

Healing Your Mind and Body, by Lama Zopa Rinpoche

There is another way to protect yourself from disease. Experience has shown that diseases such as cancer and AIDS occur when your mind is obsessed with sexual desire and so forth. Because of this attachment to worldly pleasure, you create mistaken actions, which harm yourself and others and cause guilt, and as a result, cancer, arthritis, and so forth manifest. All this comes from your own mind's incorrect attitude.

Since all such problems are caused by an undisciplined mind and the actions it creates, one of the most important things you can do is to live a life of moral discipline. Do not deceive yourself by thinking that this is only a religious viewpoint - it is real protection.

For example, if you let your mind go crazy, your life is unprotected. Preventing your mind from going crazy is the way to protect your life. Just see how many problems plague a country where moral discipline is in short supply. The way to protect, or heal your mind and body is to purify the causes of problems that you have already created, which lie in your mind. To do this, you need to practice one or more of the powerful purifying techniques found in Tibetan Buddhism¹.

There are other powerful healing buddhas such as Vajrapani and Logyunma, a female healing buddha in leaf-wearing aspect, who is well-known as an opponent of epidemic disease. I myself have seen ill people recover completely through these two practices.

Another way to bring purity into your life is to make a commitment in front of a holy being such as the Healing Buddha, or any other spiritually advanced being you choose. If you are not interested in making a commitment to enlightened beings and saints, make a commitment to all living beings.

¹ See, for example, Lama Yeshe's The Tantric Path of Purification

The commitment you should make is to not harm others - harming others only harms yourself as well. Commit yourself to avoiding all ten non-virtuous actions, or as many of them as you can.

These Dharma methods are the only true solution. Unless you transform your mind into a positive state through either the external medicine of actions or the internal medicine of meditation, you will be constantly taking medicine and poison at the same time.

I have added this advice because many people, especially in the West, lead such incredibly miserable lives because their minds swings repeatedly from one extreme to the other.