

On Visualization, Receiving the Healing Buddha's Blessings

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So at this time, the lapis lazuli light Buddha transforms into blue light, and this light then dissolves through my crown, and into my body. This blue light goes into my body - it goes into all the channels, and chakras, from the crown of my head to the bottoms of my feet...

The blue light pervades everywhere, and your entire body is nourished by the blue light, and the light of the seven Medicine Buddhas.

This is a protection for you - *It's the greatest protection.*

Your entire body - 72,000 channels, are filled with this light. According to tantra, we have 72,000 channels - it's unimaginable, right?

All the channels and chakras, all our body, subtle body and coarse body - everything is totally satisfied, and nourished by the light of seven Medicine Buddhas...

Now my body is very good, and healthy, strong. I am healthy. I'm strong.

If you're a senior, you should think: *For my age, I'm really healthy!*
Super-duper healthy, for my age...

And if you're middle-aged, you should think, *For my middle-age, I'm very healthy;*

Even a young person - a teenaged person should say, *I'm very healthy...*

Whoever you are, you feel *I'm very healthy.*

I'm very grateful to the seven Medicine Buddhas.

I'm so fortunate, I have this blessing in my body and mind...