

Cutting Through Bondage

Preparation

Fully aware I sit on my power spot. – All the various bodily sensations, sounds, visual impressions, tastes and odours are completely welcome. Thoughts, emotions, memories and all other movements of mind are fully welcome. Aware in all the six sense fields, I sit and feel, open and accepting. PHAT

Compassionate wisdom, the Great Mother, invites all the forces that keep us running away from reality. – Come to mind in order to be liberated! PHAT

Compassionate wisdom invites the forces of ego-centred identification, causes of tension and suffering. – Come to mind in order to be liberated! PHAT

Compassionate wisdom invites all beings that identify with a self, the beings of the six realms. – Come to mind in order to be liberated! PHAT

All forces of karmic bondage are invited to come to mind. PHAT

All beings having a karmic link of attraction or aversion with the one who now manifests as the Great Mother are invited. PHAT

Compassionate wisdom invites the shadows of unawareness, the forces of obscurity. – Come to mind in order to be liberated! PHAT

Compassionate wisdom invites the forces of light, sources of attachment. – Come to mind in order to be liberated! PHAT

Compassionate wisdom invites the forces provoking illness, attacking the body and mind. PHAT

All beings who live in this place of challenge, who live close by or far away are invited. Wherever you live, please come to the feast of cutting through bondage. PHAT

I also invite my mother and father, and all those who trigger emotional reactions in me. PHAT

The Great Mother is inviting you, forces of obscurity, forces of light, please all come! – Especially I invite those who are afraid to be seen. PHAT

Don't be afraid. No need to be afraid. Come to the feast of compassionate wisdom; come to the feast of cutting through bondage. Come and enjoy! PHAT

Receiving the Guests

Welcome! Forces of obscurity, forces of light, and you who are karmically connected, feeling attraction or feeling anger – welcome! PHAT

Welcome, all of you in this place of challenge, all beings living below, on and above the earth. Welcome, all beings living in the water, in the ground, in the air, and in space. Wherever you come from, please take your seat or remain as you wish in whatever way is comfortable. PHAT

May those whose liberation is most urgent come into the inner circle while you others gather round, each one finding a place that suits you. PHAT

Refuge and Bodhicitta

Aware of your presence, forces of obscurity, forces of light, I direct my mind towards complete awakening. Together we direct our mind towards the truth that liberates. Together we rely on the power of compassionate wisdom. PHAT

Together we find refuge in the mind of the Great Mother. Together we rely on mind as such. Together we rejoice in basic mind, mind as it is, without centre, ungraspable. PHAT

In your presence, forces of bondage, forces of seduction, I allow my heart to open to all of you in all directions, wherever you are. PHAT

May we be happy and free from suffering! May we live in true joy and experience great equanimity! PHAT

I will be a good host and take care of you until liberation. Forces of obscurity, forces of light, be my guests until the end of samsara. May the awakened mind be realized. May all realise that. May all be that, the truth, just that. PHAT

Compassion is liberated into the timeless dimension. PHAT

Offering various Feasts

With joy and devotion may the awakened ones be served. PHAT

With respect and gratitude may the host of helpers and protectors be served. PHAT

With keen awareness may the joys and needs of my afflictions be taken care of. PHAT

With tactful understanding may my so-called enemies be taken care of. PHAT

With discriminating compassion may the joys and needs of each sentient being be taken care of. PHAT

May the forces of nature be taken care of. PHAT

May my mother and father be taken care of. PHAT

May all fear and panic be taken care of. PHAT

May all hopes and wishes be taken care of. PHAT

May all forces that have not been named be taken care of. PHAT

Whatever has a connection with this stream of consciousness, may it be taken care of and liberated. May there be full acceptance and full release. PHAT

May the letting go of all identification and fixation, together with the practice of great generosity, liberate every aspect of our body and mind. PHAT

Liberating one, may all beings in all universes be liberated! By the force of our connectedness, may we all experience full awakening. In the realisation of interdependence – which is freedom from clinging to a self – may we all enjoy the ultimate feast offering! PHAT

Forces of obscurity, forces of light, who might not have shown up so far, wherever you are, whoever you are – may the messengers of compassionate wisdom now serve you and may no-one be left out. May all rejoice. PHAT

Conclusion

Concepts and ideas dissolve. PHAT

May the vision of awakening dawn on us and may we thus live in the realm of Great Joy. PHAT

May the power of this wholesome activity serve to realize the One Taste of Luminous Clarity. PHAT

These notes for the personal practice of “Cutting through” (Chöd) came as an inspiration one moon-lit night at Karma Guépel Ling, France.

Karma Sönam Lhündrup, April 14, 2011