

MEDITATION AND ENERGY HEALING

By Oliver Chang

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TOPICS

- Energy Healing —Natural Science vs. Dharma Teaching
- Health—Medical Treatment vs. Dharma Therapy
- Insight Meditation —Direct experience of energy healing from practice of meditation

The insight/wisdom that develops from observing the phenomena of meditation object takes experience/perception gained from daily practice to fully understand.

Direct Experience—in two venues:

1. Seeing is believing—Mind's eye
2. Knowing from awareness—spiritual awakening

The method of practicing meditation from the thinking brain is not effective.

Natural Science VS. Dharma Therapy

**Matter—Physical
Phenomena**

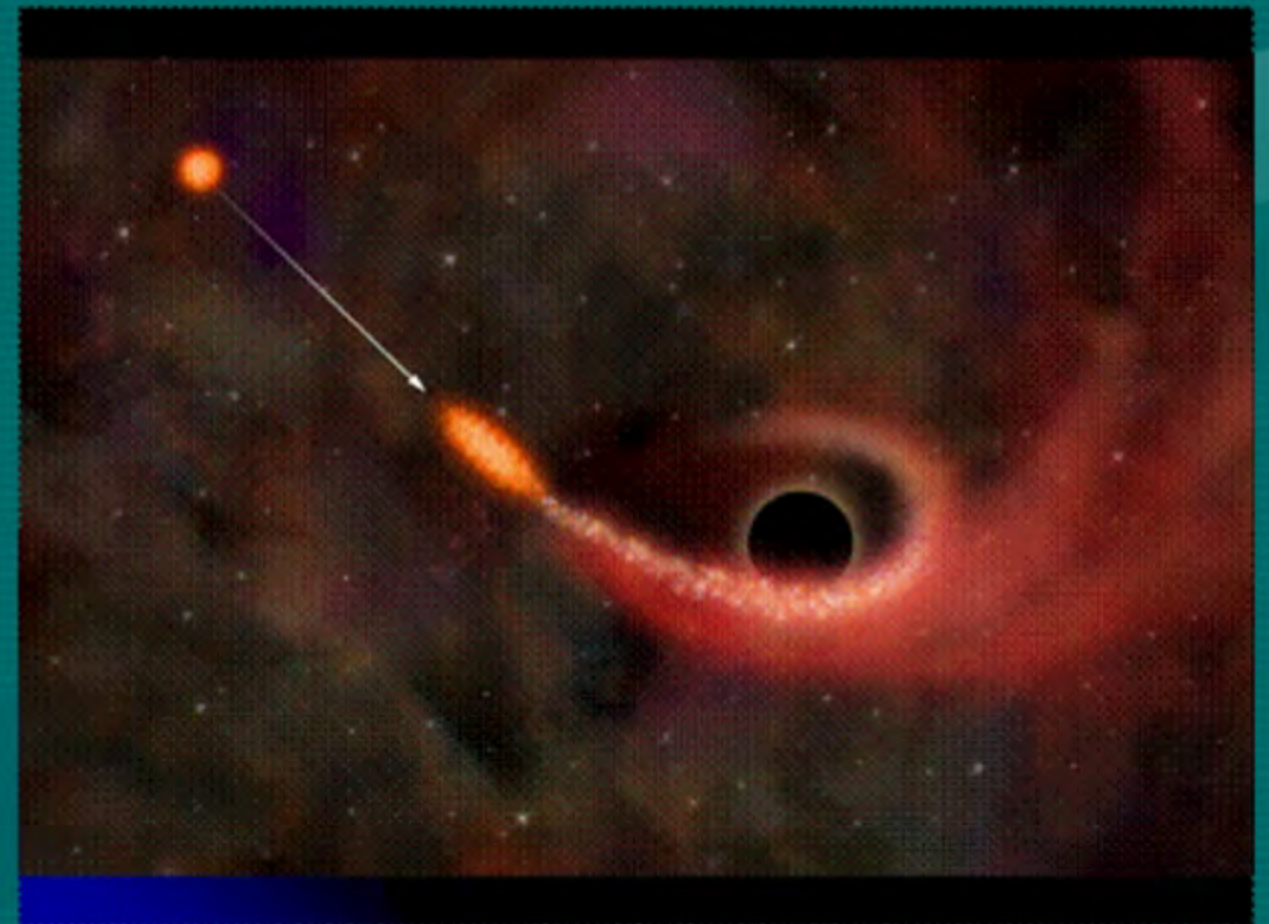
**In Macro Scope—The
universe is composed of:**

