

How to Practice the White Skeleton Meditation for Curing Illness, Getting Rid of Pain, Developing Your Psychic Abilities, Purifying Your Chi Channels and Achieving Spiritual Awakening

By William Bodri

When Shakyamuni Buddha was alive in ancient India, he taught an incredible variety of different meditation methods for people who wanted to enter into the state of samadhi as a means to climb the spiritual path. One of the spiritual cultivation methods he particularly emphasized was the skeleton visualization technique, which is the topic of this special report. The other method he emphasized was anapana, or breathing practice, which you can find described in the Anapanasati Sutra.

While Buddhism produced many enlightened sages within its Indian homeland, when it was first starting to enter China, various individuals in the intelligentsia opposed it because of the fact that it was a foreign import. To belittle it they claimed that Buddhist dogma was all nonsense and superstition, and that none of its claims were true.

Nevertheless, quite a few people started cultivating meditation practice according to standard Buddhist instructions – primarily employing just the skeleton visualization method together with the anapana breathing practice – and quickly developed all sorts of superpowers. Because of their mind-body changes, they step-by-step proved the entire truth of Shakyamuni Buddha's teachings.

You have to remember that Shakyamuni was a great yogi who tried out countless meditation and cultivation techniques. Hence, when he reduced his recommendations to the skeleton method and anapana, this type of emphasis should not be taken lightly. When you study the Esoteric school of Tibetan Buddhism today, you'll also find that the majority of its methods do not stray far from these two techniques, in particular anapana.

Previous to Buddhism's entry into China, the two techniques of anapana and skeleton visualization practice were unknown in the country, and afterwards they were accepted as genuine practice vehicles and greatly influenced Taoism. Taoists had developed many cultivation practices of their own, but of course borrowed whatever worked regardless

of its origins. Many of the chi cleansing routines of Taoism are based on the principles of the skeleton method.

Because incredible results were readily achieved by a number of independent practitioners of Buddhism, who simply followed the Buddhist meditation instructions you are about to receive, the intellectuals were silenced in their criticisms of Buddhism. There was nothing they could say because the methods worked, and thus this new religion and its teachings were accepted into the country.

From this short history, we can therefore understand that this method is particularly effective in helping someone quickly attain the spiritual state of samadhi, and often leads to various superpowers and psychic abilities in addition to a healthier body. It is a very quick way to transform the physical body and its chi channels so as to help you achieve a supernormal state of spiritual realization.

While there are many courses out there teaching ESP, chakra balancing, astral travel and so forth, none of them can compare to the benefits of the white skeleton visualization practice. Yet hardly anyone practices it today primarily because they don't know it exists, or because they prefer a number of "useless" meditation techniques due to the fact that they don't understand the real gist of cultivation theory. If you don't know the basic principles of cultivation - "letting go" or emptiness cultivation - you are likely to get lost. Once you know the basic principles, you should use the simplest practice methods to put them into effect.

Whenever someone practices the skeleton visualization meditation technique, there are several things they can expect to happen over time. Naturally a practitioner will not experience all these effects immediately because the standard rule for attaining cultivation kung-fu is that it takes meditation practice, plus devoted effort over time to produce a definite result. Furthermore, the results of meditation will ... or will not ... occur based upon whether you practice correctly, diligently, and whether your merit is sufficient.

Now if all these requirements are met, given time you should expect to experience an increase in energy because of the skeleton meditation, and with the rise in vitality you will accordingly experience an increase in sexual desire. Most people - especially males - who start practicing the skeleton visualization report an increase in sexual desire especially. This is because all their chi arises. Chi is vitality, and when it arises there is sure to be sexual desire. Anyone who cultivates and says they never experienced desire is usually someone whose body is sick or

weak rather than someone who has triumphed over sexual desire.

