



*IMPORTANT:*

*This Sadhana can be read only by those who have received the Kalachakra Initiation and can be practiced only by those who have received the White Vishvamata Jenang.*

## **The Sadhana of White Vishvamata**

**Composed by Pen chen Tempee Nyima**

*[Refuge and Bodhicitta followed by the Four Immeasurables]*

**OM SHUNYATA JNANA VAJRA SVABHAVA ATMAKO HAM**

*[Meditate on the meaning of the Shunyata mantra]*

Everything becomes emptiness.

From within the sphere of emptiness, from a PAM at my heart comes a lotus, from an AH comes a moon, upon which is a fine PHREM. Rays of light shine forth from it and then return.

I arise as the Bhagavati White Vishvamata, made of light like a moon jewel, with a white graceful body, peaceful, one face, two arms and three eyes. The right hand is in the mudra of giving excellent blessings. The left hand is at the heart, holding between the thumb and the forefinger the stalk of a beautiful white hundred-petal lotus blooming beside the ear. Decorated with ornaments and draped with white garments, seating in the lotus posture.

Moon-like light rays shine forth and the head is crowned by Vajrasattva.

At the forehead is an OM, at the throat an AH, at the heart a HUM, and at the navel a HO.

Inviting all the male and female Buddhas and Bodhisattvas in the form of Wisdom Beings

OM VAJRA SAMAJA JA HUM BAM HO HI. They merge and become non-dual.

*[It is allowable to do in this condensed way without the blessings of the four vajras and dissolving of the Wisdom Beings.]*

On the moon at the heart is a PHREM, encircled by the mantra rosary. From it light rays shine forth, inviting all the various Buddhas in the form of the Mother. They dissolve into the seed mantra rosary at the heart and pacify all my and others' sicknesses, harming spirits and sufferings and increase my and others' life span and merits.

**OM PHREM VISHVA MATA VAJRA KENDA KAM  
NA SHAYA NA SHAYA MA MA SHETIM KURU KURU SOHA**

*[Recite the Mantra as many times as possible]*

*[Make offerings]*

OM PHREM VISHVA MATA VAJRA ARGHAM... [until]... SHABTA AH HUM

*Praise:*

Gone beyond the nature of the subtlest particles. Possessing the nature of mirror divination images.

Having the supreme of all aspects, I bow to that Maha Mudra.

*[Dedicate the virtue to enlightenment]*

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