

Medicine Buddha Thangka

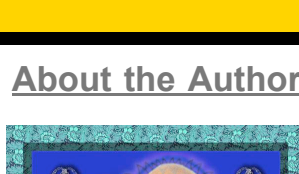
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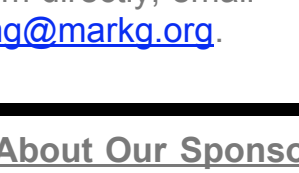
Related web sites:
[ShamanDreaming.org](#)
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About the Author



Mark Gilliland is a visual artist, graphic designer, landscape designer, shamanic practitioner, plant lover and healer. To contact him directly, email mg@markg.org.

About Our Sponsor



Lindsey Sass is a clairvoyant healer, spiritual teacher, Nationally Certified Hypnotist and a Licensed Massage Therapist with a Bachelors degree in Social Services and Psychology.

Visit her [website](#) for more information.

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The Shaman's Dream Newsletter

May 2009 - vol #5

An offering of thoughts, meditations, visualizations and other musings.

Greetings!

You are receiving this newsletter as a service of **Hearts of Light Institute** and **The Healing Center**. You are currently a subscriber to my email list. If you no longer wish to receive mailings from me, including this Shaman's Dream newsletter (by Mark Gilliland), please unsubscribe below (at bottom of newsletter).

Blessings and Best Regards,
Lindsey Sass-Aurand

About this Issue

CULTIVATING HEART WISDOM

This issue of the newsletter presents a single meditation / visualization - that of the Empowerment of Prajnaparamita, the female Buddha of Wisdom - which serves to build within the practitioner a quiet, blissful, yet penetrating Heart Wisdom. This wisdom energy emerges within the context of the Bodhisattvic vow of compassion, and thus will empower actions of healing and transformation both in oneself and in one's students and clients (patients).

QUICK LINKS

A quick rundown on what you will find at the various sites listed under Quick Links (above, left column):

Shaman Dreaming.org - My newest site is a collection of shamanic related art, meditations, visualizations, links and reading materials.

Image Maya.org - My original online sacred & visionary art portfolio.

Image-Maya.org - My art blog, which gets updated more frequently than the other sites. Has the latest samples of art work, musings about the sky signs, about specific journeys and visualizations, and a special section on Ecstatic Body Postures. RSS feed enabled.

markg.org - my online portal with resumes, links to my business sites (landscape design and graphic/web design).

Hearts of Light Institute.com - Lindsey's web site.

CONTACT ME

Thank-you for spending your time with me. I trust you will find this newsletter useful and inspiring! Please feel free to share this with your friends. Sign up to receive this monthly, at the time of the New Moon.

There is so much more to the current topic than can be covered in a short newsletter. Please feel free to email me directly with questions or for further discussion, sharing and study at mg@markg.org. I look forward to hearing from you!

Namaste

- Mark Gilliland

Empowerment of Prajnaparamita

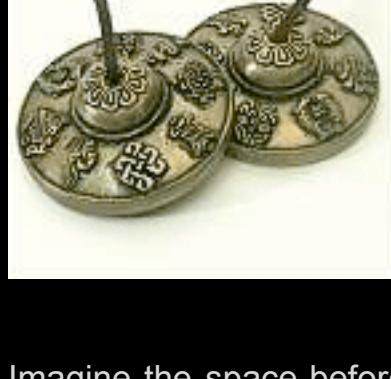
Prajnaparamita is a female Buddha who is the manifestation of Buddha's perfection of wisdom bliss. Through developing a connection with this sublime Buddha we can quickly and easily develop a profound wisdom through which we can learn to transform both our external problems, such as sickness, and our internal problems, such as anger and insecurity. In this way we may maintain a peaceful mind, as well as maintain any happiness we may have gained to date in this lifetime.

The following visualization is part of the Yoga of the Great Mother Prajnaparamita self-generation sadhana (or wisdom bliss enlightenment.)

Consecrate the meditation space with incense or smudge, bells (tsingas) and this mandala offering prayer:

