

Care of the mind

Meditation Purifying body, speech and mind

Motivation

Calm the mind by spending a few moments focusing on the natural flow of the breath. Generate a positive motivation by thinking that you are doing this meditation to purify your body, speech and mind and because of this, be of utmost benefit to others.

Contemplation

Visualise a white orb of light (or the syllable OM) at your crown chakra in the center of your brain. It symbolizes the divine body of a Buddha or whatever else you consider to be pure.

White light streams from there down into your body, completely filling it from head to toe with blissful radiant white energy. It purifies all the impure energy of your body. It's important to see this and to feel it strongly. This helps break down your critical concepts of your body.

Hold your consciousness right there, without discriminating good or bad. Just be aware. Don't react, don't engage in any internal conversation, just focus with intensive awareness on the light permeating your body. Put your mind on that, keep it there and let go, without sluggishness or distraction.

Now purify your uncontrolled negative speech. Visualise a red orb of light (or the syllable AH) at your throat chakra. Radiating red light energy, like the sun at sunset streams out from there. Recognize this red light as the pure speech of all the Buddhas.

Your whole body is embraced by radiant red light energy, especially the area around your throat chakra. As you did last time hold your consciousness right there. Remain in a state of total intense awareness of your own consciousness. Stay there without any expectation or interpretation of anything. Just be intensively aware. Stay there.

If uncontrollable distracted thoughts arise, think that not only you, but all sentient beings as well are in the same uncontrolled situation. Generate loving kindness towards all others. In this way

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your uncontrolled mind becomes a resource for you to generate loving kindness. When loving kindness arises, exert intensive awareness on the mind of loving kindness.

So you are doing two things. Either you're remaining in intensive awareness on your consciousness or, when distracted, you're exerting intensive awareness on the loving kindness within your own mind. Alternate between these two.

Next your loving kindness manifests as a full moon (like a flat cushion) in your heart chakra. Standing in the center of the full moon is a blue orb of light (or the syllable HUM). Recognize this as the nondual wisdom energy of all the Buddhas. Your heart feels cool, calm and fully opened by the radiant light of the moon and the infinite radiant blue light.

All narrow thoughts disappear
All indecisive minds disappear
All obsessed minds disappear

Light radiates from the moon and blue orb of light filling your entire body. Because you are totally embraced by the infinite blue light, there's no room for fanatical dualistic concepts. Feel that the infinite blue lights pervades your consciousness.

Stay there without any expectation or interpretation of anything. Just be intensively aware. Stay there for a little while. Feel strongly that your body speech and mind are totally purified.



Dedication

"Due to this meditation may I and all beings have the capacity to eliminate all negative energy and be free from all ego concepts and dualistic thought."

Note: This Meditation has been adapted from the Om Ah Hum Meditation taught by Lama Thubten Yeshe and available from Lama Yeshe Wisdom Archive

Karuna also has experienced people you can talk with on:
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