



THE TEACHINGS

The Four Divine Bodies

VIJJA DHAMMAKAYA
MEDITATION SOCIETY

Experience Vijja Dhammakaya Now

The Vijja Dhammakaya Meditation Society wishes to share the profound wisdom of Vijja Dhammakaya Meditation and invites you to read the following Teaching.

You will gain insights into how Vijja Dhammakaya Meditation can help you reduce stress and become more self-aware.

THE
FOUR DIVINE
BODIES

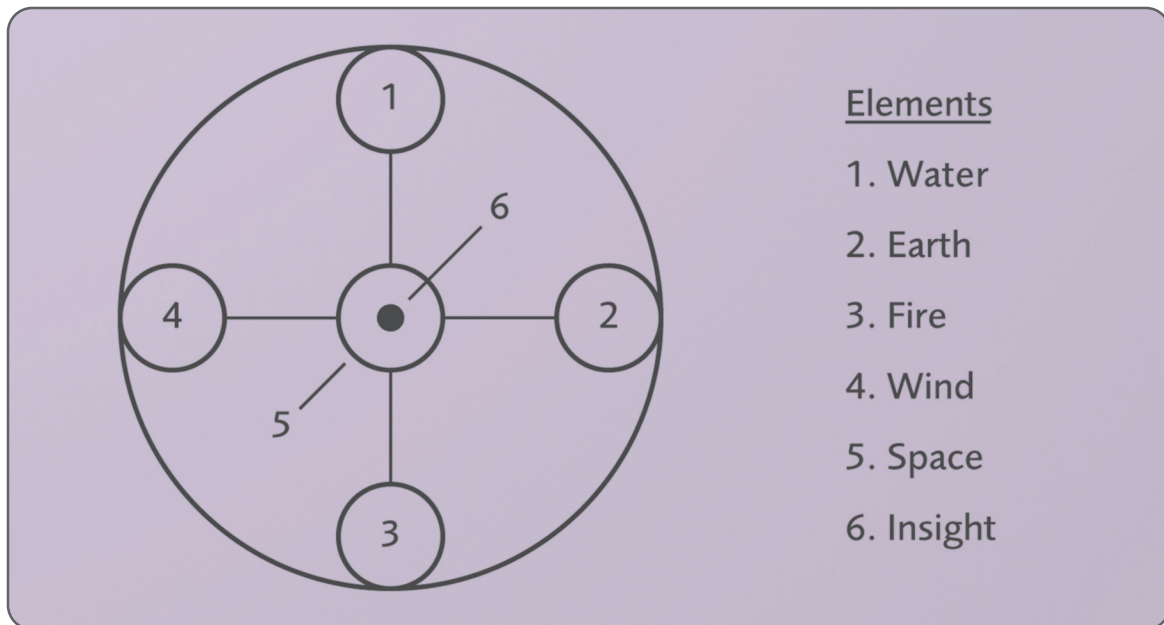
Meditation Posture:

1. Start by finding a comfortable position for yourself in meditation. Sit in an upright position and place your right leg on your left leg, position your hands palm upwards in your lap with the right index finger touching your left thumb. Or you can adopt any other looser variation of this position, such as sitting on a sofa, or in your favourite chair, lying down on your bed, taking a walk in the garden or sitting in a secluded corner. It is important that you feel relaxed in order to maintain a comfortable posture; as this will help you attain a feeling as if you are one with the ground that you are sat upon.

2. Close your eyes very gently and relax every part of your body beginning with the muscles in your face, neck, shoulders and arms, relax them all completely. Relax the chest, the lower body and your legs. Never forget the importance to release all the tension and stress from your body.

3. Put aside for a few moments all anxieties concerning everyday life, responsibilities, work, friends and family. It is important to experience a sense of sitting all alone and around you there appears a vast emptiness with nothing in it.





First-divine body

Imagine your mind the size of a tiny needlepoint, position your mind at the centre of the Thamma sphere and recite to yourself: Samma-Arahang (3 times).

