

Playing with Healing Colors

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We will deepen into the five wisdom colors of Tibetan medicine. There is some course preparation for students before class begins. As you move around your town, city, or any place that has cars, find and take a picture with your phone of the brightest of the five colors that cars are painted. White of course is easy. And blue, there are so many shades of blue being painted now on cars. Yellow is a little more challenging although you will find some cars, motorcycles or even small trucks painted yellow. Again, look for bright yellow. And there are a lot of red cars on the road. Dark red, bright red, and Tuscan red, my wife's favorite color. Keep taking different pictures until you can decide your favorite shade of each of the five wisdom colors. It is perfectly fine to have two or more pictures of the same color but a different shade. I found in the United States that the least amount of all the five colors is the color green. Although I do have a photograph of one. So, you might find it challenging to find a green car and also to get a photograph of it.

Assuming these pictures are on your phone, you can then look at the image of the car color, close your eyes and imagine not only the color of the car in your mind's eye but also the car becoming miniature and moving slowly into the third ventricle of your brain filling the middle of your brain with that color. So, imagine that you are actually driving the car through your eyes into your third ventricle and

down into your heart. We will deepen into this practice during class.

Taking pictures of cars might not be your favorite way to explore the five wisdom colors. Maybe you use crayons, magic markers or even oil paints if you have the supplies, and paint your favorite vivid shade of each of the five colors. It's best to make the painting no larger than size of a playing card. You can certainly paint a larger image and then take a picture of that image with your phone and have it on your phone to practice the visualization. Please be creative and playful with this as we ignite wisdom and compassion in our heart with the five colors. This is the intention, to ignite wisdom and compassion in our heart and the heart of our client.

Another option is to go to a children's toy store. Small children love little cars to play with. Even grocery stores in the United States have an aisle where many boxes of a small colored cars can be found for children. It's relatively easy to find these small cars of 4 to 5 cm in each of the five wisdom colors. Then you can really imagine driving a small car through your eyes into your third ventricle and down into your heart! My little three-year-old boy that lives inside of me found this practice to be quite invigorating and fulfilling. Now I have my five colored toy cars on my Tibetan Buddhist shrine. Remember that our spiritual practice needs to be creative because it is an art form. It is also okay to have fun.