

~ The Healing Power of Awareness ~

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There is awareness meditation. Awareness has healing power. Regarding awareness meditation, there is much scientific research on how it really helps the physical body, with many things like heart disease, or diabetes. It improves the immune system and is good for the stomach, gut health, and brain health. There are so many benefits.

But also, in meditation, what we call “intention” is the key. Sometimes what we call “meditation,” “awareness meditation,” or “mindfulness meditation” is like a wish-fulfilling gem. But for the wish-fulfilling gem, you have to make a wish. If you do not make any wish, that gem does not help you, even though you have a very nice, precious gem. This is an example.

Sometimes what we refer to as the “intention” is volition — that everything gathers together. Like in the West, sometimes we say that “if you have a wish, there is a way.” Or “if you have the will, there is a way.”

Similarly, but especially with meditation, if you have meaningful intention — purposeful, positive intention — that becomes really good and will really help. It may also heal our body. Of course, it will help our mind become healthier and free from mental disturbance. So it is good for mind and body.

So how can we bring in this intention? The first important thing is: “I want to meditate today — for what? I want to be in good health. And if I have good health, then I can help my friends, family, maybe society, and maybe others. I can help myself, and I can help others. Therefore, today my meditation is dedicated to my good health.”

Normally, if you just meditate only for the purpose of having good health yourself, then the benefit is less. It becomes a little self-centric. But if you meditate of course to help yourself, but also to help others,

help everybody — a win-win situation — then that becomes a compassionate intention. And intention of loving-kindness or compassion, or *karuna, metta*. And that has a lot of positive vibrancy.

So, set that intention at the beginning of meditation. Then maybe you can meditate by watching the breathing, listening to sound, or with awareness of the body, just relaxing different parts of the body. Especially when we practice awareness of the body, that really helps our body and its energy flow. It will help us become healthier, maybe keep us younger — who knows? — and happier, of course.

If you want to focus more particularly on good health and longevity, we can add imagination meditation. First you imagine a light in your heart. If you have any religious background, you can imagine whatever enlightened being in your heart. But if you do not, you can imagine light — and imagine that that light is your true nature.

We believe everybody has a wonderful nature: your awareness, your love and compassion, and your wisdom, as light in your heart. And that light can have many different colors, rainbow color or simple color — it does not matter. It has a feeling of warmth, a feeling of loving-kindness. It is illuminating. It has awareness. And it is kind of transparent.

And then that light slowly radiates and heals all disease — in the heart and all the other organs, and diseases in our body at the cellular level.

All of what we call *prana, bindu, nadi* — *prana* meaning energy, *nadi* meaning nerves. In our entire body there are billions of nerves. And *bindu* something like “cells,” “drops.” Everything is healed and energized, and all the impurities, all the garbage, all the toxins, and everything is purified.

The entire body is filled with this loving, warm, kind, luminosity — beyond suffering, beyond what we call “dualistic perception.” The light of wisdom, the light of awareness, the light of love and compassion permeates your entire body.

Then the light goes even further, touching your friends, family, and society — touching everybody and healing their disease, physical

problems, and emotional problems. Also, everybody has internal suffering, the fixation of mind. So everything heals, and it heals the environment also. And everybody's body and mind is filled with awareness, love and compassion, and wisdom.

After that, you rest your mind in that field for a few seconds.

When we do that from time to time, it is really good for gaining more energy, more relaxation, and it has healing power. It may help others, also. So this is a very important ancient practice.

Of course, if someone wants to learn more, we have a lot of deeper-level practices. Normally we do not teach this deeper-level practice to everybody, because sometimes people may not understand, or may misunderstand, and there can be a lot of conflict.

This practice is very simple — everybody can use it and benefit. Thank you.