



## Contents

Introduction .....	1
Bon Protectors and Healing.....	2
La, Sog, and Tse.....	4
Dimensions of Healing .....	5
The Three Poisons as a Cause of Illness .....	6
The Deity of this Practice .....	9
Sidpa Gyalmo.....	9
Yeshe Walmo .....	11
The Wisdom Eye.....	13
The Sigyal Healing Practice .....	14
Meditation Posture.....	14
Generation Stage.....	15
Preliminary Practices .....	17
Meditation Instructions of the Sigyal Healing Practice .....	18
Diseases and Obstacles.....	19
Prayer of Gratitude .....	21
Completion Stage.....	22
The Healing Mantra of Sidpa Gyalmo .....	23
Other Uses of the Healing Mantra.....	25
Using the Mantra for Protection.....	25
Using the Mantra for Healing .....	26
Practice of Offering the Healing Water .....	27
Receiving the Four Empowerments .....	27
Meditation Instructions for Preparing the Healing Water .....	30
Becoming the Wisdom Body of Sidpa Gyalmo .....	31
Meditation Instruction for Offering the Healing Water .....	32
Completion and Dedication .....	33
Practice Liturgy .....	34
Part I: Sigyal Healing Practice .....	34
Main Visualization .....	34
Prayer of Gratitude .....	35
Dedication .....	35
Part II: Practice of Offering The Healing Water .....	36