



Nalanda Institute
for CONTEMPLATIVE SCIENCE
awakening minds, changing lives

The Role-Modeling Practice of The Seven Healing Mentors



THE ART OF INVOKING THE FIELD OF

THE SEVEN HEALING MENTORS

Seeking Refuge and Conceiving the Spirit of Enlightened Altruism

In the Enlightened, their Teachings, and Community, I take refuge from now until my Enlightenment. With the energy I generate by practicing generosity and the other transcendences, may I reach Enlightenment to benefit all (3x).

Contemplating the Four Boundless Emotions

How wonderful it would be if all beings had happiness and its causes. May they all have these. Healing Mentor, please inspire me to help all beings have them.

How wonderful it would be if all beings were free from suffering and its causes. May they all be free from them. Healing Mentor, please inspire me to help all beings gain that freedom.

How wonderful it would be if all beings were never deprived of the joy of good fortune or the supreme bliss of liberation. May they never be deprived of them. Healing Mentor, please inspire me to help all beings have such joy and bliss.

How wonderful it would be if all beings lived in equanimity, free from confusion, anger, and clinging. May they all live in this way. Healing Mentor, please inspire me to help all beings live in equanimity.

Cultivating the Spirit of Enlightenment

In order to fully benefit all living beings as quickly as possible, in this very life, I must reach the state of Perfect Enlightenment. With that motivation, I practice

the art of invoking the Healing Mentors.

Envisioning the Seven Healing Mentors

About four inches above my crown appears a rainbow light lotus with a moon disc cushion, on which sits my prime mentor, quintessence of all the Enlightened, in the form of the Healing Mentor, King of Lapis Radiance. He is lapis blue in color and his body radiates lapis blue light, symbolizing his wisdom as deep as the sky and compassion as vast as space. His right hand rests on his right knee, palm facing out, in the gesture of generosity, and holds a sprig of the medicinal aloe plant between the thumb and index finger, symbolizing his ability to heal all physical ills. His left hand rests on his lap, palm facing up, in the gesture of contemplation, and holds a lapis lazuli bowl brimming with the elixir of immortality, symbolizing his ability to heal all mental and spiritual ills. Seated in the gemlike posture, he wears the three saffron robes of a monk. He has all the marks and signs of a Perfectly Enlightened Being, symbolizing his perfect embodiment of universal compassion and enlightened altruism. Above the Healing Mentor's crown is a wish-granting jewel, which symbolizes the healing essence of his spirit of enlightenment.

Above him, on a lotus and moon disc, sits the Healing Mentor, King of Sublime Wisdom, with a red complexion, his right hand in the gesture of generosity and his left hand in the gesture of contemplation.

Above him, on a lotus and moon disc, sits the Healing Mentor, Melodious Ocean of Brilliant Teaching, with a pink complexion and hands in the gesture of offering teaching.

Above him, on a lotus and moon disc, sits the Healing Mentor, Sublime Transcendence of Sorrow, with a white complexion, and both hands joined in the

gesture of contemplation.

Above him, on a lotus and moon disc, sits the Healing Mentor, Stainless Light of Pure Gold, with a golden complexion, both hands in the gesture of offering teaching.

Above him, on a lotus and moon disc, sits the Healing Mentor, Master of Healing Sound, with a pale gold complexion, his right hand in the gesture of generosity and left hand in the gesture of contemplation.

Above him, on a lotus and moon disc, sits the Healing Mentor, Master of Auspicious Signs, with a golden complexion, his right hand in the gesture of offering protection and left hand in the gesture of contemplation.

All seven Healing Mentors wear the three saffron robes of a monk, are adorned with all the marks and signs of Perfect Enlightenment, and are seated in the gemlike posture.

Sevenfold Offering to Purify Vice and Accumulate Positivity

The mere touch of your medicinal plants cools the most intense fever, turning hells into lotus pools. Admiring how you care for beings, Healing Mentors, I honor you in body, speech, and mind.

I present you delightful offerings, actually arrayed or imagined, blessed by intuition, word, and gesture.

I confess all negative instincts and habits acquired from evolution and in this life,
And gratefully enjoy the virtues of all beings, mundane and noble.

I ask you please to turn the Wheel of Teaching for all beings,

And to remain as our guide until we all are free from cyclic existence.

I commit all virtues gathered here to conceiving the twin spirits of enlightenment

And to becoming a Healing Mentor for the sake of all beings.

Offering the Universe

This precious earth, with its oceans and continents,
Its flora and fauna, sun, moon, and stars,
I envision as a healing paradise, and offer to you.
May all beings come to inhabit such a pure world!

