Alchemy through Trust and the Tara Dance

with

MARLENE BUTLER

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I have wondered where to start with this article as alchemy, transforming self, has been so present in my life – thank goodness!

I'll start part of my story from 6 April 2012... I had just boarded an Air New Zealand flight to Auckland New Zealand. I was returning home from 15 years of living, teaching and travelling in the United Kingdom, Ireland and Europe.

**I was both excited and tired. The last 12 months in the U.K. had been a challenge as I had considered deeply which path was I to take.**

Did I stay with the life, and the many beautiful friends I had established in the U.K., or did I return to New Zealand with the promise of work and warmer, stable weather? I had this deep inner voice calling me to return home.

I snuggled into my flight seat, happy and excited about my new life and the prospect of being back home in my beautiful country.

On arriving back in New Zealand, it pretty quickly became apparent that I was actually without work and very much flat broke.

**The Organisation owner, who had offered me work, had flown out of NZ the day I arrived!** The promise of accommodation turned out to be, that I was being moved constantly back and forth from one home to another at 3 – 4 day intervals.

**My life experience has taught me and proved to me that the best way to cope with challenge is to live as totally as possible in the present moment and trust.**

Certainly without this life training, experience and philosophy, my situation would have possibly made taking a jump off of Auckland Harbour Bridge very attractive.

After all my years of experience, even then it was a fleeting thought. Not one I would act on, but, I must admit, it did come into my mind. I was in shock, emotionally pained and terribly distraught.

As one friend consoled with me at the time, "Marlene, I can't even imagine how you could have coped or felt. It would have been like me arriving in the middle of London, only to find I had actually no possessions, no money and no job."
I assure you my many journeys of living with bare essentials, in the present moment, having to trust the Universe in the moment were the richest alchemical experiences of my life.

"I really needed to now, once again, totally trust."

Before the 1987 share market crash I lived a life of wealth. Materially I had everything but I was unhappy. I was living a lie. My heart and soul had been crying out for purpose. With the 1987 market crash, I too crashed. I was now faced with an enormous financial debt.

I'd forgotten who I was! I'd forgotten why I was here! I'd forgotten my childhood dream to be a teacher and in particular to serve as a Volunteer abroad.

I had lost everything, but I found me.

It was a turning point in my life.

It was a time in which I learned to totally trust in Spirit guiding me, learning and trusting to "live in the present moment." I learnt to focus on the present, to stop worrying about the future.

I decided to follow my calling into natural health which had always interested me deeply. I had always known I was a healer. I began to focus my energies on developing these gifts.

Several years later I knew it was time to leave my homeland New Zealand and to offer to the world what I’d learnt in those years. I left for Denmark to teach Hawaiian Massage and Hawaiian Philosophy there. I would spend the following 15 years in Europe and United Kingdom.
Many of these years I lived at the **Findhorn Foundation in Scotland**, a community dedicated to the healing arts, personal and planetary transformation.

I worked privately in the community as a Natural Health Practitioner, Hawaiian Massage Teacher and Facilitator.

I have gained many insights into natural healing, personal transformation and inner strength.

In 2002 my greatest health challenge came through lung cancer which I healed purely through the use of natural herbs, inner reflection and spiritual healing. My desire to heal naturally had been motivated by my parents illnesses and their seemingly to me, horrendous experiences with allopathic medicines. I personally feel had I opted for chemotherapy treatment for cancer I would probably not be here today.

**My challenges have taught me to trust in my healing abilities and explore creating remedies.**

I have produced many of my own remedies. There are three in particular that I will mention here. Two are in relation to Mobile Phones and Computers. These were tested in England in 2002 at the Centre for Human Energy Field Research, CHEFR.

**The findings were that they harmonised and neutralised the harmful effects of radiation emitted from mobile phones and computers.**

The third remedy is **SOLE, Concentrated Mineral Drops which I make from the Himalayan Salt Crystals.**

What makes these particularly special is that I have encapsulated them in 3 further essences which I believe from my experience are essential to everyone's well-being. As important as vitamins are, they will not work without trace minerals present. Trace minerals are the co-factors or tools that make everything happen in the body.
So here I was, at 59, again facing THE DOOR OF TRUST and the dance with uncertainty. I’d spent 8 unfruitful months in Auckland, trying to establish myself, searching for work, putting the roots down.

