



Dancing Tara: A Manual of Practice, How to Live the Dream

Prema Dasara

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In 1986, Prema Dasara created the Mandala Dance of the 21 Praises of Tara. The traditional Tibetan prayer used in this dance offering is a practice of personal transformation. In this book, Prema elaborates on the meaning behind the movements and texts of the dance. She explains the philosophy that lays the groundwork of the practice. She includes meditations and visualizations of preparation. She explains the practices that sustain the mind training after the dance is accomplished. The Dance of Tara is an expression of the highest human ideals. The goal of the practice is to manifest enlightened mind--to integrate all dimensions of consciousness, to see clearly the truth behind phenomena, to develop the mind, so it may function in life, empowered and inspired. Prema shares methods that take the challenges, the disappointments, the joys, and the accomplishments of day to day experience, and uses them to help us manifest our spiritual aspirations. Tara is the female bodhisattva of mercy and compassion, and is the patron goddess of Tibet. Tara is a deity of Buddhist Tantra, a potentiality latent within everyone. Engage in the practice of Tara and discover your own perfection.

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