

Physical Healing Through Meditation: A Full Session with Tenzin Wangyal Rinpoche

[Tenzin Wangyal Rinpoche]: Welcome, everyone, to this live webcast from Mexico City. This weekend is dedicated to exploring the true source of healing. This particular session focuses on physical pain—an aspect I have been working on for over ten years during various retreats, with incredible results.

I have heard amazing stories; for instance, a woman who had been suffering from chronic physical pain for 25 years was finally able to overcome it during a retreat. While I trust the power of these practices implicitly, seeing such concrete results in a short amount of time is very encouraging. As we age (and often even before), physical pain—be it in the knees, shoulders, or elsewhere—arises, bringing with it fear and intense emotions. This practice is not only about overcoming that pain but also about proving the power of the mind to transform matter.

Neuroplasticity has already demonstrated that even 20 minutes of meditation can physically change the brain within a few weeks. We can no longer ignore a person's mental influence over their own health.

The Journey Inward: The Three Precious Pills

In this practice, we undertake a journey to our purest place—one that is free of personality and stories of pain. We achieve this through the "Three Precious Pills":

1. The White Pill (Stillness): You find stillness in your body, releasing all tension.
2. The Red Pill (Silence): You quiet the voices and the mental noise.
3. The Blue Pill (Spaciousness): You open your mind like a clear sky.

The Healing Technique

The key is to bring your awareness directly to the center of the pain. You do not bring your thoughts or your intellect, but rather your pure presence—your open awareness. It is like a loving mother holding a crying child; as soon as the child feels supported, they stop crying.

By being present in the center of the pain with stillness, silence, and spaciousness, your awareness becomes luminous. From that light, warmth arises. This warmth is the medicine. It is not something you "create," but something that emerges naturally when the sky of your mind is cleared of the clouds of negative thoughts. When the sun comes out, the warmth heals.

The Problem of Grasping

Many people ask, "How can I make the pain go away?" The problem is not the pain itself, but grasping. Desperately wanting suffering to stop is, in itself, another form of suffering. Samsara is defined as the discomfort that results from grasping.

Instead of fighting to make the pain leave, give it space. Allow it to come and go as it wishes. If you relax deeply into that spaciousness, you will realize that the pain is not necessarily "that bad." What makes it unbearable is your resistance and your desire to eliminate it. When you stop grasping, the actual healing process begins.

Results and Advice

During the session in Mexico, several participants shared that their intense pains (including flu symptoms) vanished completely within 20 to 40 minutes. This is a power you already possess; it is the power of your own awareness.

Even if you have a permanent physical issue or a disability, this meditation helps with "inner pain"—the image you have of yourself or how you feel in front of others. The essence of the mind does not change, and connecting with that is always beneficial.

I strongly recommend that you practice this consistently. Do not remain in doubt: test it yourself, explore your own capacity to heal. Remember that we are super-intelligent beings; do not let fear or stress cloud your intelligence by repeating the same patterns of suffering.

Thank you to the Mexico Sangha and to everyone connected online. Remember to be generous and share this knowledge. See you at the next practice!