

# **MEDITATION: A GUIDE TO A HAPPY LIFE**

Ven. Dr. Phra Singhathon Narasabho (Kamzao)\*

## **HEALING**

One hears stories of sick people, who were condemned to death by doctors as incurable, and to the amazement of doctors, the patient cures himself taking an alternative approach to his/her sickness. These are not isolated incidents the number of documented cases by Western doctors alone are numerous. Are these miracles beyond the natural order or are they undiscovered natural phenomena ? Close scrutiny of these cases, one finds there is nothing miraculous or unnatural about them. If that is the case how come we with our great scientific know how and technological advancement did not see. The humble answer to this question is "you did not look for it." The answer may be humble and simple; but it is a large ego damper. What important is to find out what we did wrong and try to learn from our errors.

Let us see the subject of healing. This is about the most common natural process that the human body knows. It is a continuous process. There is not a single moment that this process is not active. First of all,

---

\* Wat Phra Buddhajinaraj Buddhist Temple of Chino Hills, CA., U.S.A.

it is process that is active at every level. From the DNA level and up the process is active. The process encompasses self-diagnoses, self-repair and regeneration. What is the most important to know is the role of the mind in this process. In fact, the mind is the central controller of the whole process. Not only that, it also directs necessary energies to keep the process going. There is no process, event or phenomena that takes place with in the human body where mind is not involved.

This is not a startling revelation to a Buddhist, who is familiar with the Buddha's teachings in Abhidhamma. There he has taught every aspect of the mind, matter and their relationship. We will not make attempt to deal with the intricacies of Abhidhamma here except to coat a well-known western scholar Mrs. Rys Davis.

‘Abhidhamma deals with what we find within us, around us and of what we aspire to find’

Coming back to the subject of healing, following question may be raised. Can we really understand healing process in a fully comprehensive manner using scientific reasoning? Unfortunately, the answer to this is in the negative, at least in our view. Why? Because the science as it stands today happen to be limited. Just to elaborate on this point, the western scientific philosophy have taken a one sided point of view that contradicts the very objective of the scientific inquiry. The objective of scientific inquiry is to learn the natural phenomena. Natural phenomena are governed by the inter-connected-ness of all things, both physical and non-physical. The scientific inquiry on the other hand addresses only the physical side of the problem. Therefore, any explanation that comes about with such one sided approach can only lead to a partial answer. Therefore, it is non-comprehensive.

Let us put this argument another way. Healing is a natural process. Humans are part of the nature. Nature includes both matter and non-matter. Nature is not a set of independent entities. They are all inter-connected. In the case of humans, this means both mind and matter. Both play significant roles in the process of healing, which is primarily an internal process connected with both mental and physical well being. If we want to understand such a process completely, our inquiry must be directed to both aspects and their inter-connected-ness. This is a pre-requisite condition for finding a fully comprehensive answer. What this means is that we will have to change the total western scientific approach as well as the attitude to the medical research as we find today. Perhaps that may be too much to ask for. Nevertheless, it is the reality.

Even though we do not completely understand the healing phenomena scientifically, can the mankind be benefited from the healing phenomena with what we know about it? Yes. We can and for long time Easterner have been doing just that. Easterners, in general, do not depend on scientifically, proved methods only. They use empirical methods, which were time tested. These methods even though not prove scientifically, they do contain statistical validity, which is far more important. In fact, one may find the Eastern approach to medicine and healing is totally different to Western approach.

Western approach in general is identification of symptoms and the using drugs to suppress the symptoms. In doing so often, they neglect or pay little attention to secondary effects of the drugs. More often than not this approach turned out be a cavalier approach. One is at war with the enemy here. In war, one uses best weapons to kill the enemy. These weapons can inflict devastating effect on enemy as well as innocent

civilians and the environment. In this kind of approach, one ignores total healing process. Drugs do the fighting not the body.

