

# Meditation Healing white light

## Motivation

Think for a moment that you are doing this meditation to help you have an open heart and a peaceful mind, and the benefit of that will flow from you to everyone you come in contact with.

Begin by focussing the attention on the body and relaxing the muscles by allowing any tension to leave the body with the out breath.

Then, when you are ready bring your attention to concentrate on the breath for a few minutes, until your mind is calm and your awareness sharp.

## Meditation

Visualise or have a sense of whatever higher being, or source of inspiration and healing is meaningful for you, whether that be God, Buddha, the universe or the clear nature of your mind.

Breathe in deeply and slowly several times, allowing the breath to fill your body entirely, right down to your toes.

As you breathe out, imagine that all your emotional and physical discomfort, all your unhappy thoughts and unskilful actions, come out of your body with the breath. You can visualise them leaving your body in the form of black light travelling on the breath. The black light disappears into nothingness as it leaves your body ....

As you breath in, visualise or have a sense that white light comes from your source of inspiration in an abundant and infinite stream and enters your body travelling on the breath .... This white light fills and illuminates your entire body and mind, completely purifying any sickness or negativity ....

Bring to mind any medication, treatment, supplement or special diet you are having and imagine them being made hundreds of times more effective as the white light illuminates your body and mind .... The white light enhances the effectiveness of any treatment and there are no unwanted side effects, only healing ....

All negativities, such as fear, anger, unskilful action, unwanted side effects, leave your body in the form of black smoke travelling

## Care of the mind

on the breath. It disappears into nothingness as it leaves your body ....

Breathe in white light and breathe out all sickness and negativity.

Your body is so filled with the white light that it becomes the light itself .... Your mind and body are completely free and you are filled with great joy and great bliss .... The light overflows your body and touches the people around you ....

### Dedication

Finish with the thought, *“By doing this meditation now and in the future, my mind becomes happier. Through this may I also help to bring happiness to others.”*

Priscilla Maxwell

Karuna also has experienced people you can talk with on:  
07 3632 8300 or [karuna@karuna.org.au](mailto:karuna@karuna.org.au)



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