

## **Simple Practice for Those Who Are Sick or Dying**

Visualize the person or people you wish to help in front of you. Reflect on their unhappiness, illness, dissatisfaction, restlessness, whatever mental or physical pain or suffering they are experiencing. Say to yourself that you really want to free them from their unhappiness and that is why you are going to do this practice.

Now imagine a ball of white light, containing all the goodness and kindness of this world, above the head of the sick person. If you believe in God or Buddha, or other transcendent deity, imagine they manifest in the radiant white light as the essence of unconditional love and compassion. That incandescent white light is their limitless compassionate love.

The pure white light enters the crown of the head of the person you are praying for, and passes down through their head, throat and heart, these three representing the body, speech and mind of your loved one. As it moves downwards, the white light-nectar purifies all the negativities built up over this and previous lives, all the karmic imprints and the disturbing thoughts such as attachment, anger, pride and jealousy. Even the kindest person has some dark corners in their mind, and you are determined to heal them completely. The white nectar passes down the body pushing ahead of it all negativities, imagined as black liquid, which exits through the lower openings, whereupon it dissolves and disappears.

Now imagine strongly that your loved one is clean and whole and at peace. A natural great peace and joy unknown to human beings. In this state of purity and love, your friend has the greatest chance of either overcoming their illness or dying peacefully. And a peaceful mind at death gives you the best chance of experiencing a happy next life.

It is good to think, too, that the white healing light now enters the bodies of all living beings who are suffering, not only your loved one. They are all purified, without exception, are blessed and have peaceful minds and joy in their hearts.

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Now say a prayer like this:

May all beings everywhere,  
And especially my dear .....,  
Plagued with sufferings of body and mind,  
Obtain an ocean of happiness and joy,  
By virtue of the kindness of myself and others.



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