

The MT Process v3

1. Take a couple of full breaths, touching your heart/chest area. Have your awareness on your heart/chest.
2. INVOKE the Divine using any names or forms you feel inspired to. (*Take some time to FEEL THE RESONANCE of each energy you invoke.*)
3. Feel gratitude for the Divine for a couple of minutes.
4. Define what you want to hear -or- what issue, feeling, or situation you want to bless.
5. Ask the question, “how would the ideal mother touch you, or simply *be* with you?” (*RECEIVE. Explore using your hands as a conduit of care.*)

Optional questions:

1. What would the ideal mother say?
2. What would the ideal mother do?

Helpful tips:

- This process is for “receiving darshan” from the ideal mother.
- Work with ideal mother as a human being.
- Orient to your heart, both with your attention and your feeling.
- Go deep. Navigate with your heart space, rather than your thinking mind.
- Focus on the feeling and the inner experience. Use your hands on your body if appropriate.
- Always start with looking for mother’s presence and touch, rather than looking for advice or insight.
- Don’t hold a particular image as Mother, but allow different images to show up.
- As you notice the qualities of the ideal mother, allow them to become mantras (“Mother’s compassion”).
- Allow yourself to experience *you* at different ages. Notice how young or old you feel. Notice how young or old your ideal mother feels to you.
- Remember the word *ideal*: the ideal Mother would always be loving. She would never be verbally condemning or abusive toward her child. If you find abusiveness or anger surfacing, come back to *ideal*.
- For your adult mind, this process may feel like imagination. For your child body and mind, it’s reality.
- Discover that love has everything and nothing to do with your birth parents.
- Notice how this process naturally heals your relationship with mother, father, and ancestors over time.
- Trust that you can tell the difference between the stress of healing and the stress of pain.
- If you experience resistance, let mother work with that resistance first. Don’t proceed without permission.