



# Meditation on Light and Breath



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*Dear Friends,*

*The following practices are given for those of you who are interested in meditation while still examining what Diamond Way Buddhism is and if it can be useful to your lives. In a light vein, it combines aspects of all the ways taught by the Buddha and is a real gift for your mind. Do it effortlessly and enjoy.*

*All the best. Yours Lama Oke*

# Meditation on Light and Breath

We sit comfortably, either on a pillow or a chair. Our hands rest in our lap, the right on top of the left, palms up and thumbs touching lightly. We keep our back straight without tightness and our chin pulled in a little.

First we calm our mind. We feel the formless stream of air coming and going at the tips of our noses, letting thoughts and sounds go by without holding on to them.

Now we will meditate in order to experience mind and to gain a distance from our disturbing emotions. Only then can we really be useful for others.

A foot and a half in front of our nose there now appears a clear transparent light. While we breathe in, the light

moves in a stream down through the center of our body. On its way, the clear light turns ever more red. Stopping briefly four fingers below the navel, the transparent light has become totally red. Then we exhale naturally, the red light moves upward and becomes gradually more blue. A foot and a half in front of us, the transparent blue light again becomes clear and we inhale it once more.

We hold this awareness without tension, while our breath comes and goes naturally.

If it is difficult to see the colors, we simply think: clear light when we inhale, red light when the light stops below the navel and blue when we exhale.

After a while we may also focus on the vibrations of our breath:

While inhaling we hear the syllable OM.

While holding the light below the navel,  
we hear a deep AH.

And while exhaling we hear the vibration  
of HUNG.

We stay with this for as long as we like.

*Pause*

At the end of the meditation, the world  
appears fresh and new. We wish that all the  
good that just happened may become limit-  
less, radiate out to all beings everywhere,  
remove their suffering, and give them the  
only lasting joy, the realization of the nature  
of mind.

