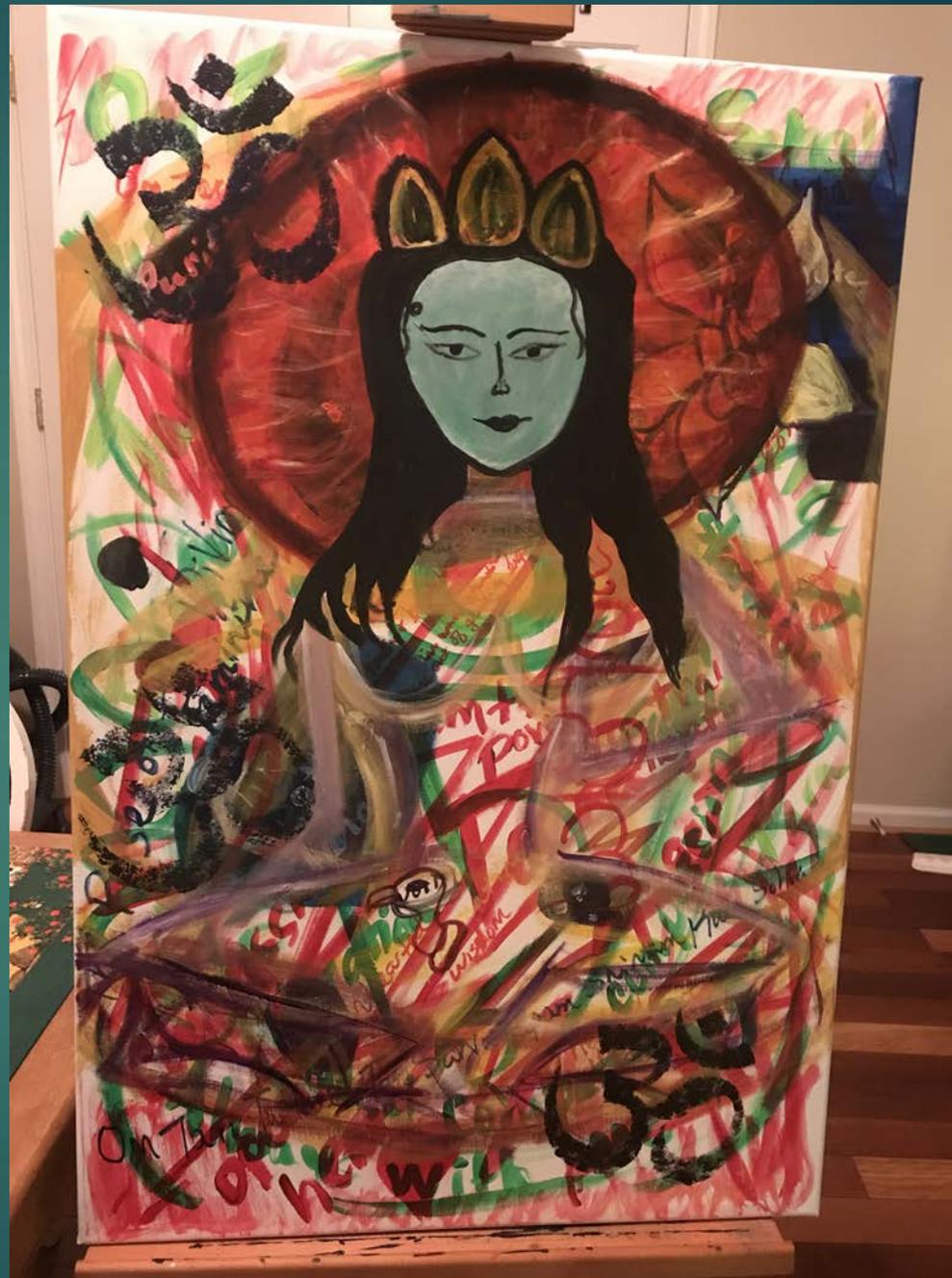


## Dark Red Destroying Tara

Tara helping to banish self-doubt- I started painting features of her face- I don't draw faces or people- I've always avoided it.