Eastern approach is very different. They recognize the healing process. In fact, whole approach surrounds how to enhance the healing process. That they do by using a natural ingredient such as food, herbs, roots etc. Central idea is to strengthen the immune system of the body, make the body, make the body stronger and let the body look after the problem. The remedies are not limited to material aspect only. A spiritual and or non-material aspect plays an equally important role in the Eastern remedy. Chants, mantras, meditation, prayer, charitable acts etc. are part and parcel of the remedy, inclusion of spiritual aspects into the grated and looked down upon as meaningless superstition. With this attitude, the fail to realize they are rejecting the fact that there is a mind-body connection to the human existence. In fact, this is a denial of natural phenomena. Human body is not a separate entity from nature but an integral part of nature. Not to recognize this is not only an error and a major contradiction, but also completely non-realistic.

With regard to the role of mind to healing and human wellbeing, both physically and mentally, great deal of knowledge exists in the East. In fact, one finds that this was in the forefront of all Eastern thinkers mind. They have developed various methods in depth. This knowledge was derived from their observation and experience. The methods develop from this knowledge were validated by time testing. They are practiced in the East for thousand of years. These methods are now being subjected to scientific scrutiny and the results are positive. One such method is Chakra meditation for spiritual healing that we will discuss next.



As the Buddha said that everything comes from cause and conditions. Even illness comes from cause and conditions, e.g., cancer comes from cause and conditions such as foods, pollutions, stress and tension etc. If we know its cause we have to stop eating such kind of food. If we eat such kind of food, cancer will have food for its development. If it has no food, it cannot last long, It will suffer and die, since everything including cancer is also impermanent thus impernence, suffering and no ever lasting entity can apply to not only five aggregates, but also to cancer itself. In this context it is regarded as spiritual healing also.

## SPIRITUAL HEALING

We may apply Chakra awareness in meditation in place of breathing in and breathing out. Let us focus from the top of our head downward to our feet. It is regarded as mindfulness of physical body.

1. The top of the head known as Crown Chakra, is the location of purple, which is the center of thought or will element. Its function is to vitalize the upper brain. It relates to right eye, pineal gland, central nervous system and cerebral cortex. If it is well-developed, it will give rise to unification of the higher spiritual beings with human personality, spiritual will, inspiration, unity, wisdom and understanding in accordance with the law of Karma, selfless service, perception beyond space and time, and Idealism. If it is rare, it will cause lack of inspiration, depression, confusion, alienation and senility.

2. Forehead Chakra is located between the eyebrows, which is the center of the forehead. Its color is dark blue, while its element is light. To vitalize the lower brain and central nervous system and to create vision and third eye, ears and nose. If it is developed well, it will give rise to third eye. Or clairvoyance, intuition, realization, insight, wisdom, imagination, devotion, concentration and peace of mind. If it is rare, it will be the cause of lack of concentration, tension, headaches, eye problems, fear, cynicism, bad dreams, detachment from the world, and distraction.

3. Throat area is Throat Chakra. It is the center of ether and the location of sky blue. Its functions are concerned with breathing system, vibration, speech, sound, communication, etc. It is related to thyroid, parathyroid and hypothalamus glands, mouth and throat. If it is well-developed, it will give rise to the power of the well spoken speech,

creative expression in speech, writing and mastery of arts, and effective communication integration, knowledge, wisdom, honesty, loyalty, reliability, peace, truth, kindness and gentleness. If it is rarely developed, it will create problems concerning speech and communication which gives rise to ignorance, lack of discernment, depression, and thyroid problems.

4. Center of the Chest is the location of Heart Chakra. Its color is green, while its secondary color is pink. Air is its element. To anchor the life-force from nature, energize the blood and physical body with the life force and help blood circulation. It is related to thymus gland, heart, circulatory system, lungs, arms and hands. If it is developed well, it will cause unconditional love, compassion, forgiveness, acceptance, openness, contentment, oneness of life, balance, peace and harmony. If it is rarely developed, it will cause heart problems. Blood circulation problems, out of balance, repression of love, emotional instability, aggression, selfishness and narrow-mindedness.

5. Solar Plexus Chakra is located above the navel and below the chest. Its color is yellow. Its element is fire. Its function is to vitalize the sympathetic nervous system, metabolism, emotions and digestive processes. It is related to pancreas, adrenals, liver, stomach gallbladder, muscles and nervous system.

If it is developed well, it will be the cause of personal power, authority, will, energy, mastery of desire, self-control, awakening, radiance, warmth, transformation laughter and humor. If it is rarely developed, it will give rise to too much emphasis on power and recognition, anger, hate, fear, digestive problems, and taking in more than one can assimilate and utilize.