The rise in sexual desire may actually present a problem on the cultivation path such that the skeleton meditation may not be appropriate for many people. That's why people who practice it usually try to stay away from the TV and magazines with pictures of girls (or men) that might spark sexual desires. Internet pornography that's readily available nowadays will just lead to sexual thoughts and then masturbation or sexual intercourse which will defeat the accumulation of chi necessary for spiritual progress. Sexual desire is a big deterrent to spiritual progress because whenever one loses their jing or chi, the loss of the "elixir" impedes the development of the spiritual chi necessary for pushing through the chi channels to clear them of obstructions.

Then again, this meditation is extremely beneficial in igniting one's vital energies and so it has a rejuvenating effect for many older people. Hence, if sexual desires arise and you can let go, it's actually helping the body get healthy and clean the chi channels.

While both sexes will experience this rise in sexual desire due to the skeleton visualization, the aspect of sexual desire is usually harder for men to handle than women, even if it is tempered through the practice of breathing methods and by eating less. Accordingly, remember that this meditation method is usually practiced in seclusion when, for instance, a monk is isolated away from all women, as well as the influences of television and magazines that might initiate stimulative thoughts of sexual desire.

This doesn't mean that a single man cannot practice this meditation technique, but that he should be careful not to lose his jing through sexual activities – whether of sexual intercourse or masturbation - when his vitality arises due to this method. The pull of sexual desire will be great, so he must practice breathing methods and eating less to help handle it.

The substitution of one meal for a green drink of superfoods can often help in this area while fortifying the body at the same time and supplying it with anti-aging and heal foods in quantities and amounts readily absorbed. As you make more progress in meditation and as you get older, the loss of jing is extremely detrimental to one's health and cultivation. One will feel the truth of this statement which is readily recognized by TCM, Traditional Chinese Medicine, developed over thousands of years.

Another thing that will happen when someone masters this technique is that they will suddenly become able to see into other people's bodies – and in particular see their skeletons. The reason this happens is because the chakra in the abdomen become activated, and supplies chi energy through the chi channels to a chakra in the head. Because of the light, one can see into another's body and see all sorts of things.

The state achieved is similar to the Indian yoga state called "tandra," or the Tao school state of inner vision that results from inner contemplation. Because of the resulting chi flow and chakra activation, you become able to see inside your own body, inside the bodies of others, and gain other superpowers as well. The result is similar to the successful practice of Taoist inner vision, but is far greater in scope.

When some people write about the skeleton visualization method, they think this description of being able to see into someone else's body is just a bit of psychological nonsense, but it really does happen. You'll see the muscles, organs and bones of other people in varying shades of off-white color depending upon their purity, and you'll also see all sorts of other sentient beings that live inside people's bodies as well. But don't talk about what you see to others.

In reaching this stage of practice accomplishment, you'll have achieved a stage of emptiness wherein this type of view won't shock you and you'll be able to readily accept it, but when the first time it happens it's an instantaneous achievement that suddenly appears as the chakra and chi channels blow open as a surprise.

Here are the detailed instructions for the how to practice the skeleton visualization technique:

1. First assume a comfortable sitting meditation posture, and in front of you place a small model of a human skeleton, or a picture of a skeleton from a book for reference purposes. The internet has plenty of pictures available. I personally have purchased many anatomical models from the Anatomical Chart Company or from www.a3bs.com.
2. Next close your eyes, and joyfully imagine that you give away your flesh and organs to other sentient beings, by stripping them off your body, so as to repay any debt you may owe to them. This offering of all your flesh need not take minutes, but can be mentally imagined as happening instantly. It depends upon the needs of the practitioner whether they wish to envision flesh (or dirty chi) in particular regions being

stripped away. After all your flesh is gone, imagine you're just a skeleton of white bones sitting there in your meditation position.

