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Tara Practice

Harvesting the Medicine of the Heart

1. Contemplate.

Call upon the support of White Tara, Mother of Compassion,
to hold you in her warm and spacious embrace.

Let yourself lean into her as you
soften your heart and feel into the question,

What breaks my heart?

There are so many places and causes of need in this world.

What is it that tugs on your heart the most?

Where does your energy go? What do you feel urgently about?

You can write or simply reflect silently.

After some time, close your eyes and
notice the sensations and the atmosphere in your body.

2. Feel.

Call upon the courage of Green Tara and
dive into the feelings present for you.

Move, shake—do what you need for it to flow in you.

Remember, you are not trying to get rid of
any of this energy, only to give it space.

Open to that hopelessness...that urgency...
that rage... that helplessness...

Feel the heartbreak as energy in your body.

Practice to stay present even when it is intense,
to stay in the discomfort of not knowing the solutions.

Let the energy burn inside you. Let it open, soften,
and humble you.

When the familiar strategies of coping
with it all dissolve, what remains?

What is here now?



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3. Rest & breathe.

Breathe in...all the energy as it dissolves into the heart space.
Breathe out...let the medicine of compassion
radiate out into the world.

4. Pray for the world.

Bring all the liberated energy into a prayer for the world.
May all beings have Loving Kindness
May all beings be well
May all beings be happy and at ease
May all beings have Loving Kindness

5. Enlightened action.

Feel into one thing you can do; one action you can take
towards alleviating suffering in our broken world.
Start small.
Remember you are one of many who cares,
it is not all up to you.

6. Integration

Throughout your day, when you notice you are
energetically shutting down,
mindlessly scrolling through the news,
or feeding mental loops of hopelessness,
come back to your body, earth and breath.
Practice to open and let your feelings flow as energy in your body,
and direct the liberated energy into prayers and if you can, into action.
One step at a time.