



## Shifting Your Pain Identity

### Sherap Chamma Meditation with Mantra

*Below is Rinpoche's short meditation and mantra recitation to connect with [Sherap Chamma](#), a female tantric deity of the Bon tradition who is the embodiment of wisdom and love.*



#### *Sherap Chamma*

Be aware of the stillness of your body. Be aware of the collective stillness around the world among all the meditators who are participating with us here at this moment. Feel that we all are supporting each other to find our deepest stillness, where we find that it is calm, quiet, peaceful and safe.

Now be aware of the silence within. Hear and feel the silence within. Be aware of this collective silence among all the practitioners around the world, with whom we are connected at this moment through the stillness and silence.

Be aware of the spaciousness of your mind and your heart. Those of you who find it difficult to be aware of that spaciousness can imagine a crystal-clear sky in the desert. Imagine being that clear sky. You are that clear sky. We all are that clear sky.

Imagine and feel the presence of Sherap Chamma, the Mother of Wisdom and Love, in the sky in front of us. She is golden, peaceful, adorned with beautiful ornaments. She embodies wisdom and love, like a loving, kind mother to all the sentient beings. Feel her presence in the sky in front of us, facing us. Feel our collective presence. We all are connected.

We will all sing the mantra of Sherap Chamma together. Those who are not familiar with the

mantra and prefer to sit quietly, you can do so. Just be aware and feel the recitation of this mantra around the world. Feel the vibration, blessings and prayers in your body, in your breath, in your deep consciousness.

[Repeat this mantra 7, 21 or 108 times.]

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

Just feel and be aware of her presence in the sky in front of us. Feel her blessings in your body, in your breath, in your deep consciousness.

[ [Dedication of merit.](#) ]