

## **INVOKING 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 brief stress-protective and/or world-purifying options;  
And/or you may “seal in the goodness” with the vase-breath holding option.*

***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 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.