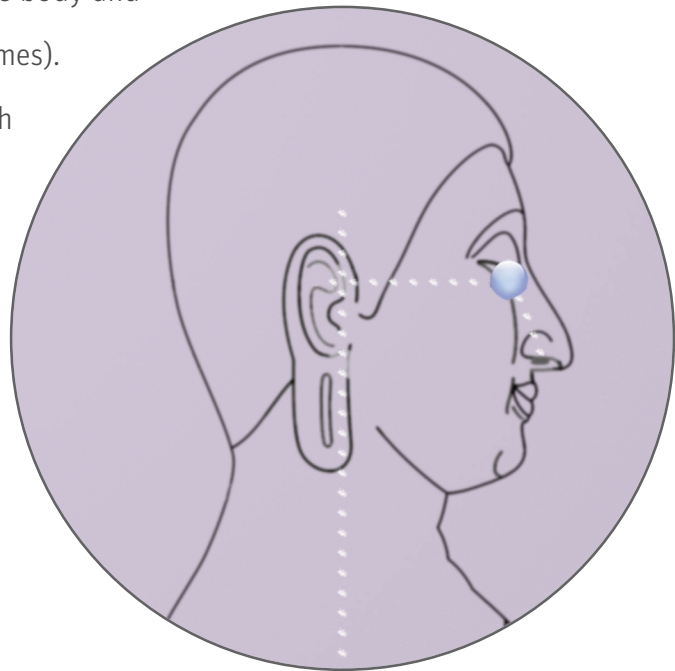
Visualise a clear pinpoint at the centre of the Thamma sphere, position your mind (motionless) at the centre of this pinpoint and recite to yourself: Samma-Arahang (3 times). Picture the pinpoint expanding as it transforms into the clear white image of a divine body, who's head is shaped like that of a lotus bud 5 wah high and 5 wah wide, sitting cross-legged and facing out into the emptiness as do we, this is the 5 wah divine body.

Second-divine body

Direct your mind to look at the nostrils of the 5 wah divine body, left side for women, and right side for men and recite to yourself: Samma-Arahang (3 times).

Move your mind to look at the eye socket of the divine body left side for women, and right side for men and recite to yourself: Samma-Arahang (3 times). Observe inside the head at the centre of the skull a divine body and recite to yourself: Samma-Arahang (3 times).

Advance downwards and look through the divine bodies throat at the centre of the divine body and recite to yourself: Samma-Arahang (3 times). (See Thamma Sphere). Send your mind to the centre of Thamma sphere and recite to yourself: Samma-Arahang (3 times).



Visualise a clear pinpoint, position your mind (motionless) at the centre of this pinpoint and recite to yourself: Samma-Arahang (3 times). Picture the pinpoint expanding as it transforms into the clear white image of the Thamma body, who's head is in the shape of a lotus bud 10 wah high and 10 wah wide, sitting cross-legged and facing out into the emptiness as do we, this is the 10 wah divine body.

Third-divine body

Direct your mind to look at the nostrils of the 10 wah divine body, left side for women, and right side for men and recite to yourself: Samma-Arahang (3 times).

Move your mind to look at the eye socket of the divine body left side for women, and right side for men and recite to yourself: Samma-Arahang (3 times). Observe inside the head at the centre of the skull of the divine body

