

Transcript for Healing Physical Pain with Healing Buddha Meditation

A gong is ring

Sit in a comfortable position and become aware of the space around you. Feel the space that's in the room. Try to relax into the space, rest in the openness of space that surrounds you. Sense the space of the room. Sense the space beyond the room. Rest in the space.

Arising in the space before you is the Medicine Buddha the healing Buddha. He's sitting cross legged on the Lotus and moon seat and is made of light. He is blue in colour wears the robes of a monk. In his right hand he holds the Arura plant. In his left hand is a bowl of healing nectar. He is made of light. He sits with a sense of peace and tranquility. Tranquility that radiates from his being into the whole space around him. It feels so peaceful to sit here in his presence. He has great wisdom. He remembers past lives when he was sick, in pain. But as a Buddha he knows how to purify, heal and free from suffering. The healing Buddha has deep and profound love for all beings, a love for all beings just as they are, without judgment, without question, just pure unconditional love for each and every being. As we sit here in the presence of the medicine Buddha we sense the love energy radiating from his being.

Now imagine that the Healing Buddha is sending that love to you in the form of blue light. This loving energy embraces you from head to toe. Bask in this radiant shower of love. The blue light enters every pore of your body filling your body head to toe to fingertips, filled with loving energy, filled with blue light. It enters every layer of your being, infused with this loving energy. It enters every pore, every cell of your body filling each cell with the radiant light of loving kindness the healing positive energy. It embraces every part of your being, embraces your pain. It's OK to have pain and it's embraced in this loving light, blue light from the Healing Buddha. The light from the Medicine Buddha embraces your pain wherever it may be in your body, held in a loving embrace of light. Open your own heart to your pain together with the Medicine Buddha cradle this pain, hold it in a loving embrace like a mother that embraces a painful child, holding it your loving embrace of blue light. Light from the Medicine Buddha, Healing Buddha and light from your own heart gently, lovingly hold this pain. We're not trying to get rid of the pain, not trying to push it away, just holding it in a loving embrace. Healing Buddha sending blue light to embrace the pain and love from your own heart gently cradling it like a mother holds her child.

Now the Medicine Buddha comes over on top of your head. Dissolves into a ball of blue light. The blue light comes down enters your crown chakra, down through the central channel, through your throat chakra into your heart. Light then goes out through your whole body filling your body with blue light.

Anytime you have pain open your heart, send loving light, shower the pain, hold it, embrace it, allow it to be, a loving embrace like a mother holds her child.

Now think about all the other beings in the universe right now who are feeling pain. Just like you they don't want to feel pain. Send blue light from your heart. Open your heart and send blue light to embrace yourself in a cradle of love. The cradle of blue light holding all your pain and your illness. Expand that blue light out through the universe in all directions and embrace all the beings that are feeling pain right now. Hold them in a loving embrace. May all beings be cradled in this loving embrace of blue light from my heart.

Now send out light blue light from your heart and fill your whole body with blue light. You're filled with blue light, the energy of loving kindness, healing love, purifying love. Expand the light that fills your body.

Expand out through the whole universe and send it to all the beings who are feeling pain right now. Fill them with the blue light, the healing energy of love. May all beings be filled with this healing blue light the energy of healing love. Send this blue light from your body, from your heart to all beings everywhere. Send it out in all directions throughout the universe to fill all beings with the healing blue light. All beings everywhere are filled with blue light.

All beings everywhere dissolve into blue light.

All the blue light comes back into your own body and then back shrinking into your heart. Your heart slowly, slowly dissolves into open space.

Rest in open awareness

Gong rings