I'm jumping in and going for it, knowing that I can keep changing/refining

Facing fears



# White Protecting Tara With the Three Jewels Mudra

Hands- another scary thing to paint

Loved painting the movement of  
energy on the canvas- symbolizing  
the energy of refuge and  
unconditional love. One of my  
favorite aspects of Tara



## Red Influential Tara

The focus today was joy and laughter-what makes you happy?

I almost left this aspect out.

That is quite telling- I am focusing on bringing more laughter into my life

I need to have more fun, laugh more, and basically, lighten up.

Reminder that I am supposed to experience joy along the way



# Orange Poverty- Removing Tara

Opening my eyes to abundance  
For the benefit of all

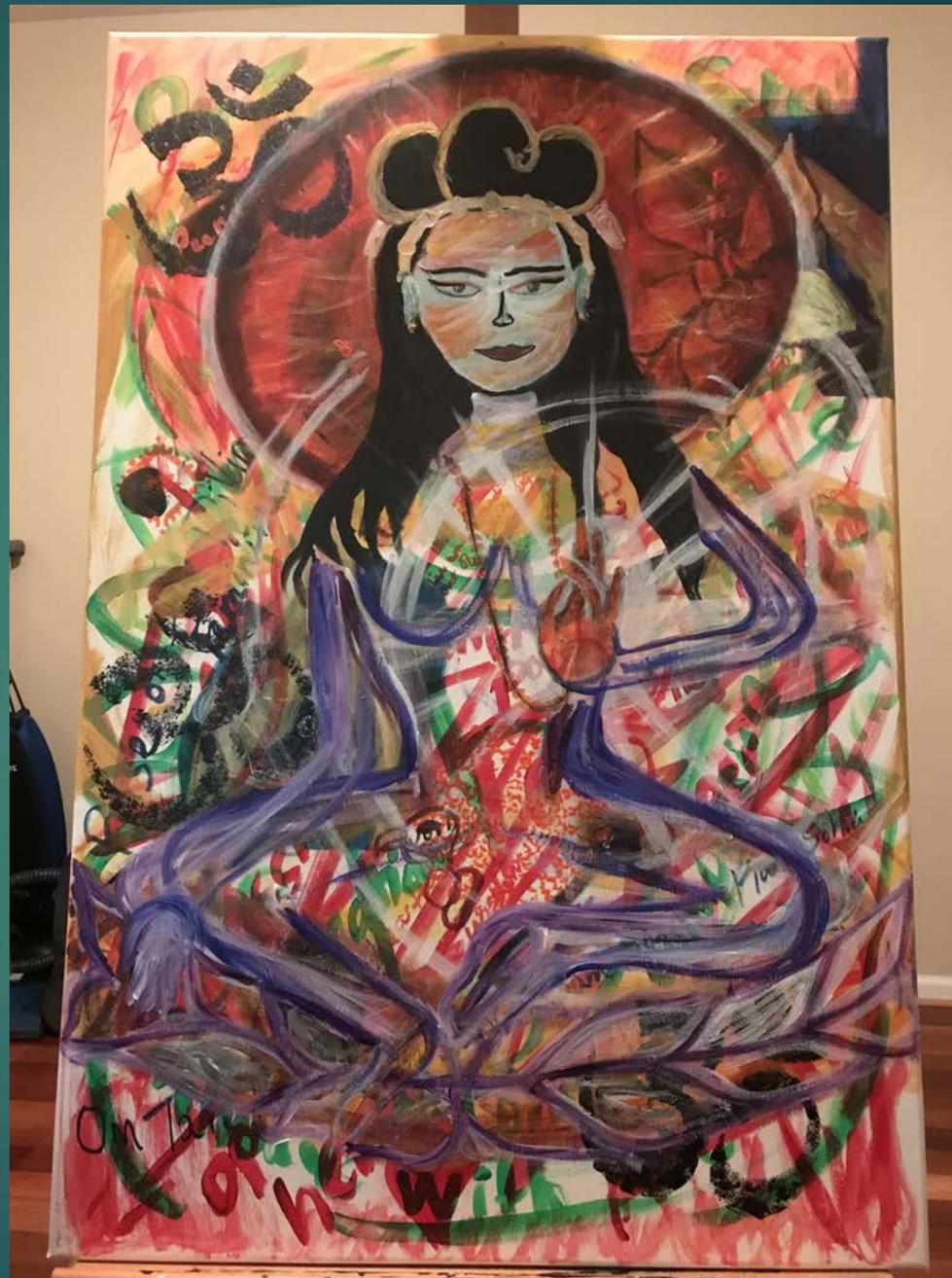


## Golden Good-Luck Bringing Tara

“She reveals and activates the inner  
and outer resources you need to  
accomplish your work in the world”-  
Rachel Wooten

Working on the body outline

Meditating on luck



## Red Burning Tara

The destroyer of obstacles the prevent the experiencing of the depth and richness of the vast and enlightened consciousness within.

