

CALLING ON THE MOTHER: COMPASSIONATE OPENNESS

The Active Process of Self-Transformation in the Indo-Tibetan Tradition

Imagine yourself in a safe healing environment, on top of the world,

Feeling freely connected to all living beings,

Facing the teachers and communities that most open your heart & mind.

Reliance

“Admiring the benefits of your compassionate openness,

I come to you for help until I can care for myself and others.”

Offering

“All my resources, material and personal, real and imagined,

I devote here and now to the openness you represent.”

Confession

“In all honesty I show you every last one of my limits and faults,

And vow with your help to transcend them all.”

Rejoicing

“Transforming competitiveness into teamwork,

I celebrate your qualities and aspire to emulate every one.”

Four Boundless States

“May all beings be happy! May we all be free!

May we all have lasting joy! May we all know peace!” (3X)

Purifying Ordinary Constructions of World and Self

Recite mentally or out loud:

I AM THE PURITY WHOSE NATURE IS

THE NATURAL PURITY OF EVERYTHING!

(Om svabhavashuddha sarvadharmasvabhavashuddho 'ham!)

I AM THE SELF WHOSE NATURE IS
THE DIAMOND OF INTUITIVE OPENNESS!

(Om shunyatajnana vajrasvabhava atmako 'ham!)

Creating an Encounter with the Mother

“Suddenly everything melts into openness!

In the vast expanse before me blooms

The rainbow lotus of total release,

Whose calyx glows like a moonlight cushion,

From which bubbles a sapphire light HUM,

Inspiring an air of compassionate openness

That is the mother of all the enlightened.

In that inspiring air, milky white, appears

The wish-fulfilling Mother, seated

In meditation on her moonlight cushion,

Translucent as the moon's reflection

In a rainbow aura of sheer brilliance.

Purely smiling, her right palm over her knee

Faces out, offering the world freedom from fear,

Her left shows all enlightenment

Forever blossoming from her heart.

Her crown, throat and heart pulsate

With poetic seeds of life-breath—

Diamond OM, ruby AH, sapphire HUM,
Attuned to the body, speech and mind
Rhythms of everyone ever awakened.”

Invocation and Consecration

“The Mother’s three poetic seeds emit lights
Inviting her intuitive spirit, the spirits of all the enlightened,
Along with a host of Mother earth-spirits.
As the spirits merge with her,
They anoint her with nectar of immortality,
Filling her and overflowing as a long-life Buddha-crown.”

Requesting Help

“From the bottom of my heart I ask you, please
Grant your protection, purity and blessing.”

*If time is short, you may jump from here to Requesting Constancy;
If not, you may enhance the practice to deal with personal and/or social stress,
Using the extensive or brief stress-protective and/or world-purifying options;
And/or you may “seal in the goodness” with the vase-breath holding option.*

Optional Five Step Stress-Protective Visualization & Affirmation

“The Mother’s heart-seed beams diamond white light
Into my body, filling it like a translucent vase with cooling,
Purifying energy that disarms stress and digests toxins,

Until it emanates from my pores and sets up a diamond laser force-field
All around me that shields out compulsion and violence.”

“The Mother’s heart-seed beams citrine yellow light
Into my body, filling it like a translucent vase with nurturing,
Revitalizing energy that restores strength and builds will,
Until it emanates from my pores and sets up a second, citrine laser force-field
All around me that shields me from addiction and scarcity.”

“The Mother’s heart-seed beams ruby red light
Into my body, filling it like a translucent vase with warming,
Empowering energy that builds focus and confidence,
Until it emanates from my pores and sets up a third, ruby laser force-field
All around me that shields me from obsession and fear.”

“The Mother’s heart-seed beams emerald green light
Into my body, filling it like a translucent vase with lush,
Renewing energy that overcomes inhibition and insecurity,
Until it emanates from my pores and sets up a fourth, emerald laser force-field
All around me that shields me from competition and envy.”

“The Mother’s heart-seed beams blue sapphire light
Into my body, filling it like a translucent vase with sharp,
Clarifying energy that dispels confusion and doubt,

Until it emanates from my pores and sets up a fifth, sapphire laser force-field

All around me that shields me from neurotic confusion.

In-between each shield is a network of laser lotuses

That disarms and disintegrates any negative input or energy.”

Focused on one shield at a time, recite mentally or out loud as many times as you like:

O MOTHER, PROTECT ME, HEAL ME, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!) or

Or, focused on one shield at a time, recite one of the longer affirmations:

O MOTHER, PROTECT ME, HEAL ME, MAKE MY LIFESPAN, VIRTUES AND WISDOM
INCREASE PLEASE! (...X)

(Om Tare Tuttare Ture Mama Ayur Punye Jnana Pushtim Kuru Svaha!)

