

SUPREME YOGA MEDITATION

1. Sit or lie down in a comfortable position.
2. Recite the Heart Calming Sutra nine times (*Gate. Gate, Para Gate, Para Sam Gate, Bodhi! Swaha!*)
3. Visualize that you and all around you is calm, quiet and still.
4. Visualize the sound *Hum* coming from afar.
5. The sound gets closer and closer and becomes louder and louder until it enters your third eye as a white ball, descending to a point 2" below your navel (*Dan Tien*).
6. Visualize the white ball circles counter clockwise 9, 21, or 27 times (most powerful). Recite the Six True Words (*Om Ma Ni Pad Me Hum*) once for each turn.
7. Visualize the white ball rising up your chest, through your chakras, until it reaches the top of your head (crown chakra). It then descends along the back of your head, spine, tail bone, and then back up the front.
8. Repeat this cycle 3 times, always returning the white ball to the "*Dan Tien*", directly below your navel.
9. Visualize the white ball circling inside the body to areas that need healing, in as much detail as possible. Return the white ball to the *Dan Tien* to complete the meditation. Or...after the 3 times, visualize the ball rising once again, changing color from *white to red-orange-yellow-green-blue-indigo, becoming violet* as it reaches your third eye.
10. At your third eye it begins to vibrate, changing color in reverse order into a red ball which leaves your body, carrying your chi and image to a special place. The red ball is like a security balnket or flying carpet carrying you to a scenic spot--use *Hum* as it leaves.
11. At this place, you can visualize that your image repeats steps 2 and 3, or that you meet your spiritual teacher, your deity, or the Buddha, merging with their essence. Enter through their third eye.
12. Return your image to your body, where it fills you up, completing the meditation.

Source: Professor Lin Yun / Black Sect Tantric Buddhism

Be sure to honor the tradition of the Red Envelopes if you share this information

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