

Psychotherapy Guidebook



TIBETAN PSYCHIC HEALING

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Tibetan Psychic Healing

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DEFINITION

Because so many people insist on accepting the world of their own making, or what Vajrayana Buddhism calls the illusion projection of the mind, it is no wonder that the cases that could be treated by what is termed as mind healing are plentiful.

HISTORY

In approximately A.D. 724, Padma Sambhava, a famous Indian Buddhist Tantric Master, was invited to Tibet to teach Tantra healing techniques, as well as Buddhism, to the king and people of Tibet. These techniques include extraordinary insight of a keen nature developed by much meditation. This insight delves into the causes of the afflicted person's illness. Mantras and incantations are utilized along with special musical instruments and yogic movements of special exercises, such as Kum Nye, which relax the body and mind. A final and very important understanding of the component nature of beings in this universe — how the molecular structures come into and go out of existence — has to be obtained by the practitioner. Since the training for

these skills is so strict, only Tantra Lamas have been effective in practice.

Padma Sambhava made this prediction: “When the iron bird flies on horses with wings, then the Vajrayana Path will go to the land of the red man.” In other words, when the West has achieved a certain technical ripeness, the Vajrayana Path will be open to them.

TECHNIQUE

The reasons for disease can be many. They include life-style, diet, temperament, and heredity. All of these factors come from the same place: the patient’s mind.

The success of treatment depends solely on the patient’s willingness to follow the plan of the Tibetan mind healer. The ideas of the West toward materialism are very damaging to the maintenance of health. Most patients suffer from an extreme fear of death, which has been thrust upon them by constant rejection of the elderly, commercial marketing schemes to boost youth, and the falsehood that man and his body are immortal. What man, the thinking being, truly is is immortal, but his body is not.

In order to get the mind at peace and rest, the patient must develop an insight, through the guidelines of the Lama-physician, as to what is indeed real and what is not — what he really is and really is not. The patient is

further instructed that all material things around him have only a temporary nature. This includes his own material form, this planet, and all that dwell within this universe. At first the patient is either horrified or depressed when he finds that everything that he has given a reality to has no real existence — that no self can exist apart from another self. The patient then must become the student and the “debriefing” of this illusionary world begins.

Tibetan mind healing was taught only to devoted trapas (students) of Lamas in Tibet. The teachings were passed along by oral transmission, which was known to be “secret” merely because the Lama insisted on such rigid devotion and sincerity. The Lama becomes the complete dictator of the student and all other goals have to be discarded. Few individuals wish to follow such a stringent path, and therefore, consider the teachings “secret.” The basic teachings are those of Vajrayana Buddhism, which extend far beyond an intellectual level of “word understanding,” but reach into depths of the Oneness of all beings — beyond all opposites.

The present mind that we are calling “mind” is none other than an accumulation of thoughts, opinions, and reactions to those thoughts and opinions that based on the proportion of greed, anger, and attachment that man has foolishly accepted as his “individual reality.” Man has been conditioned to accept all that he sees as real and solid, which, of course, is not true. No one can deny that the material world surrounding us is made up of

atoms revolving at a speed according to the vibrational level of its existence. The reasons for each material being's vibrational level is Karmic and can be altered only when the person has learned to control his Karma — or when the person is fortunate enough to become acquainted with a Lama and mind healer who can teach him how to control his Karma. Counseling is one of the main applications in mind healing, along with sincere love and no regard for time consumption. Energy patterns are also altered by a physical exchange of energies from the Lama to the patient. The techniques of this energy exchange are very traditional and stated in symbols and terms that are so profound that words without experience cannot give an accurate rendering of their effect.

APPLICATIONS

Diseases that have been considered terminal have been “cured” by Tibetan mind healing. However, the Lama psychic healer carefully counsels his patients that their deaths have been only “momentarily postponed” and that by the very fact that they have been born, they must eventually die.

Sociological, cultural, and religious blind belief contribute to the sickness of man. Man tends to accept the phenomenal realities of these beliefs without understanding that they are, in fact, the results of past actions that appear as molecules now arranged in what appears to be forms that make our

senses tell us an “object” has appeared. We react to that “object” according to our conditioning behavior. The psychic healer teaches the patient to doubt his senses. Once the patient begins to understand the true nature of the Universe and the force that brought him into and out of existence, he will begin to see that all life, all thoughts, opinions, and concepts are quite transitory, illusionary, and without any real substance except for the mind that perceives them. The ultimate goal is the attainment of the Oneness beyond the hypnotic world of shape and form — beyond birth, old age, and death.

As the patient approaches a deeper insight, he will begin to understand that: “If there is a world of being, of birth, old age, and death, good and evil, sorrow and happiness, pain and pleasure, hate and love, then there must be an opposite state that is inconceivable to express by spoken or written word — a state that is called the deathless state — beyond the confinements of the present material world.”