6. Navel Chakra is located at lower abdomen to navel area. Its color is orange, while its element is water. Its function, is concerned with assimilation of food, procreation, sexuality, physical force and vitality. It is related to testicles, genitals, ovaries, womb, spleen and bladder. If it is well-developed, it will cause emotions, giving and receiving, desire, sexual and passionate love, pleasure, movement, change, tolerance, assimilation of new ideas, working harmoniously and creatively with others, surrender, health and family. If it is rarely developed, it will give rise to sexual difficulties, over-indulgence in sex or food, purposelessness, confusion, jealousy, envy, impotence, desire to possess and uterine or bladder problems.

7. Base of the spine is the location of Base Chakra. Its color is red, while its element is earth. To give vitality to the physical body, instincts, life-force, self-preservation, and survival, strength and self-protection. It is related to spinal column, adrenals, kidneys, colon, bones and legs. If it is well developed, it will cause success, matters relating to material world, mastery of physical body, serpent-power (Kundalini), stability, grounding, stillness, security, patience, courage and health. If it is rarely developed, it will cause self-centeredness, violence, greed, anger, insecurity, tension in the spine, constipation and overly concerned with one's physical survival.

All the seven Chakras are regarded to be the centers of energies. The purple can heal all types of illness even cancer. Dark blue can kill some kinds of virus. The sky blue can help purple and dark blue to be effective in healing. The Green can help to purify, to clean the poisonous things from the physical body. It can also harmonize the energies from the above and below centers together in order that healing may be successful.

The yellow can help to join defective parts of the physical body. The orange will help to purify the poisons in order to purify and to clean the physical body from the poisonous things.

The red will help physical body to be strong enough and to be free from allergy.

### **How to Activate Energies:**

As follows find, how to meditate, activate and develop the energies from each center. In the beginning, one should imagine and visualize from the top of the head. The Crown Chakra downwards to the Forehead Chakra, Throat Chakra, Heart Chakra, Solar Plexus Chakra, Navel Chakra, Base Chakra and then turn back to side of the Heart, back side of the Throat and back side of the Forehead.

Open oneself as the receiver, to receive purple, dark blue, sky blue, green, yellow, orange and red respectively and turn back to the back side in order to receive orange yellow, green sky blue, dark blue and purple respectively. Try to activate all the colors and to receive all the colors in circulation as spinning wheel or Chakra. If developed well, purple, dark blue and sky blue may be changed to be white color, one will achieve super natural power at that very moment.

In the beginning, the meditator may not be able to see the colors. If one tries one's best, to meditate in continuation as a regular practice one may be able to experience the colors at any moment. It will be very helpful, if one meditate facing the sun in early morning with open eyes and then close the eyes, and visualize and focus at the Forehead Chakra. If one can experience any color, then take that color as the object of meditation, and play with it. The meditator should try to focus on that

color in continuation. i.e.; try to make it as it appears and then try to make it be bigger and bigger. And try to make it as its original one, and then try to make it to be smaller and smaller. Until it appears as the after-image for those who meditate on Dvice or Kasina meditation.

One should go on meditating, focusing on that after image until five factors of concentration come into existence. They are applied thought, sustained thought, joy, happiness and one-pointed-ness of mind. At that very moment the endocrine gland will be activated to release endorphin. As soon as endorphin has been released, healing process will be going on. At that very moment the meditator will be in the state of relaxation, joyful and happy. He will be free from pain. Here is meditation, which is regarded to be spiritual healing.

The human body may be compared to a battery. In the case of a battery, if we know how to maintain our battery, it can be used in accordance with its age. If we do not know how to maintain our battery, it will be weak. Such a battery can not help us to start our car. Then we need another battery, which has been well maintained to be connected to jump our weak battery.

It is in the same manner, if we do not know how to maintain ourselves as suggested by the Buddha, e.g.,

- (1) Walking on natural grass with bare feet in early morning.
- (2) Breathing in and out as long as possible, in order to receive fresh air.
- (3) Having sun bathing in the morning.
- (4) Sitting under the big and tallest tree at daytime while the sun is brightly shining.

