

The Concise Practice of Sherap Chamma, Mother of Wisdom and Love

Bring your full attention to this moment. Be aware of the presence of the sacred cyber sangha. Rest in the stillness of your body, the silence of your speech, and gradually bring your attention inward to your heart and rest in the boundless sacred space of your heart. From the union of openness and awareness feel the warmth and pure devotion to the Mother of Wisdom and Love, Sherap Chamma.

Invoke Sherap Chamma

Sing OM [three times].

OM... OM... OM...

As you sing, Sherap Chamma miraculously appears in the sky before you. She is a peaceful wisdom being of golden light, ornamented and smiling, radiating love and compassion to all beings.

Pray to Her

Help me, help us to overcome all obstacles to self-realization, to heal and enrich our lives in order to benefit countless others.

Allow time to feel her presence and the warmth of connection.

Purify

Light emanates from her heart, and as you receive this light through your crown, it is a shower of wisdom light washing through your body, speech, and mind purifying your karmic traces and wounds of this life that you feel and are aware of.

Gradually feel your body, speech, and mind are like a clear open sky, and through her blessings you connect with the primordial purity of being.

Receive the Empowerment

Sing A OM HUNG [three times each] as you receive the empowerments of body, speech, and mind.

As you sing A, white light radiates from her forehead to yours as you receive the empowerment of the enlightened body.

A... A... A...

As you sing OM, red light radiates from her throat to yours as you receive the empowerment of enlightened speech.

OM... OM... OM...

As you sing HUNG, blue light radiates from her heart to yours as you receive the empowerment of enlightened mind.

HUNG... HUNG... HUNG...

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Connect Deeply with the Enlightened Qualities

While singing A, feel more grounded and rest in the deep stillness of your body. Singing OM, feel more peaceful and rest in the deep silence of your speech. Singing HUNG, feel more connected to the spaciousness and warmth of your heart. Sing the A OM HUNG melody one time.

A... OM... HUNG...

Recite the Mantra

Feel the presence of Sherap Chamma within you as well as in the space before you. Be aware of your connection to the sacred cyber sangha around you. With a deep feeling of spaciousness, light, and the warmth of loving kindness for yourself and all beings, recite the mantra.

OM MA WA MA DE MA HI MO HA E MA HO MA YE RU PA YE TA DU DU SO HA

Conclusion

In the sky before you, Sherap Chamma dissolves into light, and that light dissolves into your heart. You become one with Sherap Chamma.

Dedicate the Merit

Dedicate the merit of your practice for the benefit of all beings.