5% Molecular/Atomic

25% Dark Particles

70% Dark Energy

**In Micro Scope—matter is
composed of particles and
energy.**



Empirical Science from Practicing Dharma (Meditation)

Rupa, Body sensations/matter: In gross, subtle state--

- Four Primary Elements —Earth, Fire, Water, Wind.
- Six elements —Four Primary Elements plus Space and Consciousness.
- Derivative Element —Dharma particles and energy.

Empirical Science from the Practice of Dharma (Meditation)

- Nama, Mind—Mental phenomena or mental activity/event. (Example: Water, composed of water current and water state.)
- The mind can break down into consciousness and mental state (quality.)
- Energy Healing is actually the integrated health of body, mind, and spirit (from the energy point of view.) It is the oneness of Nature as a whole.

Health in Prevention

- **Medical Treatment**

- Food intake/Nutrition
- Physical Exercise
- Stress Management

- **Dharma Therapy**

Meditation, in essence, is a **mental exercise** to condition the body/mind for Peace, Wellness, and Happiness.

- Insight in **pain** is actually a **surging flow of energy**.
- Stress is a **blockage** to the free flow of energy.
- Tension comes from hindrances, inner disturbances, for the **mind is not at peace**.

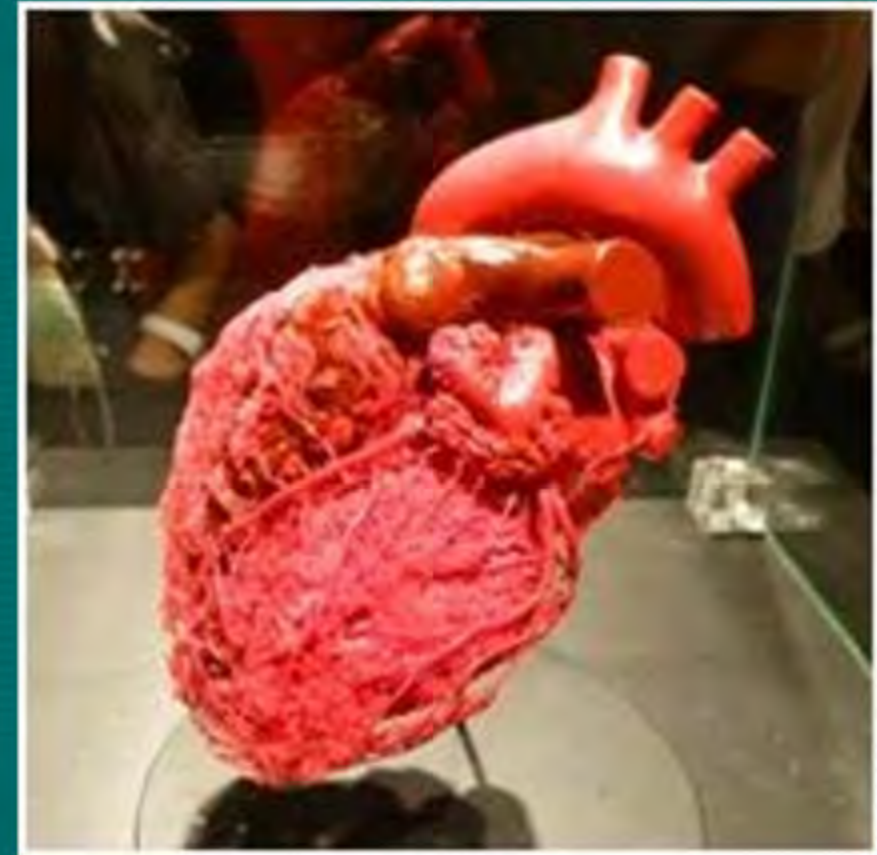
Example: Energy healing, self healing, longevity for well being in Dharma Therapy.

