

Blessings:

KADOISH, KADOISH, KADOISH,
ADONAI, 'TSEBAYOTH

"Holy, Holy, Holy is the Lord God of Hosts, the whole earth is full of his glory" Issah 6:1-3

The ancient Hebrew Chant of exaltation is sung by the celestial choirs at the feet of the Throne of God. It embodies the highest of frequencies which extend the grace and holy protection to the chanter. It sets up a resonance with Divine

Love energies in whose presence lesser forces cannot remain.

It provides Divine Attunement with the Masters of Light and establishes sacred space.

INVOKING THE PRIMORDIAL GODDESS LOVING
MOTHER WISDOM: SHERAB CHAMMA. TIBETAN
BON

OM A HUNG, we will be singing together....

MA represents mother,
OM represents Sherab Chamma

MA OM is a seed syllable. Seed Syllables are a secret code to
invoke each deity.

MA OM is the seed syllable for The Primordial Goddess Loving
Mother Wisdom: who is Sherab Chamma in Bon.

OM A HUNG, OM A HUNG, OM A HUNG.....P

As you sing this you imagine from infinite space, golden light
comes into your crown chakra and you become this Loving Mother
Wisdom.

Then bring your focus to your heart. You may ask for help, healing
and guidance.

Cleaning toxins, blockages, karmic, trauma.... So you can open
your heart.

Inhale, exhale- clearing and becoming pure space.

Allowing golden light, golden nectar to flow within your central
channel, and your heart.

Removing spiritual obscurations ... overcoming fear, attachment,
and ignorance.

Sit in Divine Loving Mother Wisdom

Quote

Free from Struggle

Surrender each moment to the reality of that moment.

If you abide in this state of acceptance, you create no more negativity, no more suffering, no more unhappiness.

You then live in a state of non-resistance, a state of Grace and lightness, free from struggle.

From Pema Chodron