(5) Drinking one's own urine for one's own protection as we have used serum, while we had bitten by poisonous snake. Since we have taken fruits, vegetables and many kinds of food, which are mixed with poisonous things.

If our blood is not purified, it will not be powerful. If our blood is not powerful, we cannot sit for a long period of time. For while we are sitting, our blood has been suppressed and blocked, and then we feel painful. If we feel painful, we cannot have five factors of concentration at all. We can help each other by asking for help from those who have practiced meditation in accordance with suggestions given by the Buddha and those who are well trained in activating energies as demonstrated in the pictures. Chanting is also very much helpful for achieving five factors of concentration, since chanting is the technique to activate serpent power or Kundalini. The Buddha image sitting under the snake demonstrates his serpent power created by meditation. The total sound potential represented by all the letters of the Pali and Sanskrit alphabet will help the meditators to activate Kundalini power. In other words, the five energetic training, e.g., confidence, effort, mindfulness, concentration and wisdom are very much helpful. They are spiritual training, while the four habitual training as suggested by the Buddha are physical training, e.g., walking with bare feet for the arms-gathering, dwelling at the foot of a tree, utilizing urine as a medicine and using rag-robies even taking from rubbish heap or the charnel ground as tasting our energy or will power. If we compare with Chinese system of energy training, it is known as the training to receive Yin and Yang energy from nature.

For the westerners, it will be easy to follow what has been suggested shortly, conclusively and clearly by Legion of Light as follows:

It is widely accepted that breath is the natural object of meditation as suggested by Dr. Andrew Weil in his book, 'Spontaneous Healing.' He has said that if we find ourselves having disturbing thought, instead of trying to stop them simply try moving attention to our breath. Many mystics have identified breath with spirit in the body. The words for spirit and breath are the same: Sanskrit, Prana; Greek, Pneuma; Hebrew, ruach; Latin, spiritus. Breath is so vital to life. The average person can go without food for several weeks and without liquid for several days. But we cannot live without breathing for even a very short time.

Try to make your in and out breathing long. Then you will have enough oxygen to purify your blood and then you will be refreshed and free yourself from pollution created by system of burning within your own body. You will become relaxed, and comfortable. After you finish sitting then return to normal breathing. And you will be happy, joyful and you will have the energy to protect yourself, and be patient. You will become steady, so you can defeat all your problems and defilement. So, if you try your best, you can find happiness. Here and now. If you don't have enough energy right now, then try again and again, Slowly your energy will grow. Now open your eyes slowly and return to normal.

May suffering ones, be suffering free

And the fear struck, fearless be

May the grieving shed all grief

And may all beings find relief

May all beings share this merit that we have thus acquired

For the acquisition of all kinds of merit.

May beings inhabiting space and earth Devas and Nagas of mighty power Share this merit



May they long protect the Lord Buddha's dispensation.

In the beginning, and at the end of meditation and at the beginning of healing and at the end of healing, one should extend living-Kindness and best wishes as positive thinking to oneself and to all living beings without limitation as follows:

"I am wholly strong, Healthy, powerful peaceful, perfect handsome, compassionate and loving-kind."

"May all beings be wholly strong, healthy, powerful, peaceful, perfect, handsome, compassionate and loving-kind."

"May all beings be free from enmity, ill-will and anxiety, May all beings keep themselves joyful and happy."

# CHAKRA AWARENESS GUIDE

by LEGION OF LIGHT

UNDERSTANDING AND ACTIVATING THE BODY'S SEVEN MAIN ENERGY CENTERS

## THE CHAKRAS

The human body contains hundreds of locations where there is focused and concentrated energy. There are, however, seven major energy centers, commonly referred to as "chakras." Chakra is a Sanskrit word which means "wheel." The chakras are similar to wheels, in that they are spinning vortexes of energy. They are centers of force, located within our etheric body, through which we receive, transmit and process life energies.

Each chakra in the body is recognized as a focal point of life-force relating to physical, emotional, mental, and spiritual energies. The chakras are the network through which body, mind and spirit interact as one holistic system.

The seven major chakras correspond to specific aspects of our consciousness and have their own individual characteristics and functions. Each has a corresponding relationship to one of the various glands of the body's endocrine system, as well as to one of the seven colors of the rainbow spectrum.

