

## **INVOKING THE HEALING MENTOR**

### **A Self-Healing Visualization in the Tibetan Tradition**

Sitting in a comfortable posture, start nostril breathing  
And center your mind by focusing on the breath.  
With clarity and calm, merge your awareness with the breath  
And let it fill you like waves of freshness and relief,  
Scanning your body from head to toe breathing in  
And toe to head breathing out, expel any discomfort,  
Stress or fatigue out your fingers-toes while inhaling,  
And out your nostrils while exhaling.  
Let your mind settle down from the clouds  
And your body rise above its burdens,  
Until they meet in a fluid mind-body of breath and light,  
Like a luminous, person shaped bubble of life  
Floating with other bubbles in a peaceful sea of life.

Dawning like a solar eclipse out of the blue before me,  
May the lapis radiance of the Medicine Buddha  
Engulf me like a sun shower in his healing garden.  
Seated on a moon-cushion in a giant rainbow lotus of light,  
In meditation amid hot and cold mountain springs,  
Your peace as deep as your form, deep space light—  
Your right palm touches earth, offering medicinal aloe,  
Your left holds a bowl brimming with meditative elixir.

I invoke your spirit, Supreme Healing Mentor  
To inspire my vision with warmth and essence.  
Gathering the infinite healing energy and intuition  
Of the whole universe like a satellite  
May your lapis beams of grace and vitality  
Fill my crown, throat and heart with health energy light  
That burns off illness and melts stress away,  
Unlocking my healing power, wisdom and care.  
May healing light energy fill my breath body  
As a flame would a lamp or a ripple a vase,  
Overflowing every rainbow tissue and cell,  
Pouring out to clear and heal the world around me  
In ripples that reach to the ends of the earth  
And return with the blessings of each heart and mind.

As I inhale these waves of infinite light and life,  
Pause to savor them, and return them happily,  
I hear each breath—in, pause and out—as the healing sounds  
Oh, Ah, Hm, or recite the Healing Buddha's heart-prayer:

OH KING OF HEALING, INNER HEALING, SUPREME HEALING, MAKE  
ME SUBLIME AS YOU ARE!  
(TADYATHA, OM BAISHAJYA BHAISHAJYA MAHA-BHAISHAJYA  
RAJA SAMUDGATE SVAHA!) 3, 7, 21...X

Or the long heart-prayer:

HAIL, LORD, UNIVERSAL MONARCH IN YOUR LAPIS PARADISE,  
TRANSCENDENT ONE, SAINT, COMPLETELY ENLIGHTENED, KING OF  
HEALING, INNER HEALING, SUPREME HEALING, MAKE ME SUBLIME  
AS YOU ARE!  
(NAMO BAHAGAVATE VAIDURYA PARAVAPARJAYA TATHAGATAYA  
ARAHATE SAMYAK SAMBUDDHAYA TADYATHA BAISHAJYA  
BHAISHAJYA MAHA-BHAISHAJYA RAJA SAMUDGATE SVAHA!) ...X

Giving and taking waves of healing with the Healing Buddha  
And all life in this way, may my every gesture unfold as a lotus-light wave,  
And enfold the world and all beings in a reflecting pool of healing.

To help me live in this flow always, Healing Buddha,  
You melt into a rainbow tear and slip into my heart,  
Merging inseparably with my inner healer and guide.  
Savoring your warmth and moisture, it fills me and my world  
As my own healing elixir of infinite life.  
I dedicate any energy or awareness from this meditation  
To maintaining my study, reflection and practice  
For my own benefit and for the world around us!

Prepared by Joe Loizzo for the Nalanda Institute for Meditation & Healing Spring  
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Yeshe Donden.