****Energy carries *information/ messages* during the process of conditioning. The information never gets lost; it can be stored and **retrieved**. How to read messages/information from the flow of energy becomes a viable skill in meditation.**



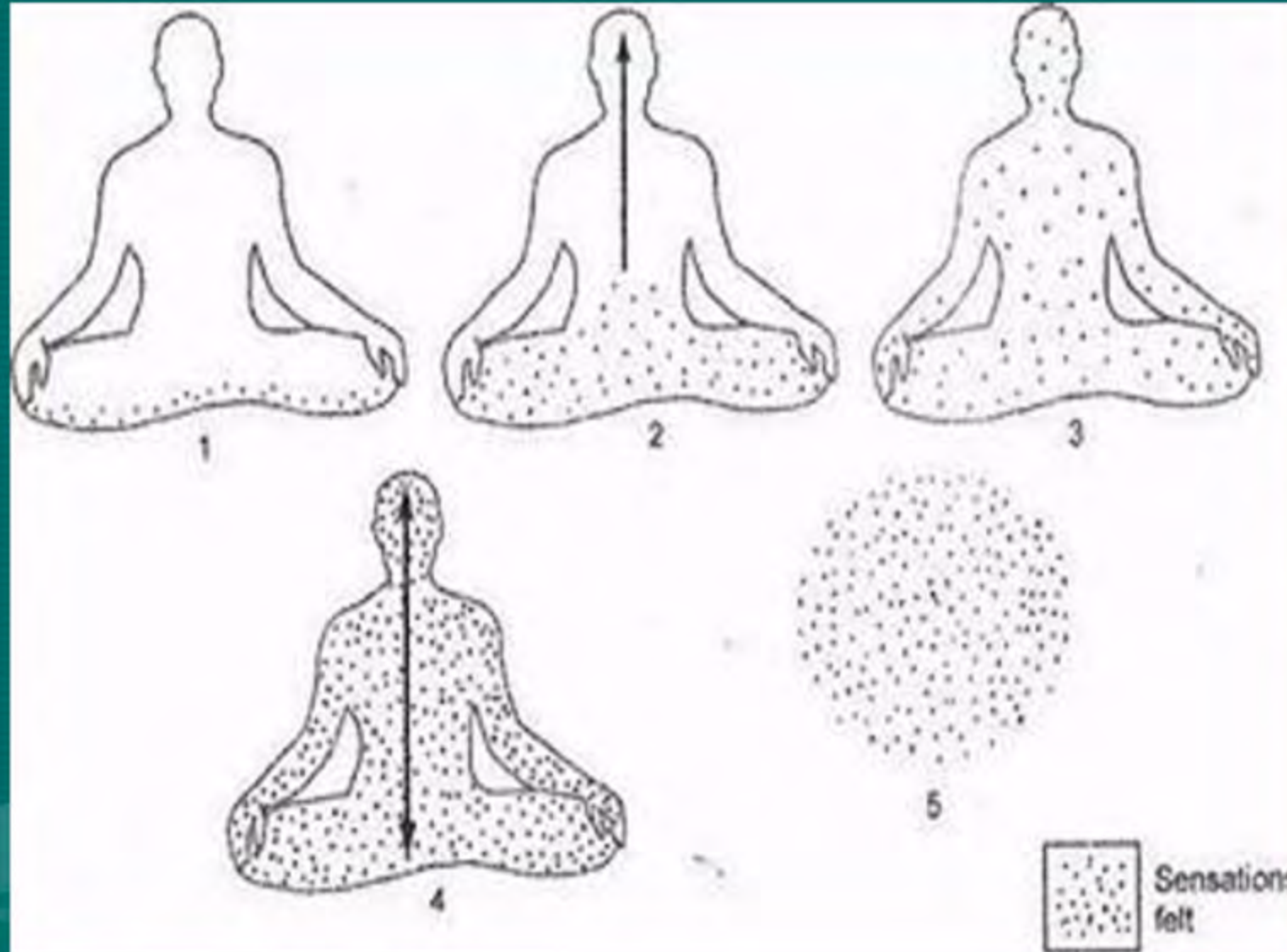
Body, Mind, and Spiritual Oneness

When the heart beats,
The over 96,500 arteries and capillaries follow.
The extensive network of nerves sends out countless impulses.
The hundreds of bones, muscles and joints move in unison.
With great complexity and harmony they work and act.
The body operates in many ways unseen and unknown.
Where there is joy, together they work and play.
The body is then a theatre and stadium.
Where there is faith, together they meditate and pray.
The body is then a church and temple.
If one can witness and observe the invisible mental forces behind them,
that are more complicated and subtler than what the eyes can see.
That runs many times faster, that change much more quickly,
That spreads infinitely in another limitless inner space.
Then one can understand that it reaches to the ends of the universes!



Progress of Insight in No-Self

Buddha's
Four
Primary
Teachings:
Use the Body
and
Dharma as an
island and
as a shelter.



Direct Experience of Insight in Energy Healing

I. Free Flow of Energy– The flow of energy becomes free flowing when there is no more physical stress in any single cell of the body, and no more mental tension in the mind. This is the most healthy, most ideal state of body. The free flow of energy will naturally heal illness in the body.

II. Flow in the Flow— Like water flows along with oil, the flow of the observing mind **flows** along with the flow of **particles/energy** as the observed object of meditation. In this state of free flow, the body looks transparent, and very bright, due to the mind's freedom from hindrances. This bright, 'flow in the flow', moves in a spiral pattern, and flows along the central highway of the spine.

III. First Stage of Insight Knowledge —The insight gained from observing the phenomena of the meditation object is capable of **distinguishing** Rupa (body/matter) from Nama (mind, mental phenomena).

What is matter? Never mind!

Are you mind? No matter!

**Insight—Lift up the veil of delusion in stages

##Wisdom—See the reality of Nature

Milestones to Free Flow of Energy