The main purpose in working with and understanding the chakras is to create integration and wholeness within ourselves. In this way we bring the various aspects of our consciousness, from the physical to the spiritual, into a harmonious relationship. Ultimately, we begin to recognize that the different aspects of ourselves (physical, material, sexual, spiritual, etc.) all work together, and that each aspect is as much a part of the whole as the others. We must be able to acknowledge, accept and integrate all levels of our being.

To help us in the process of our unfolding it is most important to understand that the chakras are "doorways" for our consciousness. They are doorways through which emotional, mental, and spiritual force flow into physical expression. They are openings through which our attitudes and belief systems enter into and create our body/mind structure. The energy created from our emotions and mental attitudes runs through the chakras and is distributed to our cells, tissues, and organs. Realizing this brings tremendous insight into how we ourselves affect our bodies, minds, and circumstances for better or worse.

To understand the chakras and their relationship to our consciousness, is to better understand ourselves. Understanding ourselves will enable us to make our choices and decisions from a place of awareness and balance, rather than being blindly influenced by forces we do not understand. The ancient adage still echoes... "know thyself!"

## CHAKRA ACTIVATION TECHNIQUES

- Consciously expand your expression of unconditional love, compassion, gratitude, forgiveness, and creativity.
- While meditating, visualize the corresponding color of the chakra saturating and balancing that part of your body. Do all seven chakras from the base of the spine to the top of the head.

- Live your life in alignment with honesty and complete integrity.
- Utilize the vibrational power of sound (singing, chanting, musical instruments).
- Eat fresh fruits and vegetables that are rich with the corresponding colors of the chakras.
- Put clear quartz crystals in your drinking water. They help restructure the crystalline properties of the water and thereby aid the activation and acceleration of personal consciousness.
- Selfless service will aid the opening of the chakras in a natural and non-forceful manner.
- While lying down, place either the corresponding stone from the mineral kingdom or a clear quartz crystal on each of the chakra points on the body. By enhancing the positive flow of energy throughout one's body/mind system, this technique will help one to bring up, recognize, and clear emotional blocks.
- Utilize the power of prayer, meditation, visualization, and affirmation.
- Fasting for short periods (under the supervision of a holistic doctor) is an excellent way for not only regenerating the body, but for bringing about spiritual and psychological insight and revelation.
- Relax in a comfortable position. As you breathe, imagine and feel yourself to be inhaling and exhaling through a given chakra point. This will charge that chakra and the surrounding organs with vital life-force. Do this for each of the seven chakras.
- Sleep outside on the ground in a beautiful place in nature. Sleep with your head facing north, to align with and become charged by the Earth's electromagnetic field. There are places of power on the Earth that are considered to be the chakras of the planetary body.
- Yoga and exercise charges and activates the chakras. There are certain types of

## REMEMBER...

The most powerful way to open, activate, energize, and balance all of our chakras and keep our bodies and minds in a healthy condition is to love ourselves and others unconditionally. This may not appear to be a very scientific technique, but it is. Love is the greatest healer. Love is the vitalizing, nourishing, sustaining electricity of life. When we love ourselves and are able to offer this love to others, we keep our body/mind systems charged and vitalized with this "electricity."

To love ourselves and others unconditionally may sound like a difficult thing to achieve, but in actuality, it can be as simple as believing it is possible! Once we experience that unconditional love can be a real possibility, and we awaken the desire within ourselves to move into this state of being, we can begin to manifest this reality in our lives immediately!

Our entire body/mind system is a connecting link to all levels of universal consciousness. Each one of us are interconnected and are a holographic part of "All That Is." As we open ourselves into greater expression of love, wisdom and power, we give this gift to all of creation. As one person becomes whole, humanity, on a collective level, is that much closer to wholeness. We must remember this and take hold of our personal responsibility to ourselves and to an awakening humanity. Love is the source of all healing — Love one another!

yoga that are used specifically for activating the chakras.

- Become aware of your breathing. "Conscious breathing" aligns the body, mind and spirit.
- Use your imagination. It is one of the most valuable tools you possess for creating any reality you choose. Reality is what you dream it to be!

by LEGION OF LIGHT

\* There are also powerful energy centers in the palm of each hand and on the sole of each foot.