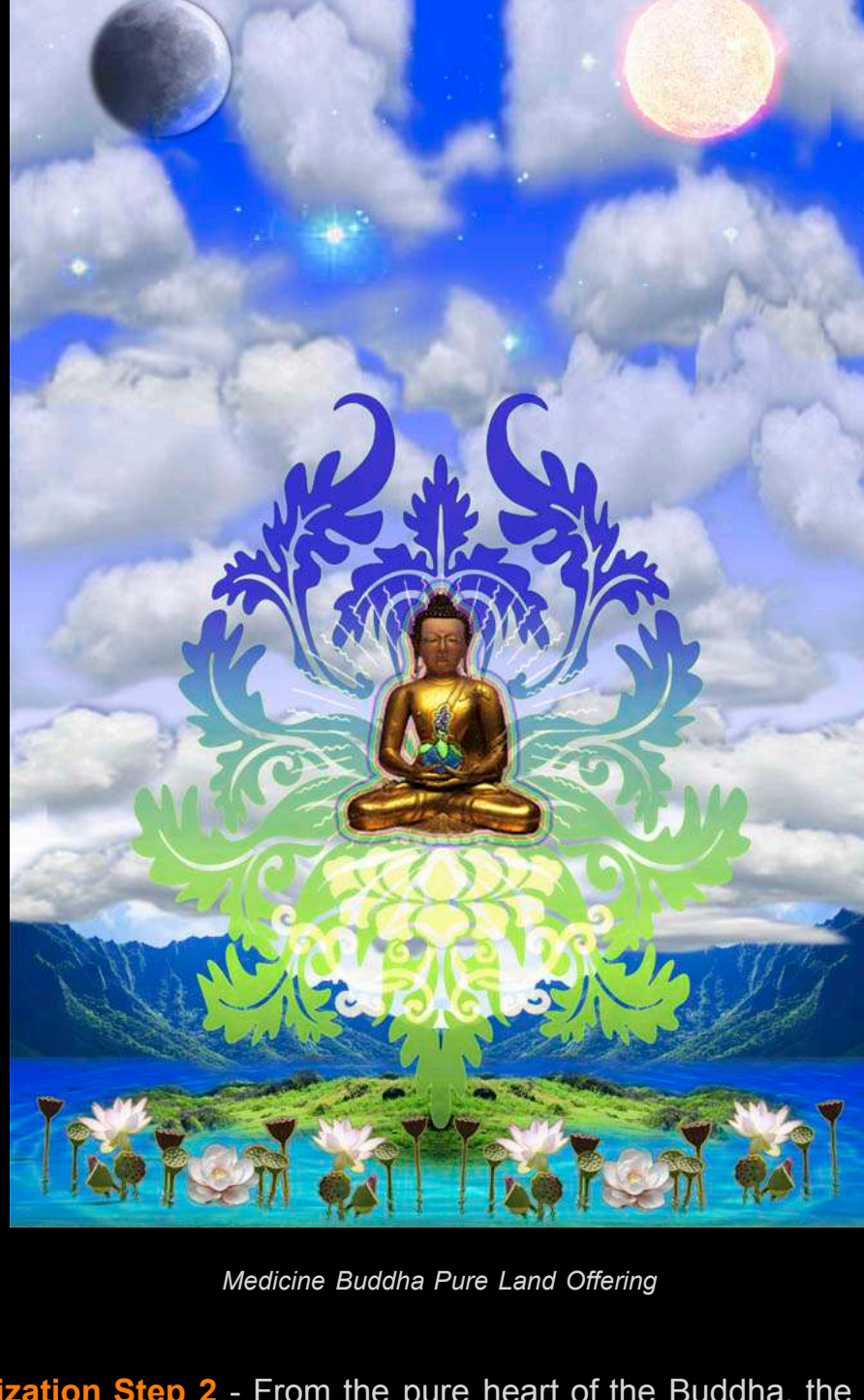
"I offer without any sense of loss
The objects that give rise to my attachment, hatred and confusion,
My friends, enemies and strangers, our bodies and enjoyments;
Please accept these and bless mine to be released directly from the poisons of the mind and the body."

The associated mantra is:
IDAM GURU RATNA MANDALAKAM NIRYATAYAMI



Visualization Step 1 - Imagine the space before you as follows:
"The ground sprinkled with perfume and spread with flowers,
The Great Mountain, four lands, sun and moon,
Seen as a Buddha Land and offered thus,
May all beings enjoy such pure lands."

In the middle of this Pure Land there is an island surrounded by flowering lotus. From this island arises a lotus throne upon which sits the Buddha in quiet contemplation.



Medicine Buddha Pure Land Offering

Visualization Step 2 - From the pure heart of the Buddha, the Great Mother Prajnaparamita emerges and floats above. In her left hand she holds a Vajra thunderbolt. In her right hand she holds the book of dharma (truth). A calm, blissful energy pervades space.



Emanation of Great Mother Prajnaparamita

Visualization Step 3 - Now see that Prajnaparamita multiplies a thousand thousand thousand fold to fill every atom of space with her presence. Visualize an infinite number of her emanations in every direction, dimension and time.



Prajnaparamita's Infinite Presence

Visualization Step 4 - At this point visualize white light emanating from the forehead of the Great Mother and striking your forehead (third eye chakra). This purifies all physical and karmic obstructions that you have created.