3. Starting with your left big toe, imagine that you can see the toe bone clearly and shining brightly with a white light. Then imagine the rest of your toes on your left foot shining with a white light as well. After visualizing all your left toes, visualize all your right toes. Next finish visualizing the rest of the bones of your left foot (referring to a picture or model when necessary), and then your right foot. Next the bones of your left leg, then right leg, then left calf and right calf, and slowly proceed upwards visualizing all your bones until you can visualize all the bones in the body clearly up to the top of your skull. I suggest you memorize your bones to help with the visualization. If you are studying biology or anatomy for college or pre-med, this is a great meditation to get into for that reason.
4. All these bones should be shining brightly with a bright white light. You can even do many tricks to help visualize the bones such as trying to feel their shape, rotating bright lights inside them, or caressing their external shapes with visualized light as well. The number of tricks available to help your visualization efforts are innumerable, but don't fall into the trap of focusing on the tricks or becoming attached to them, otherwise you'll fall into the common mistakes of chi-gong and the esoteric schools. You're trying to generate a stable field of concentration, and smoothen the chi flows in the body by internally concentrating on your skeleton; where your mind goes your chi will follow, so this practice will help to even-out the chi flows of your body because the whole body is visualized at the same time. Whatever tricks you need to get there should just be used as assists rather than the main part of the practice. Remember that you want to attain a stable, NON-MOVING visualization of a white skeleton.
5. Once the skeleton visualization is entirely (or even partially) completed, remain with that visualization, opening your eyes to glance at the skeleton model (or picture) in front of you every now and then when necessary, until the visualization is firm and secure and you can sense the chi of your bones. In times your body may actually become warm around certain bones that you concentrate upon, and this can be used for self-healing purposes.
6. When you can visualize your whole body in this way, and your chi has become balanced and harmonized throughout your body, then imagine that the bones turn to dust,

and then blow away leaving empty space. Release the meditation once accomplished so that you are only contemplating emptiness, or empty mind - a mental realm free of any visualization. The skeleton visualization was just a method for helping you to get to this state. This is the state that matters, the purpose of the cultivation technique.

7. Stay in that resulting mental realm of emptiness without opening your eyes, and try to forget any sensations or attachments to your physical body. Remain with that state for as long as possible - forgetting both your mind and body--and in time you'll enter samadhi. Here's the key point: you practice this visualization to attain stabilization of mind, and smoothen your chi flows. If done correctly, in time you'll develop samadhi. Once you attain samadhi, you must forget that you have any body at all, and **let go** of any attachments to your physical body or thoughts or sensations to realize a degree of true emptiness.

There are a variety of reasons behind the particular effectiveness of this meditation method for initiating your kundalini, and developing the stage of concentration which will lead to samadhi. First of all, it requires that you develop concentration, as do all spiritual techniques, since you have to visualize your skeleton inside shining brightly with white light.

Second, it leads to "cessation" since in order to visualize your skeleton correctly, you have to banish other thoughts, and hold the skeleton visualization.

Third, because you are concentrating on an internal physical structure, rather than something external such as an apple or mandala, then your chi and thought will combine since chi and consciousness are naturally linked. Because you are visualizing your skeleton, which runs the whole course of your body, this will help even-out or harmonize the chi flows throughout its entire structure. Thus this is a quick way of transforming your chi mai energy meridians.

When your chi becomes smooth, this will further balance one's ability to enter into and stabilize a state of samadhi. At some point in your practice, if you do not lose your jing (seminal energy) due to sexual activities, the fullness of your chi will suddenly ignite and you'll be able to see inside your body and into other people's skeletons. But before this happens, your own body will have to undergo a variety of purificatory stages of cleaning and transforming your chi and mai which will take months.

If you've already accomplished a great deal of this preparatory cleaning and transformation, then the results of the skeleton visualization method can appear quite quickly, and it will be easy to achieve samadhi and superpowers.

A famous Japanese Zen master, Hakuin, once underwent such strenuous cultivation techniques that he messed up the flow of chi in his body. Traveling into the mountains, he met a hermit adept who taught him the following Soma Cream meditation that you can combine with the Skeleton meditation, but practice this BEFORE the Skeleton meditation.

Remember that the purpose of the skeleton meditation is to harmonize the chi of your body and then have you LET GO OF THE VISION OF YOUR BODY ENTIRELY SO AS TO ATTAIN EMPTINESS. If you were to perform this practice after the skeleton meditation, you would be defeating the purpose of trying to cultivate an empty mind.

