

21 Days of Tara

How to Do Prostration:

Mudra: Hands in open palm, fingers together. Fold thumbs into palms. Bring hands together thumbs folded in. Leave space inside hands for Wisdom to enter into your body to awaken you.

Mantra: “Om Tare Tuttare Ture Svaha”

“Om (pronounced as in “h[OM]e); Tara (tar like the word “tar) plus ray (like sun [RAY]); Tuttare (like “too” “tar” “ray”); Ture (like “too” “ray”); Svaha (like “soo” “haaaa”)

*“Om Tare
Tuttare Ture
Svaha”*

Movement: Prostration

1. Crown (top of head): “Om” - opens up to homage to Higher Self to bring merit for self and all sentient beings to be born into a pure world.
2. Third Eye (between the eye brows): “Tare” - purifies all negative energy related to your bodies.
3. Mouth/Jaw: “Tuttare” - purifies all negative energy from your speech, words
4. Heart: “Ture” - purifies all negative energy from your Mind
5. Kneel down and place forehead to the ground: “Svaha” - this is your journey to Enlightenment. Your forehead touches the ground in devotion to Total Light. Your spine gathers energy into your mind and body for deeper meditation.
6. As your Body comes up: hands open up to join again at the top of your head (Crown) - this is you rising up and out of the suffering of Samsara or Wheel of Karma

The 21 Days of Tara prostration is to be done at least 3 times each day: Mudra, Mantra and Movement. Your goal is to work up to 21 times each day. The best time is in the morning. You can break it up into 3 sets of 7 times and do morning, lunch, evening.

You will be receiving a daily email with inspiration, insights and information from Lama Lhakpa and Shannon Murray to support you in your practice. Shannon will match each day with the movement of the Moon, Sun and Stars to align with the power of the planets, too.



Keep a journal of what you feel, what comes up and what you notice. Looking back after the 21 days will be very enlightening to see where you started and where you arrive on May 26th.

You will be purifying your physical, mental, emotional and spiritual bodies. The 21 Days of Tara Challenge perfectly matches releasing old karmic residue of past life trauma and wounding during this Retrograde Summer Season (Jupiter, Pluto, Saturn, South Node).

*Share your
experience!*

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#21daysofTara

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