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# 绿度母和白度母

## GREEN TARA AND WHITE TARA

lǜ dù mǔ hé bái dù mǔ

Green Tara transformed from the right eye's tears of Bodhisattva Avalokiteshvara and White Tara transformed from those of his left. The Green and White Taras differences are:

Green Tara's body is green, she is the fiercer form of Tara as a savior-goddess of compassion. In her left hand she holds a blue lotuses (utpalas), right palm of the hand outward. While her left leg is folded in the contemplative position, the right leg stretches downward, the footsteps tread in a lotus flower, ready to spring into action. She is believed to help her followers overcome dangers, fears and anxieties, and she is especially worshipped for her ability to overcome the most difficult of eight situations;

White Tara's body is pure white - signifies purity, wisdom and truth. In her left hand, holds an elaborate lotus flower that contains three blooms. These three blooms symbolize that Tara is the essence of the three Buddhas. Seated in the diamond lotus position, with the soles of her feet pointed upward. White Tara has seven eyes – she has a third eye on her forehead and one on each of her hands and feet. This symbolizes her vigilance and ability to see all the suffering in the world. , also known as the "Tara of Seven Eyes".

绿度母则是观世音菩萨右边之大悲眼泪所化，白度母为观世音菩萨左边之大悲眼泪所化。绿度母和白度母的區別是：

綠度母身色綠，左手持一朵蓮花，右手掌向外。左腿單盤，右腿向下舒展，腳步踏在一朵蓮花。供奉她能解脫八種苦難，即獅難、象難、火難、牢獄、賊難、非人難，所以又稱為救八難度母；

白度母身色潔白，左持一曲頸三朵蓮花，此三朵蓮花代表三世佛。右手掌向外，雙腳跏趺坐在盛開的蓮座上。雙手和雙足各生一眼，臉上有三眼，也被稱為七眼佛母

### 绿度母心咒 Mantra of Green Tara

lǜ dù mǔ xīn zhòu

ཨོྲཱ་ཏཱ་རུཏྟཱ་རུཏྟཱ་རུཏྟཱ་སྐྱཱ་ཏྟཱ་

唵 塔 瑞 凸 塔 瑞 凸 瑞 所 哈

Omm Ta Rui Tu Ta Rui Tu Rui Sor Ha

绿度母为廿一尊度母之主，为藏密中最慈悲美丽的菩萨。绿度母咒乃廿一度母之根本咒。如果常勤念诵，就能逐渐断除轮回之根源。

The Green Tara statue Mother of the twenty-one Tara, Green Tara is the most beautiful with great compassion Goddess to Tibetan. Mantra of the Green Tara is the root oath of Tara and by often chanting it may gradually help us be free from samsara.



### 白度母心咒 Mantra of White Tara

bái dù mǔ xīn zhòu

ཨོྲཱ་ཏཱ་རུཏྟཱ་རུཏྟཱ་རུཏྟཱ་མ་མ་ཨུ་ཡུཾ་ཐུ་ཏྟཱ་ན་ཐུ་ཏྟཱ་ཀུ་རུ་ཨོ་ཏྟཱ་སྐྱཱ་ཏྟཱ་

唵 塔 瑞 凸 塔 瑞 凸 瑞 妈妈 阿 哟

OmmTa Rui Tu Ta Rui Tu Rui Ma Ma Ah You

不 涅 加 那 不 叮 姑 姑 也 梭 哈

Pu Nge Jya Na Pu Tey Ku Ru Ye So Ha

白度母据说性格温柔善良又聪明，没有能瞒得过她的秘密。修度母法者，凡求子、求女、求财、求福慧，所求皆能如愿，故又称为救度母。White Tara represents the motherly aspect of compassion and intelligent. Beings has not been able to hide the truth from her. Therefore is called the salvation mother. Is believed to help her followers overcome obstacles, achievement hopes, especially those who ever strives for children, wealth, and wisdom.

