

## 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 distress  
Or fatigue out your nose, fingers and toes as you exhale.  
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 life-bubbles in a tranquil sea of openness.*

“Dawning like a solar eclipse out of the blue before me,  
O Healing Mentor, engulf me in lapis brilliance  
Like a sun shower in your healing garden.  
On a moon-cushion in a giant rainbow lotus of light,  
Seated in meditation between hot and cold mountain springs,  
Your peace as deep as your form, deep midnight—  
Your right palm touches earth, offering medicinal aloe,  
Your left holds a bowl brimming wisdom elixir.”

“I invoke your spirit, O Healing Mentor,  
Inspire my vision with warmth and life.  
Gathering the healing energy and awareness  
Of the whole universe into yourself,  
Your lapis beams of grace and peace  
Fill my crown, throat and heart with elixir and light  
That burn off illness and melt stress away,  
Unlocking healing wisdom and power  
From my heart to fill my breathing body  
As a flame would a lamp or a nectar a vase,  
Transforming every tissue and cell,  
Then pouring out of me to heal the world  
In ripples that reach to the ends of the earth  
And return with the love of all hearts and minds.”

“As I inhale these waves of light and life,  
Pause to savor them, and return them happily,  
I hear each breath—in, pause and out—as the healing sounds  
OM, AH, HUM, or your healing heart-prayer:”

*Recite mentally or out loud the short or long affirmation, as many times as you like:*

**O HEALER, SUPREME HEALER, SUBLIME KING OF HEALERS, HELP ME PLEASE!**

*(Tadyatha, Om Baishajya Bhaishajya Maha-Bhaishajya Raja Samudgate Svaha!)(...X)*

O CONQUEROR, SUPREME RULER OF YOUR LAPIS PARADISE, TRANSCENDENT ONE, RENUNCIATE, COMPLETELY ENLIGHTENED, HEALER, SUPREME HEALER, SUBLIME KING OF HEALERS, HELP ME PLEASE!

*(Namo Bahagavate Vaidurya Paravaparjaya Tathagataya Arahate Samyak Sambuddhaya Tadyatha Baishajya Bhaishajya Maha-Bhaishajya Raja Samudgate Svaha!) (...X)*

“Giving and taking healing waves with my Mentor

And all life in this way, may my every breath bloom

As a rainbow wave, enfolding all beings

In a vast healing pool of nectar and light.”

“To help me live in this flow always, Healing Mentor,

You melt into a rainbow tear for joy, come to my crown

And dissolve through my crown, throat and heart,

Merging inseparably with my inner guide.

Your moisture and warmth fills me and my world

With my own healing essence of light and life.

I dedicate all the energy and awareness of this meditation

To building my study, reflection and practice

For my own benefit and for the world around us!”

**Colophon:** Prepared by Joe Loizzo for the Nalanda Institute Spring Retreat 2005, based on the Medicine Buddha teachings of H.H. the Dalai Lama, Tulku Thondup and Dr. Yeshe Donden. Revised for the Nalanda Institute/Tibet House retreat, Winter 2010.