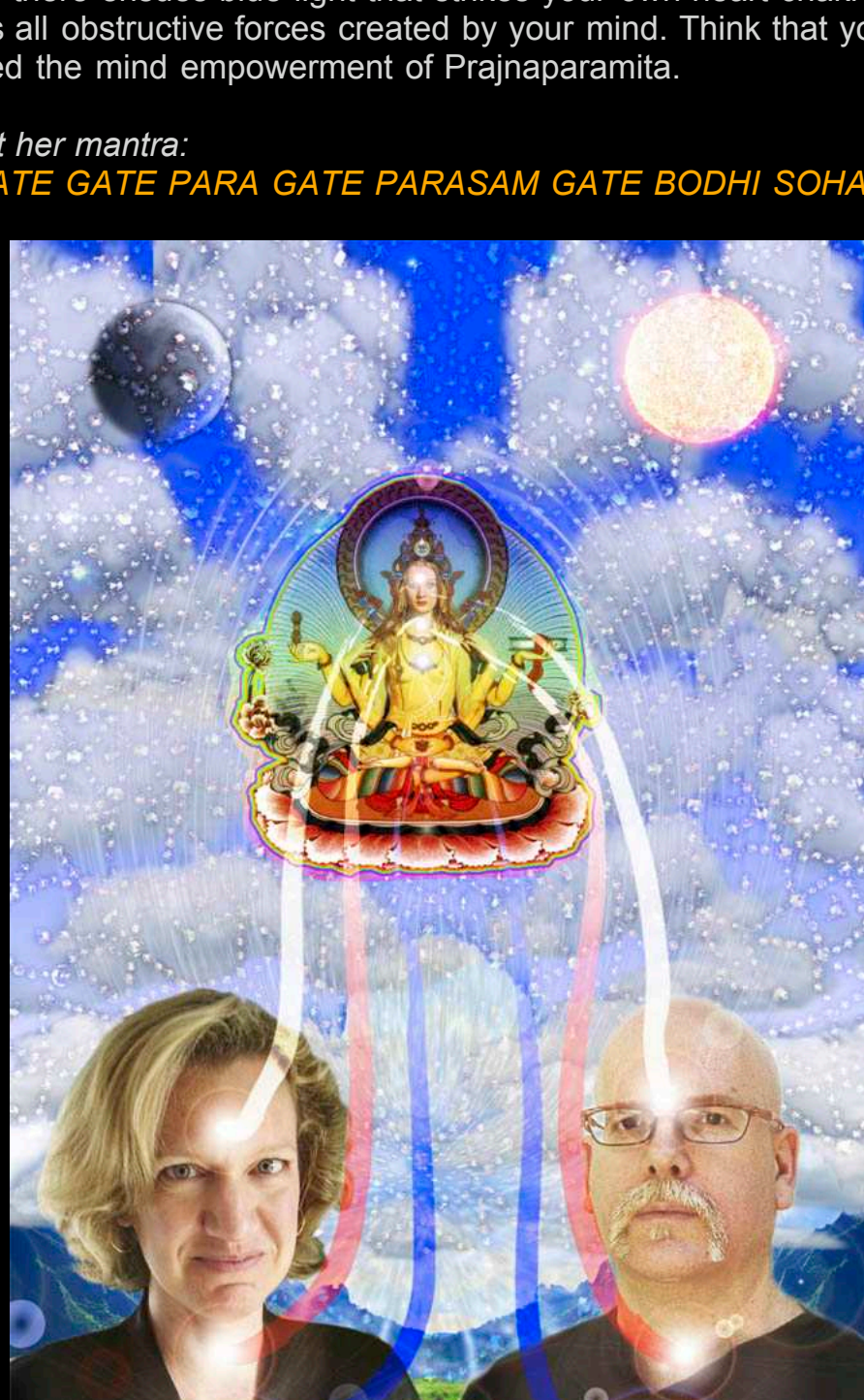
Repeat her mantra:
OM GATE GATE PARA GATE PARASAM GATE BODHI SOHA

Now visualize a red syllable AH at the throat chakra of the Great Mother. It emits red light that strikes your throat chakra and purifies all negative obstructions created with your speech. Imagine that you have received the speech empowerment of Prajnaparamita.

Repeat her mantra:
OM GATE GATE PARA GATE PARASAM GATE BODHI SOHA

From the blue seed syllable HUNG at the heart chakra of the Great Mother there ensues blue light that strikes your own heart chakra and purifies all obstructive forces created by your mind. Think that you have received the mind empowerment of Prajnaparamita.

Repeat her mantra:
OM GATE GATE PARA GATE PARASAM GATE BODHI SOHA



3-Fold Empowerment Blessing of Prajnaparamita

Visualization Step 5 - Finally, visualize the Great Mother descending into your heart chakra and residing there in wisdom flame. Now your body, speech, and mind as inseparable from the body, speech and mind of Prajnaparamita.

Repeat her full mantra:
OM AH PRAJNAPARAMITA HUM HUM PHAT

TAYATHA OM GATE GATE PARA GATE PARASAM GATE BODHI SOHA



Prajnaparamita as Wisdom Heart Flame

You may wish to end by dedicating this meditation to the greater benefit of all beings:

"Enthused by wisdom and compassion,
today in the Buddha's presence
I generate the Mind of Full Awakening
for the benefit of all sentient beings.

As long as space endures,
as long as sentient beings remain,
until then, may I too remain
and dispel the miseries of the world."

(Part of the Bodhisattvic Vow)

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