

# Om Tara Partner Dance



(Key of Cm, Open Tuning)

Om ta - re tu - ta - re tu - re so - ha. \_\_\_\_\_ Om

ta - re tu - ta - re tu - re so - ha. \_\_\_\_\_ Om ta - re tu - ta -

re tu - re so - ha. \_\_\_\_\_ Om ta - re tu - ta - re tu - re

so - ha. \_\_\_\_\_ Om ma - ni pe - me hung. Om ma - ni pe - me hung.

For attunement, see Om Tara Dance.

Om tare tu tare ture soha

*Praise to Tara, Praise to the Great Mother, who liberates from suffering, who grants all successes.*

## *Om Tara Partner Dance*

1. Om Tare Tu Tare Ture Soha
2. Om Tare Tu Tare Ture Soha
3. Om Tare Tu Tare Ture Soha
4. Om Tare Tu Tare
5. Ture Soha
6. Om mani peme hung
7. Om mani peme hung

Establish partners and line of progression.

1. Partners hold right hands clasped at approximately heart height, elbows are bent and place their left hands on their own heart. Turn slowly once clockwise. First right step on 'Ta,' first left step on 'Tu'; eight steps.
2. Partners hold left hands, right hands on own hearts and repeat same movements turning anti-clockwise.
3. Partners face each other and give heart to heart embrace.
4. Partners join hands at hara level (three fingers below navel) and half-turn clockwise.
5. Partners bow to each other with hands joined at the heart in prayer position.
6. All join hands in circle and take two steps in and two steps out for one repetition of the mantra. Right foot steps in on 'ma,' left foot steps in on 'pe.' Right foot steps out on 'hun-', left out on '-g.'
7. Repeat 6.

*Words: traditional*

*Music and movements: Philip Tansen O'Donohoe*