The hermit sage Hakuyu taught Hakuin the following remedy:

Your condition is pitiable. By contemplating on truth too strenuously, you have lost the rhythm of spiritual advance, and that has finally brought on a grievous malady. And it is something very hard to cure, this Zen illness of yours [caused by over-exerted concentration on a *koan*]. Though the sages of medicine frown over your case and put forth all their skill with needle and cautery and drugs, yet would they be helpless. ...

From the mounting of the heart-fire your grievous illness has arisen. If you do not take it down you will never recover, though you learn and practice all the healing remedies human and divine. Now it may be that as my outward appearance is that of a Taoist, you fancy that my teaching is far from Buddhism. But this is Zen. One day, when you break through, you will see how laughable were your former ideas.

This contemplation attains right contemplation by no-contemplation. Many-pointed contemplation is wrong contemplation. Hitherto your contemplation has been many- pointed and so you have contracted this grave malady. Is it not then proper to cure it by no-contemplation? If you now control the fire of heart and will and put it in the Tanden [tan-tien] and right down to the soles of the feet, your breast will of itself become cool, without a thought of calculation, without a ripple of passion. This is true contemplation, pure contemplation. Do not call it dropping your Zen contemplation, for the Buddha himself says: "Hold your heart [mind] down in the soles of the feet and you heal a hundred and one ills." Further the Agama scriptures speak of the use of the So cream in curing mental exhaustion. The Tendai [Tien-tai school] meditation classic called "Stopping and Contemplation" deals in detail with illnesses and their causes, and describes the methods of treatment. It gives twelve different ways of breathing to cure various forms of illness, and it prescribes the method of

visualizing a bean at the navel. The main point is always that the heart-fire must be taken down and kept at the Tanden and down to the soles, and this not only cures illness but very much helps Zen contemplation. ...

If the student finds in his meditation that the four great elements are out of harmony, and body and mind are fatigued, he should rouse himself and make this meditation. Let him visualize placed on the crown of his head that celestial So ointment, about as much as a duck's egg, pure in color and fragrance. Let him feel its exquisite essence and flavor melting and filtering down through his head, its flow permeating downwards, slowly laving the shoulders and elbows, the sides of the breast and within the chest, the lungs, liver, stomach and internal organs, the back and spine and hip bones. All the old ailments and adhesions and pains in the five organs and six auxiliaries follow the mind downwards. There is a sound as of the trickling of water. Percolating through the whole body, the flow goes gently down the legs, stopping at the soles of the feet.

Then let him make this meditation: that the elixir having permeated and filtered down through him, its abundance fills up the lower half of his body. It becomes warm, and he is saturated in it. Just as a skillful physician collects herbs of rare fragrance and puts them in a pan to boil, so the student feels that from the navel down he is simmering in the So elixir. When this meditation is being done there will be psychological experiences, of a sudden indescribable fragrance at the nose-tip, of a gentle and exquisite sensation in the body. Mind and body become harmonized and far surpass their condition at the peak of youth. Adhesions and obstructions are cleared away, the organs are tranquilized and insensibly the skin begins to glow. If the practice is carried on without relapse, what illness will not be healed, what power will not be acquired, what perfection will not be attained, what Way will not be fulfilled? The arrival of the result depends only on how the student performs the practices.¹

If these instructions aren't enough or you, you can go to the following 10 minute Flash video on the [Skeleton Meditation Instructions](#) I've made for you on the meditation expert.com site:

<http://www.meditationexpert.com/meditation-techniques/skeleton-meditation/skeleton-meditation.swf>

Special Tip #1

If someone is sick, they can use the skeleton visualization technique to focus upon the approximate area of their body to bring healing chi to that region, which will assist them in getting well.

¹ Trevor Leggett, *The Tiger's Cave and Translations of Other Zen Writings* (Charles E Tuttle, Rutland: Vermont, 1995), pp. 144-154.

