



Being Healing Light

Healing Light | A Meditation.

-Tulku Thondup Rinpoche

Always when we call upon light, or any other means of healing, we need to visualize an image or presence, to feel its positive qualities, and to embrace its power to heal. Be creative in imagining light in a way that works for you. As you practice, you may find that your ability to meditate upon light deepens and strengthens.

You might find it helpful to imagine light showering down upon you, suffusing and radiating your mind and body with its healing warmth, bringing openness and relaxation to everything it touches. Perhaps the light takes the form of rainbow-colored beams. Feel that it is filling your mind and body completely, bringing bliss, peace and health that instantly warms and heals problem areas, or melts them into light and peace. Every part of your body, down to the last cell, is effortlessly filled with light. Then feel that your body is transformed into a body of light, or perhaps a glowing, warm flame if that image is helpful.

At times, you may feel the need for emotional security and protection. Then you could imagine light as an aura or tent around your body, or light that is like a protective eggshell. Such images should make you feel relaxed and open, even while protected but not cut off.

Meditations on light can be used to heal specific problems, or they can help generally to make us feel more open and spacious. As we meditate on light, we can imagine the light as expanding beyond our bodies and shining forth without end. We can see the whole world as touched, suffused and transformed into pure and peaceful light. If we meditate on light in a very open way, we realize that light is infinite, without borders or the limits of time and space.

According to our needs, we can see healing light in a variety of forms. If you have a difficult emotion that seems lodged in some particular area, like your chest or throat, you could place your hand there in

a healing and caring way. Just by gently touching, rubbing or massaging the area as you breathe in a very relaxed way, you can ease your problem. In addition, you could visualize healing light in multiple colors coming from your hand.

A contemporary Christian mystic, Omraam Michael Aivanhov, advises:

“When you are in great pain, ask the light to help you. Imagine that from your fingers emanate rays of light of every color and train these rays on the painful area. You will soon feel a gradual release from the pain.”

If a sense of flying or floating arises and makes you uncomfortable, ground yourself by imagining that while the healing light is pure, clear and healing, your feet are connected to and supported by the earth.

We can incorporate an awareness of light and energy into every part of our lives. This awareness can turn our ordinary lives into a cycle of healing.

A good practice for anyone, no matter what his or her temperament or skill at meditation, is deep appreciation of the light of nature—the sunshine, the subtle shifts of light during the day and at different seasons of the year, the beautiful sunsets, the moonlight and starlight, the soft glow of an overcast day.

We could also cultivate an awareness of pure, absolute light in our everyday world, at least conceptually. As we move through our daily routine, any awareness of universal light can give us confidence and strength. So when you sit, don't just sit like a piece of rock. Sit in a relaxed but alert way, with a feeling that celebrates light and energy, as if you were a candle flame radiating light.

When you think, do not think with a confused, grasping or contracted mind. Be aware that the light of the mind can inspire the clarity of openness and spacious balance.

When you talk, speak with a voice that is neither

harsh nor weak. Like light and energy, your voice can be strong, clear and soothing.

Light is not only within us, but everywhere around us. Even though the absolute light of oneness is beyond concepts or images, we can feel or imagine light in its relative form as subtly visible in the air around us and in our everyday surroundings. All of your movements and thoughts can be in communion with the luminous nature of existence. The smallest movement, even a movement of your finger can be the play, enjoyment and celebration of light and energy.

We will recognize whether a particular way of using light meditation is suitable for our personality and capabilities. Some of us might have difficulty being in touch with some of our feelings, and we may not be ready for this kind of daily life practice. If there is tightness or contraction or a manic giddy feeling, this indicates the practice is not appropriate.

If the question comes up “is right for me” or am I doing it “the right way.” Always, we should do what makes us feel relaxed and open; this is our guide.

“One candle lights another and can light thousands of other candles

the life of the candle will not be shortened when shared

and just so one heart illuminates another heart and can illuminate thousands of other hearts.”

May you be beam brightly in love and light in this holiday season!
