Transcription: Deborah Frances-White on Tara, Tibetan saviour

Tara is probably the goddess I relate to the most because she's seen as mother of all, but we don't see her nurturing a baby, we see her giving her power to everybody and everything. One thing I love about Tara is that, like many women, she takes many forms. Modern women will know how many different sorts of people they have to be in one day just to get by. They might have to be a mother at the school gate. They might have to be an executive around a boardroom table. They might have to be a daughter, a carer. They might have to be a fun, outgoing person who's there on time for drinks. They're also meant to be doing self-care. When are they doing that? We don't know.

But Tara is our inspiration because there are 21 Taras, which you can see in the exhibition painted on a cloth. Green Tara, for example, has got one foot up ready to spring into action – we all relate to Green Tara. There's White Tara, who confusingly looks bronze to us, but that's what she's called, and she's meditative. She's not ready to spring into action. Maybe she's Self-care Tara. And so, all of these Taras are doing different things, having different reposes. She is seen as very beautiful and transcendent and someone that we can all meditate on in order, perhaps, to be more like Tara – calm about having to be so many things to so many different people.