Optional Brief Stress-Protective Visualization & Affirmation

“The Mother’s heart-seed beams rainbow light

Into my body, filling it like a translucent vase

With purifying waves of energy and nectar

That melt toxins and stir warmth and moisture

From deep within me, filling me as a flame

Fills a lamp or a nectar a vase, emanating

From my pores to set up a rainbow force-field and shield

All around me that seals out all toxins and triggers.

In-between each shield is a network of laser lotuses

That disarms and disintegrates any negative input or energy.”

Focused on all shields at once, recite mentally or out loud as many times as you like:

O MOTHER, PROTECT ME, HEAL ME, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!) or

Optional Five Step World-Purifying Visualization

“Asking the Mother to purify me of stress-reactivity,

First, she beams diamond white light from her heart to my body

That disarms my defensive attachment to solids and sights,

Purging my mind of my own anger, resentment and rage,

And beaming out through my shields to tame and transform

The anger and rage of beings locked in hellish violence!”

You may recite affirmations during or after each visualization:

O MOTHER, PROTECT US, HEAL US, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!)

“Second, she beams citrine yellow light from her heart to my body

That disarms my defensive attachment to fluids and sounds,

Purging my mind of my own greed and lust,

And beaming out through my shields to satisfy and transform

The greed and lust of beings locked in ghostly addictions!”

O MOTHER, PROTECT US, HEAL US, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!)

“Third, she beams ruby red light from her heart to my body
That disarms my defensive attachment to energies and scents,
Purging my mind of my own fear and clinging,
And beaming out through my shields to release and relieve
The fear and clinging of beings caught like animals in the trap of survival.”

O MOTHER, PROTECT US, HEAL US, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!)

“Fourth, she beams emerald green light from her heart to my body
That disarms my defensive attachment to gases and tastes,
Purging my mind of my own envy and competitiveness,
And beaming out through my shields to green and transform
The envy and competitiveness of beings enmeshed in titanic conflict.”

O MOTHER, PROTECT US, HEAL US, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!)

“Fifth, she beams sapphire blue light from her heart to my body
That disarms my defensive attachment to spaces and textures,
Purging my mind of my narcissism and false pride,
And beaming out through my shields to melt and correct
The narcissism and false pride of beings drunk with god-like complacency.”

O MOTHER, PROTECT US, HEAL US, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!)

Optional Brief World-Purifying Visualization

“Asking the Mother to purify me of stress-reactivity,
She beams rainbow lights from her heart to my body
That disarm defensive attachment to my mind/body process,
Purging my inner and outer worlds of my own and other’s
Mental blocks and toxic emotions.”

O MOTHER, PROTECT US, HEAL US, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!)

Optional Vase-Breath Holding Practice

In a comfortable cross-legged posture, take nine cleansing breaths.

Now imagine the Mother emits light

Through galaxies to the furthest reaches of space,

Drawing to herself the warmth, inspiration & blessings of all the enlightened.

Focused on her, exhale fully and slowly take in a full “pot-belly” breath,

Imagining the air is saturated with the Mother’s rainbow energy-light,

Filling you up like a translucent bubble of blissful openness.

Then nod your head and tone your pelvic floor,

Mixing the in-breath with pelvic energy at your heart,

And very gently holding it, balloon-style,

Imagining the Mother’s rainbow energy-light

Illuminating every tissue and cell, melting away illness and fear,

And turning the five toxins into rainbow lights and nectars.

Calmly exhaling before any distress,

Imagine your out-breath beams rainbow light-nectars

Out through your fivefold shield to the five levels of compulsive beings,

Transforming them all into Healing Mothers

And the earth into a sphere of long life and pure health (3, 7 or 21X)!

Optional Vase-Breath Recitation Practice

Recite the short or long affirmation mentally during breath-holding as much as you can:

O MOTHER, PROTECT US, HEAL US, PLEASE! (...X)

(Om Tare Tuttare Ture Svaha!)

O MOTHER, PROTECT US, HEAL US, MAKE OUR LIFESPAN, VIRTUES AND WISDOM INCREASE PLEASE! (...X)

(Om Tare Tuttare Ture Mama Ayur Punye Jnana Pushtim Kuru Svaha!)

Requesting Constancy

“Through life and death, until my enlightenment, I ask you please

Be my constant companion; never leave for one instant.”

Dedication

“Any insight, merit or energy gained through this practice

I commit to developing compassionate openness.”

By bonding with the Mother may I turn stress to longevity,

And bring every sensitive being to the Mother’s pure state.”

Colophon: First prepared by Joe Loizzo, M.D., Ph.D., for the Columbia Center for Meditation and Healing Spring Retreat, held at Tibet House, U.S., in the Spring of 2002, based on the White Tara teachings of the Venerable Ngawang Gelek Rinpoche. Revised for the Nalanda Institute for Contemplative Science Program in Sustainable Living, held at the Weill-Cornell Center for Complementary and Integrative Medicine, Spring 2009 and for the Nalanda Institute/Tibet House Series in Contemplative Science final retreat at Tibet House, U.S., Winter, 2010.