- **Struggling Stage** – There is bound to be suffering and struggle for the beginner to learn the method of practice and to acquire the skill of mental exercise. **Pain and the ‘sleeping head’** are the two major issues to deal with as a beginner. In addition, the joy experienced from sitting peacefully for more than one hour essentially is a **joy of delusion**. This is ignorance to “what is happening” to body/mind activities in the body at all times.
- **Beginning On the Journey of New Discovery** – At this stage, one **begins** to see the changing nature of the chosen meditation object, and begins to see things about the object *never witnessed before*.. In practicing Vipassana, the motion of walking and the movement of breathing no longer show their appearances, and a **new dimension of experience / perception** will emerge **unexpectedly**. That is the body sensation (Rupa) shown from the four primary elements as specific characters in the changing phase. This new experience is a major milestone, yet according to statistics, no *more than 20%* of yogis actually reach this threshold.

Milestones to Free Flow of Energy

- The Flowing Nature of Object
 - superficial flow vs. turbulent flow
 - flowing in darkness vs. brightness
- Transformation from Rupa to Nama
 - flow of Black Hole in the galaxy
- Flow of Energy to condition the six senses
 - flowing in tiny vibrations to break up stress.

Benefits of Insight Meditation

Dharma Therapy – Health from energy healing

Emotional Management – Happiness from the end of suffering

Awareness – Opening up the window of knowing from the act of consciousness, and goes beyond the ordinary sensory perception.

Sense from directed awareness,

Reflection from open awareness,

Bare Awareness – Going Beyond

From concentrated awareness at meditative state,

Direct observation from intuitive 6th sense by “Feel”,

This is going beyond concepts, words, and expressions.

Pure Awareness – Spiritual Awakening– Enlightenment, Wisdom in the Sutra

The knowing function from the act of consciousness doesn't rely upon 6 body sensors any more, and it comes from the power of nature. For that consciousness is not yours or mine, it is Nature Itself.

*** Meditation, in the end, teaches us **how to use the power of nature**.

Develop the power of nature by **discovering the reality of nature** As It Is:

“All things are not a thing, (in moment to moment)

But a mere process of conditioning in the flow. (in process to process.)”