

Meditation on the Senses

Place your attention gently in each area, saying quietly to yourself, a number of times... for example, "May the right eye be well and happy." Maintain your concentration for approximately one minute for each area. Then as you become more comfortable with the meditation, making sure that there is interest and relaxed energy, extend the session longer and longer until you reach one hour.

1. May the right eye be well and happy
2. May the left eye be well and happy
3. May the divine eye (a small area between the eyes and slightly above the nose) be well and happy
4. May the right ear be well and happy
5. May the left ear be well and happy
6. May the divine ear (centre of the brain) be well and happy
7. May the lower lip be well and happy
8. May the upper lip be well and happy
9. May the tongue be well and happy
10. May the right side of the body be well and happy
11. May the left side of the body be well and happy
12. May the front side of the body be well and happy
13. May the back side of the body be well and happy
14. May an inch in front of the spinal cord from the base of the spine to the top of the head, be well and happy
15. May the right nostril be well and happy
16. May the left nostril be well and happy
17. May the septum or very top of the nose be well and happy

This practice can be done for other beings visualizing for example their heart problem, kidney problem etc...and wishing it to be well and happy.

You may also add a visualization of crystal clear colour on each organ as you are wishing wellness and happiness.

If you wish to extend the range of this meditation, go from #17 back to #1 until the whole body becomes energized and vibrant. This may take some time, many sessions, but with patience and diligence great healing and clarity of mind will arise.

This meditation is an adaptation of a meditation given by Namgyal; Rinpoche based it on the classic Buddhist meditation on Peace.