Covering her shoulders

With every little change I challenge feelings of not being enough

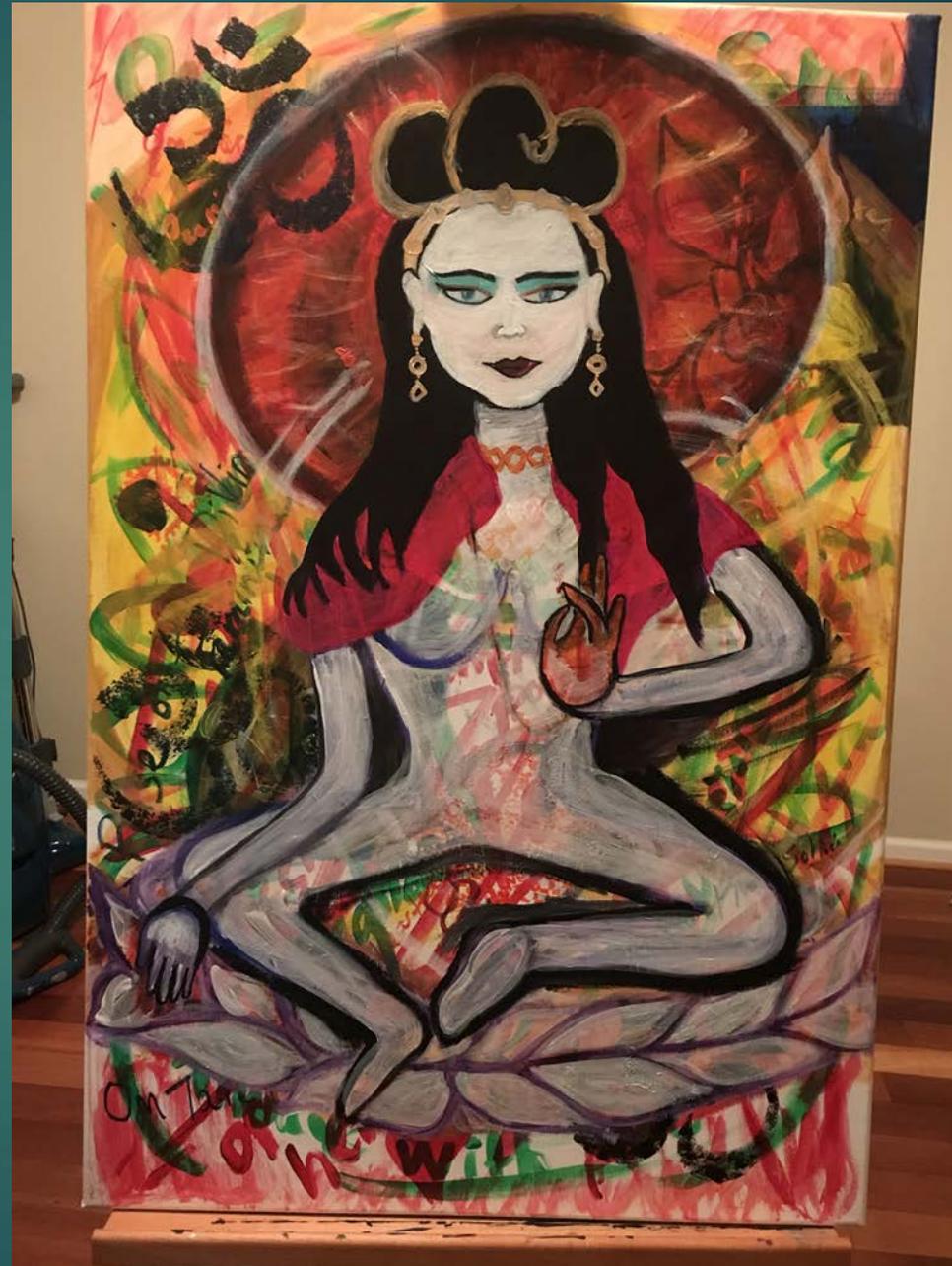


## Black Wrathful Tara

Fierce compassion in the  
confrontation of the depths of ones  
fears

Part of this is painful memories- The  
nights around this aspect, I dreamed  
of the most painful of my childhood  
memories, but in such a way that I  
gained insight into the brokenness of  