All my loved ones, enemies, and strangers,
Objects of desire, aversion, and prejudice,
And my own body, resources, and virtues,
I offer you without reservation. Please accept them with pleasure,
And inspire us all to grow free from the three stress toxins.

O MENTOR PLEASE ACCEPT THIS PRECIOUS LIFEWORLD!

OM IDAM GURU RATNAMANDALAKAM NIRYATAYAMI!

Requesting the Blessings of the Healing Mentors

*(These can be done in one of two ways, complete or abbreviated: 1) Complete:
With your hands together in the gesture of prayer, recite the following verses
to the Healing Mentors three or seven times each, taking heartfelt refuge in
each Buddha, one at a time. If you are offering up the practice for someone who is
ill, aging, dying or deceased, set your intention for him or her clearly and hold it
in your heart as you invoke the Healing Mentors. After the final recitation of each
verse, the Mentor to whom the request is directed melts into light and absorbs
into the one below him. After the last verse, only the Healing Mentor known as the
King of Lapis Radiance remains on your crown.)*

I honor the Master Healer of all afflictions, the Supremely Enlightened One who has realized the reality of all things, Master of Auspicious Signs. May your vow to benefit all beings come to fruition for myself and others right now (3 or 7x).

I honor the Master Healer of all afflictions, the Supremely Enlightened One who has realized the reality of all things, Master of Healing Sound, whose brilliant art shines like the sun, moon, and jewels. May your vow to benefit all beings come to fruition for myself and others right now (3 or 7x).

I honor the Master Healer of all afflictions, the Supremely Enlightened One who has realized the reality of all things, Stainless Light of Pure Gold, the wish-fulfilling gem who succeeds in all vows. May your vow to benefit all beings come to fruition for myself and others right now (3 or 7x).

I honor the Master Healer of all afflictions, the Supremely Enlightened One who has realized the reality of all things, Sublime Transcendence of Suffering. May your vow to benefit all beings come to fruition for myself and others right now (3 or 7x).

I honor the Master Healer of all afflictions, the Supremely Enlightened One who has realized the reality of all things, Melodic Ocean of Teaching. May your vow to benefit all beings come to fruition for myself and others right now (3 or 7x).

I honor the Master Healer of all afflictions, the Supremely Enlightened One who has realized the reality of all things, King of Sublime Wisdom, an ocean of sublime wisdom teachings. May your vow to benefit all beings come to fruition for myself and others right now (3 or 7x).

I honor the Master Healer of all afflictions, the Supremely Enlightened One who has realized the reality of all things, the Buddha King of Lapis Radiance.

May your vow to benefit all beings come to fruition for myself and others right now (3 or 7x).

(Or 2) Abbreviated: Imagine the Healing Mentor King of Lapis Radiance above the crown of your head and make the following request:)

I honor the Master Healer of all afflictions, the Supremely Enlightened One who has realized the reality of all things, King of Lapis Radiance. May your vow to benefit all beings come to fruition for myself and others right now (3 or 7x).

(Then continue in one of two ways, without self-creation or with self-creation:

1) Recitation without self-creation: Those who have not received an initiation with permission to practice self-creation as the Healing Mentor, envision as follows while reciting the extensive or abbreviated form of the Healing Mentor's affirmation presented below:)

In response to my request, boundless rays of diamond white light and nectar stream down from the affirmation ring at the heart of the Healing Mentor into my crown. Completely filling my body from head to toe, expelling the essence of all physical ailments and the negative habits of physical action that cause them out my toes like soot. My body becomes purged and crystal clear, filled with white nectars and light. The diamond rays and nectars pour from the Mentor's heart into my crown for a second time and down my central channel to my toes, filling my body from toe to head, expelling the essence of the emotional ailments and negative habits of expression that cause them out my crown like smoke. My speech and energy become pure and clear, emitting a pure white aura and tone. The diamond rays and nectars pour from the Mentor's heart into my crown for a third time, coating the surface of my skin and then sinking into the core of my being at my heart, melting the essence of the spiritual ailments and negative habits

of mind that cause them into pure space and clear light. My mind and spirit become pure and clear, emitting a diamond white aura and beacon of light. The light beams then radiate out in all directions to heal the illnesses and afflictions of all beings, as dear as mothers.

(At the conclusion of this recitation, the Healing Mentor melts into the affirmation and moon-disc at his heart, which in turn melt into light and nectars that stream through your crown down your central channel through your throat to melt into your heart, blessing your body, speech, and mind.)

