

The Healing Meditation

Practice

Keep a blue color (sky blue color) notebook and note the date, the name of the patient and the detail of the sickness. Also when you meet people whom you don't know, but who look suffering and sick, it is recommended to note details immediately. For this reason the notebook for healing meditation should be kept with us.

1. Every day in the night offer this prayer before getting into sleep, maintaining purity of the body and purity of the environs.
2. Lightening incense and keeping a low power candle is recommended during the sleeping hours.
3. Mentally note the sick and suffering whom you come across during the day and propose healing to them in the night after reciting this prayer.
4. Offer yourself to the Master before going into the sleep by uttering: "I withdraw from the physical body, from the astral body, from senses, from mind and join with the universal soul."
5. As far as possible look forward to attend the sick and the suffering. Never avoid your attendance upon them whenever time permits.

It is recommended that the healing meditation be done once a week for each patient. The healing meditation can be done on Thursdays or on every 11th moon phase.

As a short version you might just speak the Prayer to the Master and the Prayer for the patient and propose healing to the Master.

Healing Meditation - Full Text

Prayer to the Master

Master please let us receive the influx of Thy Plenty of prana into our systems, so that we may transcend disease, decay and death, realise the Highest Truth, the Pure Love and the Bliss of Existence and serve humanity according to Thy Plan.

Master CVV Namaskarams

Prayer for the Patient

Master please rectify and develop the system of the patients

to whom I (we) offer the prayer.

Invocation of Mantra "OM Namō Narayanaya" (5 x)

Construct a globe of blue color around yourself			
	from upside downward	12 x	from upside downward
☿ eyebrows, upper head	↓	↑	↓
♃ eyebrows, down to chin			
♁ neck, throat, shoulders, arms			
☽ breath channel, gullet, lungs, heart			
♄ diaphragm			
♊ stomach to navel			
♋ navel, solar plexus			
♌ lower belly, genitals			
♍ pelvis, thighs to the knees			
♎ knees			
♏ calves, ankles			
♐ feet			
	12 x	from below upward	12 x
together 36 x			
With the following always start at the heart lotus:	from upside downward	8 x	from upside downward
Heart lotus (between heart and throat centre)	↓	↑	↓
Head centre			
Ajna centre			
Throat centre			
Heart centre			
Solar plexus			
Sacral centre			
Base centre			
	8 x	from below upward	8 x

	together 24 x		
right and left eye	1 x each	7 x	
right and left ear	1 x each		
right and left nostril	1 x each		
mouth	1 x		
right arm to wrist	1 x	6 x	
the 5 fingers (beginning with the thumb)	1 x each		
left arm to the wrist	1 x	6 x	
the 5 fingers (beginning with the thumb)	1 x each		
right leg to the ankles and the 5 toes	1 x each	6 x	
left leg to the ankles and the 5 toes	1 x each	6 x	
5 elements (fire, water, earth, air, ether)	1 x each	5 x	
5 sense organs (eyes, ears, nose, mouth, skin)	1 x each	5 x	
5 organs of action (arms, legs, tongue, anus, bladder)	1 x each	5 x	
5 senses (seeing, hearing, smell, taste, touch)	1 x each	5 x	
4-fold existence (existence, awareness of existence, existence in the state of thought, existence in the state of action)	1 x each	4 x	
in the heart lotus	4 x	4 x	
Utterance of the mantram OM NAMO NARAYANAYA totally		124 x	

Peace and Healing Prayer

[Download/listen OM TATCHCHAM \(MP3, 781 KB\)](#)

OM Tatchcham Yóra Avruní Mahê
 Gatúm Yagnayá Gatúm Yagna
 Páthaye Dyvi Swastir Ástunaha
 Swastir Manú Shebyaha Urdwám
 Jigathu Bêshajam Samnó Astu
 Dwipade Sam Chatúspad
 OM Shanti Shanti Shantihi

Meaning:

May that peace, poise and tranquility be with us which we conceive and embrace. May we have that peace to utter and chant the song of the sacrifice and also the song of the Lord of the all-sacrifice. May we have Divine Welfare, the welfare bestowed upon us through the Devas. May welfare be with those who know. Let the upward path be the healing process and remedy to all. May welfare be with the bi-peds (that is, two-legged beings). May welfare be with the quadrupeds. May OM be uttered thrice for peace, poise and tranquility.

http://worldteachertrust.org/en/web/meditation/healing_meditation