those who hurt me. Very powerful,  
difficult work.

The underworld



## White Soothing Tara

“She transforms the negative emotions that arise during times of intense suffering. With her light, you are able to remain fully present and learn to soothe your deepest wounds.”- Wooten



# Red All-Knowing Hum Tara

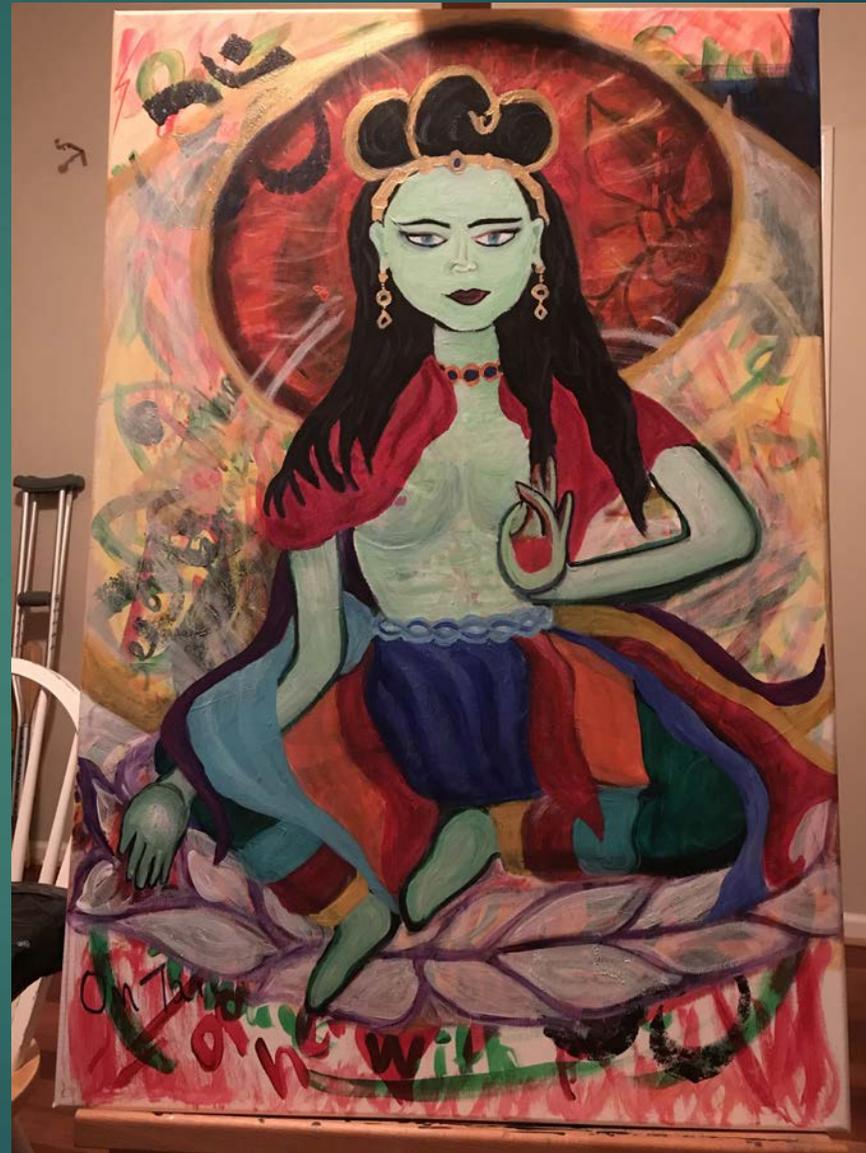
Celebrating newfound wisdom and  
strength