(Or 2) Recitation with self-creation: Those who have received a full Action Process or Optimal Integral Process initiation including permission to practice self-creation and wish to practice that, envision as follows while reciting the Healing Mentor's affirmation:)

In response to my request, boundless rays of diamond white light and nectar stream down from the affirmation ring at the heart of the Healing Mentor into my crown. Completely filling my body from head to toe, expelling the essence of all physical ailments and the negative habits of physical action that cause them out my toes like soot. My body becomes purged and crystal clear, filled with white nectars and light. The diamond rays and nectars pour from the Mentor's heart into my crown for a second time and down my central channel to my toes, filling my body from toe to head, expelling the essence of the emotional ailments and negative habits of expression that cause them out my crown like smoke. My speech and energy become pure and clear, emitting a pure white aura and tone. The diamond rays and nectars pour from the Mentor's heart into my crown for a third time, coating the surface of my skin and then sinking into the core of my being at my heart, melting the essence of the spiritual ailments and negative habits

of mind that cause them into pure space and clear light. My mind and spirit become pure and clear, emitting a diamond white aura and beacon of light. The light beams then radiate out in all directions to heal the illnesses and afflictions of all beings, as dear as mothers.

The Healing Mentor melts into the affirmation and moon-disc at his heart, which in turn melt into light and nectars that stream through my crown down my central channel through my throat to melt into my heart, dissolving my body, speech, and mind into his Embodiment of Truth, the ultimate reality and realization of all Enlightened Beings. *(If you can, take this opportunity to meditate on the selflessness and emptiness of your mind/body process and experience).*

Within the realm of emptiness, I appear as a rainbow light lotus which supports the moon disc of my wisdom mind. Bubbling up out of the moon disc, my enlightened speech rises as an OM of lapis blue light, standing on the moon, emitting the lapis blue affirmation ring, and an aura of lapis radiance. Out of the aura I manifest as the lapis blue Healing Mentor, lit from within by the affirmation ring, moon disc and lotus at my heart. As I recite the affirmation, lapis light rays radiate from the syllables at my heart. Spreading in all directions, they completely fill and illuminate all the beings in all six realms of life. Through my unconditional love wishing them all to be happy and my great compassion wishing them all to be suffering-free, they are purified of all illnesses, physical and mental, as well as their causes, negative habit-patterns, instinctive afflictions and cognitive blocks. All beings transform into Healing Mentors. I feel great joy at being able to guide all beings to the Healing Mentor's Enlightenment.

Extensive Affirmation

*I HONOR THE LORD, THE HEALING MENTOR, KING OF LAPIS RADIANCE,
THE TRANSCENDENT ONE, THE SAINT, THE PERFECTLY FULLY
ENLIGHTENED ONE, THUS: HAIL TO YOU, SUBLIME KING WHO HEALS,
HEALS, SUPREMELY HEALS!*

*OM NAMO BHAGAVATE BHAI SAJYAGURU VAIDURYA PRABHA RAJAYA,
TATHAGATAYA ARAHATE SAMYAK SAMBUDDHAYA TADYATHA
OM BHAI SAJYE BHAI SAJYE MAHABHAI SAJYE RAJASAMUDGATE SVAHA!*

Abbreviated Affirmation

*HAIL TO YOU, SUBLIME KING WHO HEALS (THE BODY), HEALS (THE
MIND), SUPREMELY HEALS (THE SPIRIT)! OM BHAI SAJYE BHAI SAJYE
MAHABHAI SAJYE RAJASAMUDGATE SVAHA!*

Tibetan Transliteration

*OM NAMO BHAGAWATE BHEKANDZE, GURU BENDURYA PRABHA
RANDZAY, TATHAGATAYA ARHATE SAMYAK SAMBUDDHAYA TAY YATA
OM BHEKANDZE BHEKANDZE MAHA BHEKANDZE RANDZASAMUNGATE
SOHA!*

*(TAY YATA) OM BHEKANDZE BHEKANDZE MAHABHEKANDZE
RANDZASAMUNGATE SOHA!*

Dedication

By any virtue generated in this way may we all quickly
Embody the Enlightenment of the Healing Mentors,
So that we will be able to free
All beings from all forms of suffering.

May the precious spirit of enlightenment
Yet to be conceived be conceived and grow.
May any spirit already conceived develop
And expand without decay forever.

By any virtue this practice creates,
May I manifest the life of an Enlightened Altruist.
May I become a protector, refuge, and guide for all beings.
May I become a compassionate guide for all life everywhere.

By any positive energy amassed by myself and others through all time,
May anyone who merely sees, hears, talks, recalls, or has contact with me
Be instantly freed from all suffering and live in happiness forever.

Colophon

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