

**HOW TO FREE YOUR MIND: THE PRACTICE OF TARA
THE LIBERATOR**

Joyce Navar

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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.

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In the very beginning, you do not even know the alphabet; but with the help of a teacher and by applying effort, you gradually begin to learn. For standard shipping within the U. Tara is called Mother because it is the mother who gives birth to children. AyazVirji,M. Generating the altruistic intention of bodhichitta enables us to know why we are pursuing this path. We resent them; we criticize and put them on trial in our minds. The determination to be free is also called renunciation. Allthesearetheproblemsoftruesuffering.Tara, like other meditation deities, is one of those forms.