

## Handout #11

# Body of Light Meditation

### Calming the mind

Sit comfortably, with your back straight, and breathe naturally. Focus your attention on your breath. Use one of the various breathing meditations (counting the breaths, the nine-round breathing meditation) or mindfulness meditations to settle the mind into the moment and into a more concentrated state.

### Motivation

When your mind is calm and clear, create an altruistic motivation for the meditation session. Think that you are meditating not just for your own individual benefit, but you are taking the time now to meditate and develop your mind to become a wiser and kinder person, able to be of benefit to all beings.

### The actual meditation

Visualize in the space above your head a sphere of white light, pure, transparent, and formless and somewhat smaller than the size of your head. Spend several minutes concentrating on the presence of the light. Don't worry if it does not appear sharply; it is enough just to feel it is there.

Contemplate that the sphere of light represents all universal goodness, love, and wisdom: the fulfillment of your own highest potential. Then visualize that it decreases in size until it is a small bright sphere about one inch in diameter. This small ball of pure white light descends through the top of your head to your heart-center. From there it begins to expand once more, slowly spreading to fill your entire body. As it does, all the solid parts of your body dissolve and become light – your organs, bones, blood vessels, tissue, and skin all become pure, formless white light.

Concentrate on the experience of your body as a body of light. Think that all problems, negativities, and hindrances have completely vanished, and that you have reached a state of wholeness and perfection. Feel serene and joyful. If any thought or distracting object should appear in your mind, let it also dissolve into white light. Meditate in this way for as long as you can.

### Dedication:

Finally, dedicate your positive energy and insights to the well-being and happiness of all living beings.

### Colophon:

From *How to Meditate* by Kathleen McDonald, Wisdom Publications [www.wisdompubs.org], 1984.  
Lightly edited by Ven. Connie Miller.