

Padampa Sangye's Rejuvenation Meditation

*(Adapted from Lion of Siddhas, The Life and Teaching of Padampa Sangye
Translated by David Molk with Lama Tsering Wangdu Rinpoche)*

Begin with settling the posture, clean the body, and, generate divine pride of the deity (if you have received the instructions). Establish your motivation to practice healing the body/mind to be of benefit to all sentient beings and attain enlightenment.

Generate the experience of the hollow body with relaxed breathing and perform the 9 round breathing pranayama:

Close the left nostril and breathe in the right, down to the navel chakra. Close the right nostril and breathe out the left nostril and think that all agitated attachment, grasping mind is purified. Also pride and jealousy.

Then close the right nostril, breathe in through the left, down to navel chakra; close the left nostril and breathe out the right purifying all aversion and hatred minds and energy.

Then, breathe through both, pause at the navel chakra, and out both and release all ignorance, feeble-mindedness and drowsy, cloudy mind. As well as the 404 kinds of diseases.

Repeat this three times.

Then comes rejuvenating of the 5 elements.

Begin by taking the life force essence into your body by experiencing your body as hollow. Imagine the central channel and two side channels. Also, five chakras: crown, throat, heart, navel and secret place. Breathe healing energy into the channels and into the 5 chakras, one by one and altogether.

1. White light and energy from the east that is the pure essence or life force in water are breathed into the body, the channels and the chakras. It dissolves into all the liquids in the body and purifies them, makes you well.
2. Yellow light of earth energy from the south, the life essence of earth and stone enters the body, channels and chakras and dissolves into your bones and flesh, making them well and strong.
3. Red light of fire energy from the west dissolves into the warmth of your body. All fires of the earth, volcanoes, inner earth magma, forest fires, hearth fires... sun. Energizes your digestion in the organs in the cells and body warmth and metabolism, making you well and strong.
4. Green energy (or wind), the essence of wind, is inhaled from the north. Good winds from water, snow, forest winds in forest and field winds in meadows enter the body and all the tissues and cells, creating strong lungs and healthy breath and good blood pressure.

5. Inhale blue essence of space. Mix it with your mind, your small minded and compulsive thinking, anxiety and depression are purified and imagine your mind is vast and free of confusion, that you understand everything.

(Then feel great love for all beings from your heart chakra and send healing energy to them)

“With this practice you can become an actual bodhisattva”

In addition you can recite the lines Padampa Sangye spoke when he was born, a praise to Wisdom and the Mother Prajna Paramita.

Beyond speech, thought, expression, wisdom gone beyond,
Unborn unceasing, with a nature like space
Discerning transcendent wisdom’s sphere of awareness,
Homage to the Mother of Three Times Buddhas

—translated by David Molk

Dedicate this practice to the well being of all sentient beings and to their enlightenment.

Exercises for mental and physical well-being

Medical Chi Gong

Organ	Sound	Color	Emotion Out	Emotion In
Liver	sshu	blue/green	anger	kindness
Heart	kha	red/pink	excitement	calm
Spleen	wu	yellow/orange	over worry	trust/openness
Lungs	tss	silver/white	grief	dignity
Kidneys*	shuah	indigo	fear	wisdom

*while doing kidneys, put hands on kidneys and vibrate them