# Saffron Tara That Moves the Three Worlds

Honoring inner work and removing  
distractions and limiting beliefs

I am feeling energized as this is  
coming together



## White Poison- Removing Tara

This aspect feels extremely peaceful.

All of the white Tara's are my favorite aspects. I thought about painting her white, or leaving her white at one point for this reason.



# White Tara Who Removes All Suffering

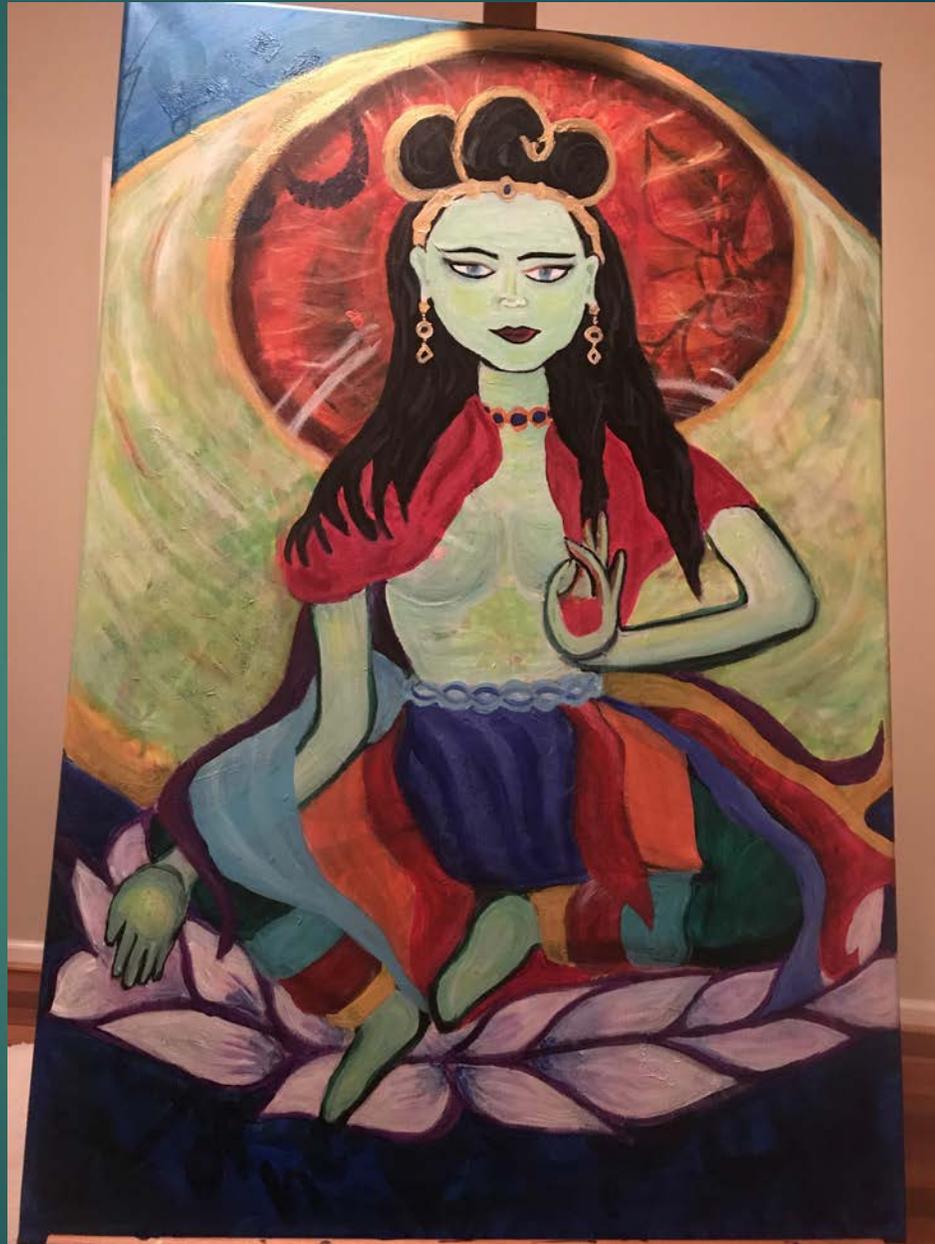
She is supportive in all healing  
Alleviating physical suffering  
Resolves bad dreams