Sickness is often a function of deficient vitality or blocked chi routes, and this meditation can increase your energy and remove those blockages so that chi can reach a targeted region and help repair it. The reason this meditation works is because when you focus on an area in your body with your mind, your chi will naturally go to that area.

In the case of the skeleton visualization, not only will this help speed healing, but many people report that using the skeleton visualization on certain areas will cut down or even eliminate the pain in that region. Hence the method can be used for effective pain relief. As golfers know, magnets, when applied to certain areas, also sometimes produce pain relief.

For arthritis pain relief, the skeleton meditation, once mastered, is a "God send." However, one might also try golden raisins soaked in gin for the specific problem of finger arthritis or finger arthritis nodules.

Special Tip #2

The skeleton visualization technique can be used to increase someone's martial arts ability, especially their flexibility and dexterity. It helps soften the body.

Most advanced martial arts techniques depend upon cultivating the body's chi, or life force, and this meditation method performs just this function.

For instance, one famous martial arts practitioner in China could actually turn his head around a full 180 degrees and look backwards. He could also jump several meters high without first running. While he never publicly told people how he mastered all his abilities, it was because he had practiced and then mastered the skeleton visualization technique, and lightened or softened his bones in the process (also making them more flexible).

The other one thing I'd recommend to martial artists is the R-series and I-series joint mobility and flexibility training found at www.Z-health.net, which is perhaps the best method I know, at 10 minutes per day, of opening up your joints and re-training your brain so that you can perform martial arts feats that were previously impossible. In fact, if you are over 40 years old, get this set of videos and you will thank me profusely for the recommendation.

Special Tip #3

For chiropractors, acupuncturists and various other bodyworkers, practicing this technique may quickly lead to some form of psychic diagnostic ability. You'll become able to tell where people are sick (have energy blockages, etc.) simply from feeling it, and will be able to tell problems at a glance even when individuals are several feet away.

To become a healer, or to study the physiology of the human body, skeleton visualization practice is almost mandatory. If you master it, you will soon be able to "sense" people's chi, sickness or structural problems because your own chi channels have started to open. Simply amazing.

Special Tip #4

A person's fortune can be foretold by the bones, and this technique directly works on transforming one's bones and therefore one's fortune.

Someone who has the "Earth" element deficient in their Chinese or Western fortune would benefit from practicing this technique.

Since it also helps purify the bones, prolonged practice of this technique will help eliminate latent illnesses due to erupt in old age, and in this way it changes your fortune as well.

Special Tip #5

A picture of the human skeleton can be readily downloaded from the internet, and small skeleton models can be purchased from the Anatomical Chart Company (www.anatomical.com) or www.a3bs.com .

It is suggested that you paint your skeleton model white, because you don't want to be imagining that your body has a depressing brownish or darkish colored skeleton inside. The visualization of the white color will help transform the bones and body, and aid in detoxification.

If the skeleton is not white, some people can become mentally depressed from the practice.

Special Tip #6

This method is actually related to the Buddhist contemplation practice on the impurity of the body, wherein someone slowly envisions that their body gradually putrefies and becomes just bones, then dust, and then emptiness.

An individual following this practice is taught to visualize the decomposition of the body in consecutive stages: the body first swells, then becomes discolored, decays, its blood and pus issue forth, the flesh falls away from the bones, the skeleton disintegrates, and then the pile of white bones turns to ashes.

The white skeleton visualization method is also related to the Tibetan practice of Chöd established by the female adept Machig Labdrön, and based on the Prajnaparamitṛa Sutras. Machig wrote an instruction manual called "Cutting Through The Four Demons, A Practice To Cut Attachment To The Aggregates By Offering One's Flesh And Blood As Food (For The Demons)." Since its first publication, other Chod manuals have been published that are available on www.amazon.com.

Special Tip #7

More information on the skeleton method technique can be found in Twenty-Five Doors to Meditation, by William Bodri and Lee Shu-Mei, published by Samuel Weiser, or at the site, www.MeditationExpert.com.

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