

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)

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.”

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.