## Orange Tara Who Protects From All Illness

During meditation, I felt connected in with the mother. Something about a mother's gaze- the radiant light of her eyes- "One shines with the power of the sun to destroy all illnesses, while the other shines the light of the moon to restore health" (Wooten)

I think my next Tara my contain the sun and the moon in the painting.

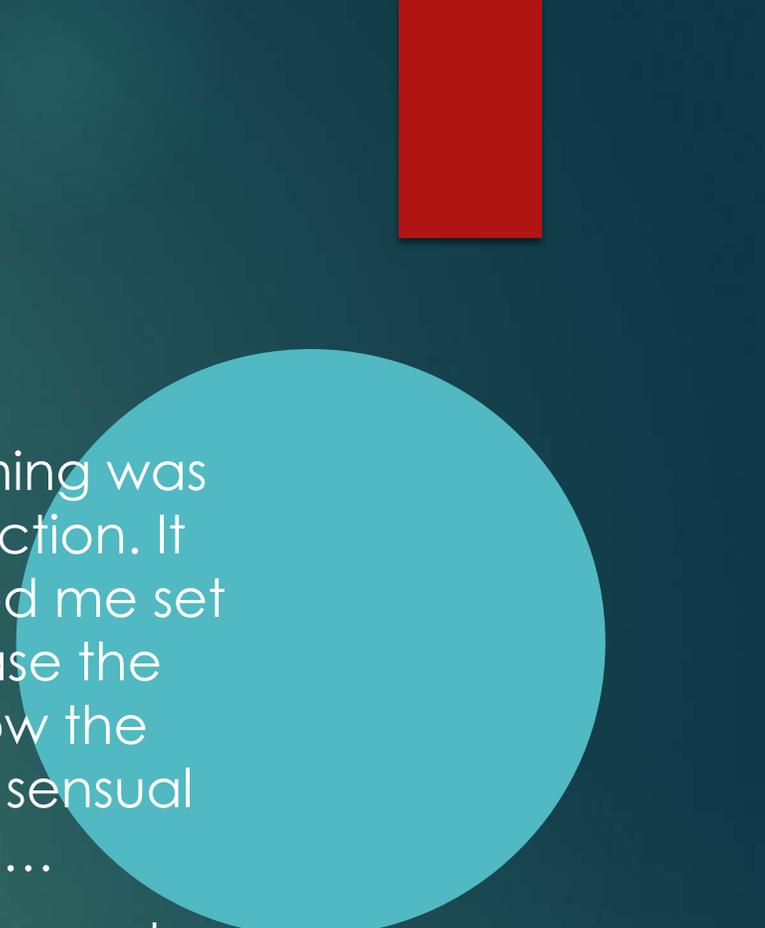


## White Tara Who Fulfills All Activities

Connection to limitless potential

I'm really happy how she turned out.  
I didn't have a plan or an idea in  
mind of how she might look. She just  
emerged and I am pleased.



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- ▶ This process was very grounding and calming and the timing was perfect with the month leading up to the presidential election. It was exactly what I needed to center myself. It also helped me set aside a dedicated time to come to the canvas, in this case the altar, and express myself creatively. I was reminded of how the feeling of putting paint to canvas is something incredibly sensual and a feeling that I want more of in my life. To be sensual...
  - ▶ There is so much to enjoy in life, even with the current apparent restrictions dictated by the presence of this virus. To engage in something creative just for creativity's sake. To find the holy in the practice of approaching the canvas as a sacred act. A simple act, full of power, to fill the soul.