The last 25 years I have journeyed as a healer, facilitator and natural health practitioner. To now look to establish oneself in a new area and basically a "new and now unfamiliar" New Zealand has not been exactly easy.

I felt lost in my own country.

So I decided to travel to Napier on the east coast of New Zealand. I'd never lived there before. I just had the impulse to go. I just knew one friend there, and I was able to stay with her and her husband for a while.

In January 2013, a contact suggested I accompany her to the Napier Buddhist Centre to join the local Tara dancing circle. I had never heard of Tara dancing. I was not a dancer, although as a Hawaiian Massage Teacher I had taught a dance which goes with this practice.

I decided to go to satisfy an inner curiosity.

Little did I know my decision to attend that day was going to turn my life around.

The Tara dance is a beautiful meditative dance practice. There are many dances within the practice; each has its own fine quality and beauty.
Created by Prema Dasara, the dance has been turning since 1985 and a number of Student Teachers have stepped forward in their communities to hold circles of practice and annual public offerings. It has been taught to thousands of women and men throughout the world, including several groups of Tibetan nuns and laywomen.

**In words of Prema Dasara** "The Mandala Dance of the 21 Praises of Tara is a ritual dance offered worldwide as a prayer of peace, protection, wisdom and capability. The words of the dance are based on a Tibetan Buddhist sadhana of the Mother Goddess Tara, compiled by Orgyen Dechen Chokjur Lingpa, The Great Tibetan Treasure Finder. It is said that he received the sadhana from Tara Herself.

His Holiness the Dalai Lama and many Great Lamas of all the lineages of Tibetan Buddhism have given their blessing and offered their prayers that this dance be shared as widely as possible.”

What struck me this particular day was the **"Prayer of Motivation"** or as how Clare, the local dance leader introduced it as, in New Zealand known as the **"Tara Haka."**

As we started this gentle, potent dance I suddenly felt I was touching a missing part of me, my connection to my roots here in New Zealand.

The Tara Haka dance prayer had brought me back, rekindling my passion for life and my purpose for being here:

I am here to manifest the wisdom that rests within.

I am here to radiate my loving compassion into the world.

I am here to gather the skills and the power to bless and empower all.

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Green Tara, Source © [www.bodhisattva.com](http://www.bodhisattva.com)
Yes I was home, reconnected into the vibration of my own country. I realised I had linked again with my true essence through the Tara Dancing practice.

**I was overjoyed and I was eager to learn more.**

What makes this practice extraordinary and effective are the meditations that accompany the dances, which awaken the innate capacity of the heart.

Resting in wisdom, radiating love, a special energy field is generated and deep insight arises.

Everyone comes for a different reason, sometimes conscious, sometimes unconscious. We dance for peace, healing, love, clarity, joy, prosperity, enlightenment and much more. Over the following months I attended every meeting. I learnt all I could.

**I had found my passion again.**

At the request of Clare (local Tara dance leader), who was going into retreat for eight months, I started facilitating the Tara Dance circle in Napier.

I enrolled in the TARA DHATU Student Teacher Program. I was invited to bring the dance to Hastings city, so I offered a one day workshop on dance at a local school. The workshop's aim was to immerse in the blessings of long life and good health, stories, meditation, movement and group sharing through the Dance of Tara.

During this time I have been wonderfully supported by the founder of the Tara dance, Prema Dasara, and local Tara's.

I can only give praise and thanks to the many dedicated women who since 1986 have made this beautiful Tara dance practice possible for the benefit of all.
Every day when I arise I dance the Prayer of Motivation.

I love its simplicity and beauty.
It’s incredible for me.
It connects me with my higher self.

Poppies found on my Walks

Most importantly for me it sets my intention, purpose and motivation for the day – wisdom, compassion and power.

~ Marlene Butler, New Zealand 2014