and recite to yourself: Samma-Arahang

(3 times). Advance downwards and look

through the divine bodies throat at

the centre of the divine body and

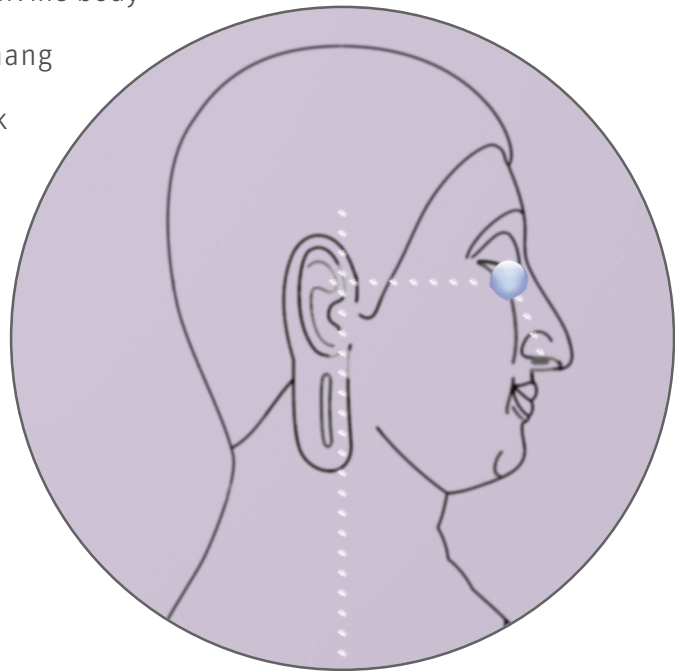
recite to yourself: Samma-Arahang

(3 times). (See Thamma Sphere).

Send your mind to the centre of

Thamma sphere and recite to yourself:

Samma-Arahang (3 times).



Visualise a clear pinpoint, position your mind

(motionless) at the centre of this pinpoint and recite to yourself: Samma-Arahang (3 times).

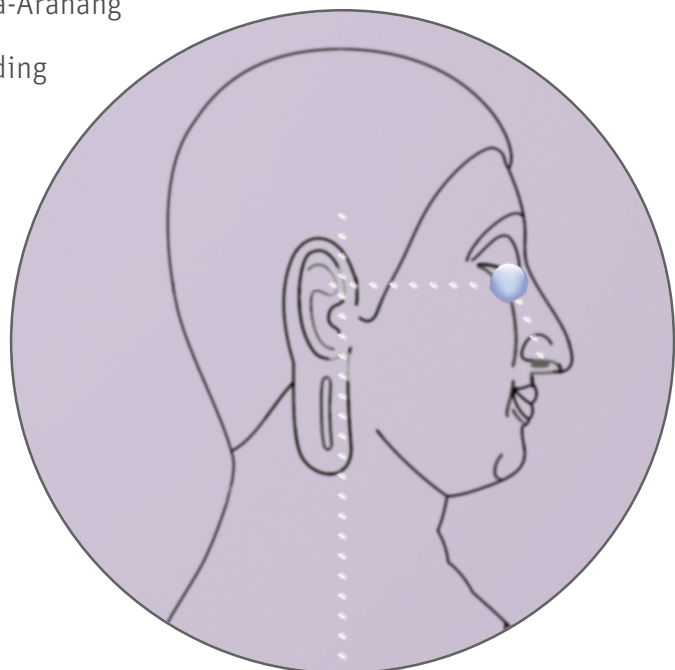
Picture the pinpoint expanding as it transforms into the clear white image of a divine body, who's head is in the shape of a lotus bud 15 wah high and 15 wah wide, sitting cross-legged and facing out into the emptiness as do we, this is the 15 wah divine body.

Forth-divine body

Direct your mind to look at the nostrils of the 15 wah divine body, left side for women, and right side for men and recite to yourself: Samma-Arahang (3 times).

Move your mind to look at the eye socket of the divine body left side for women, and right side for men and recite to yourself: Samma-Arahang (3 times). Observe inside the head at the centre of the skull of the divine body and recite to yourself: Samma-Arahang (3 times). Advance downwards and look through the divine bodies throat at the centre of the divine body and recite to yourself: Samma-Arahang (3 times). (See Thamma sphere). Send your mind to the centre of Thamma sphere and recite to yourself: Samma-Arahang (3 times).

Visualise a clear pinpoint, position your mind (motionless) at the centre of this pinpoint and recite to yourself: Samma-Arahang (3 times). Picture the pinpoint expanding as it transforms into the clear white image of the Thamma body, who's head is in the shape of a lotus bud, 20 wah high and 20 wah wide, sitting cross-legged and facing out into the emptiness as do we, this is the 20 wah divine body.



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