

A Song to Mummy Tara

in these
dire times

Om tare tuttare ture soha.

The dancing gait of your peaceful, smiling form signals hope, cheerfulness, and kindness. We need this now, in these times when those who claim to be leaders are pulling our world into hate and violence with their distorted views. Not allowing ourselves to be adversely influenced and remaining firm in virtue, we will recall the support of all Buddhas and bodhisattvas, and we will stand together with all people who seek peace. Having a sense of our own integrity, we will cultivate, tolerance, compassion, forgiveness and generosity. With consideration for others, we will comport ourselves in ways that inspire empathy, reconciliation, peace, and kindness. *Tam*, with the light of your inner joy radiating throughout the universe, please inspire us to act with compassion in this dream-like world.

Om nama tare namo hare hum hare soha.

The fierce stance of your wrathful radiating red form stops all disturbing thoughts and harmful deeds. With mindfulness of our precepts

and introspective awareness that monitors the activity of our body, speech, and mind, we will immediately reverse all negativities. We will express the truth clearly and skillfully assess when to speak and act and when to let the illusory appearances fade on their own. *Hum*, with the light of your exacting wisdom, inspire us to pacify our own afflictions and those of all sentient beings.

Om tare tuttare ture pey.

Aware that our own life is temporary like a flash of lightning, we will not waste time in distraction and discouragement but will reach out with love to connect to each and every living being. With fortitude we will plumb the depths of our minds, knowing the stillness and silence of their ultimate nature. *Pey!* with your sparkling white light, guide us so that our obscurations and those of others evaporate into emptiness. Like you, we will then remain until samsara ends to liberate all beings lost in self-concern and self-grasping.

Written at the request of Ven. Lobsang Tenpa and Friends of Sravasti Abbey Russia: "Since many people in Russia are getting increasingly depressed about the insane actions of their government and their seeming inability to affect the situation, as well as the general ill-being in this world of suffering, we humbly request Venerable Chodron to compose a prayer in a few verses that we could regularly recite—a prayer for the well-being and healing of the world and beings abiding in it. This is so that we can steer whatever little merit we create towards the goals of world peace, interfaith harmony, gender equality, establishment of true ethical values, and genuine compassion and wisdom in the minds of all, and so that we can direct the actions of our body, speech and mind towards bringing these things about to whatever extent possible. From our side, we will diligently recite the prayer and try to embody it!"

**Composed by
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