



The Knowledge of 18 Bodies Meditation

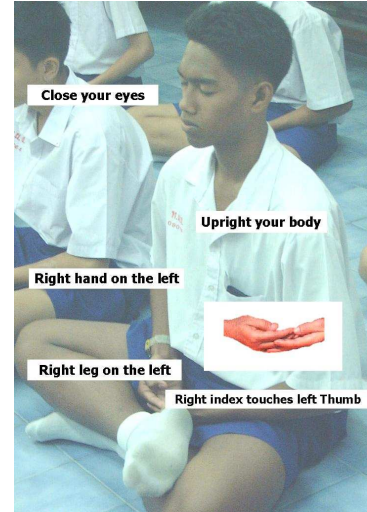
**Owned by The Venerable Phra Mongkol Thepmuni
(Pak Nam Temple, Bangkok Thailand)**

**Exercised by Master Karun Boonmanut
Documented by Surasak H.
1-Mar-2005**

The Knowledge of 18 Bodies

Sitting

Sit in the cross-legs position. Place your right leg on the left, and place your right hand on the left on your lap having your right index finger point and touch your left thumb. Upright your body and be relax. Don't worry. You may change your sitting to the position that you feel more comfortable anytime. Close your eyes.



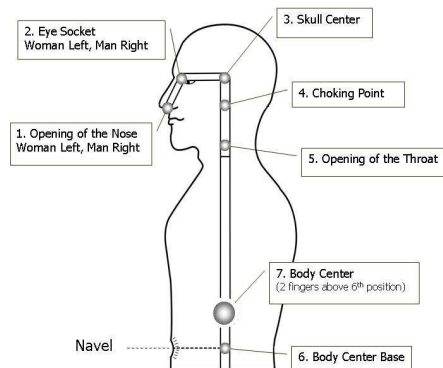
7 Positions, the path to the Body Center

Then, visualize a crystal ball, very clear, very bright with the size of the lens of the eye.

- Move the crystal ball to the **first** position, at the opening of the nose. Woman left, man right. Keep your mind stop still at the center of the crystal ball. Say in your mind, "**Sam-ma A-ra-hang**" (3 times). Imagine the crystal ball to glow brightly.
- Next, move the crystal ball to the **second** position, the eye socket, where the tear comes out, woman left, man right. Keep your mind stop still at the center of the crystal ball. Say in your mind "**Sam-ma A-ra-hang**" (3 times). Imagine the crystal ball to glow brightly.
- Next, move the crystal ball to the **third** position, at the center of the skull inside your head. Just roll up your eyes look inside your head, like whenever you are falling into sleep and send your mind inward. The crystal ball will stop there automatically. Keep your mind stop still at the center of the crystal ball. Say in your mind "**Sam-ma A-ra-hang**" (3 times). Imagine the crystal ball to glow brightly.
- Next, move the crystal ball to the **forth** position, at the opening of your pharynx, your choking point, where you choked up food or water. Just make a wish in your mind



Path to Body Center



"At any point where I choke food or water, the crystal ball please stops at this point."

Then, the crystal ball moves to stop at this point automatically.
Keep your mind stop still at the center of the crystal ball.
Say in your mind "**Sam-ma A-ra-hang**" (3 times). Imagine the crystal ball to glow brightly.

- Next, move the crystal ball to the **fifth** position, the opening of the throat, just a little bit above your Adam's apple.
Keep your mind stop still at the center of the crystal ball.
Say in your mind "**Sam-ma A-ra-hang**" (3 times). Imagine the crystal ball to glow brightly.
- Next, move the crystal ball to the **sixth** position, the base of the center of the body, in your stomach at the same level of the navel.
Visualize two lines, the first line draws from your navel to your back, and the other line draws from your right side of the body to the left side of the body.
These two lines will make a crossing point at the same level as your navel.
Move the crystal ball to that crossing point.
And then keep your mind stop still at the center of the crystal ball.
Say in your mind "**Sam-ma A-ra-hang**" (3 times). Imagine the crystal ball to glow brightly.
- Next, move the crystal ball to the **seventh** position. It's called the center of the body. Just move the crystal ball higher than the previous position two fingers.
And then, keep your mind stop still at the center of the crystal ball,
Say in your mind "**Sam-ma A-ra-hang**" continuously and imagine the crystal ball to glow brightly and brightly.

Keep visualizing and saying for a while and make your crystal ball become clearer and clearer, brighter and brighter.

...

Now, when we are quite certain that the crystal ball stops well and brightly enough,
We will use this moment to beg for **Pra-Buddha Pra-Dhamma Pra-Sangha** to place in our bodies, in our sayings and in our minds from now on. They will come to help us to succeed the knowledge of 18 bodies.

Make a wish together at the center of the crystal ball.

"We beg to all the great Lord Buddha's. Please help us to succeed the knowledge of 18 bodies"

After making the wish, say in mind "**Sam-ma A-ra-hang**" many many times at the center of the crystal ball.
Keep visualizing the crystal ball and keep making the crystal ball become brighter and brighter, clearer and clearer.

...

See the glowing only in your body, Not at the face Not at the chest Not outside the body.
Relax your mind to be like an innocent child. Use your mind not your eyes.
Just only know that, now your mind is right at the center of the body.
Only "Knowing", no more, no less.
Keep saying "**Sam-ma A-ra-hang ...**".

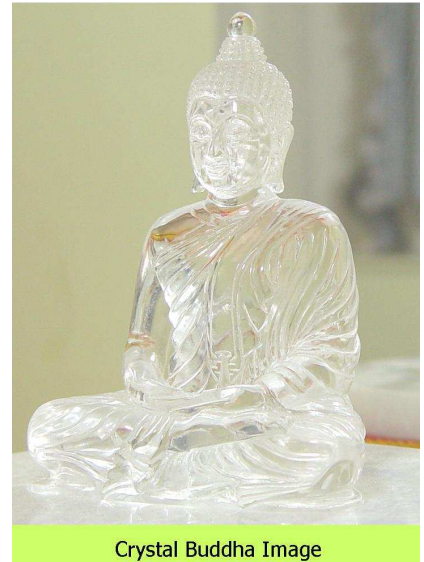
...

When the imaginary crystal ball becomes to be the real Duang-Dham, we just have finished the session of **Sam-ma A-ra-hang**.

The 4 Kaya-Dham

Then, visualize your mind is a needlepoint. A needlepoint is your mind. Send the end of the needlepoint to stop at Duang-Dham. Say in your mind "Stop in stop" (3 times). And then visualize a tiny point appear at the center of Duang-Dham. The tiny point is very small but very clear, very bright. Send your mind to stop at the center of the tiny point. Say in your mind "Stop in stop" (3 times). And then visualize the tiny clear point spreading out appearing the clear and bright Kaya-Dham in the emptiness.

- There, the Kaya-Dham is the big Buddha image, very clear, very bright and very huge. It's **5 Wa high and 5 Wa wide**, sitting facing out in cross-legs position in the emptiness in the same direction as us. This is the **Kaya-Dham Pra Sota**. Then send your mind to look at the opening of the nose of **Kaya-Dham Pra Sota**, woman left, man right. Say in mind "stop in stop". And then move your mind to look at the eye socket of the **Kaya-Dham Pra Sota**, woman left, man right. Say in mind "stop in stop". And then look inside the head, at the center of the skull of the **Kaya-Dham Pra Sota**. Say in mind "stop in stop". And then look through the throat of **Kaya-Dham Pra Sota**, to the center of the body of **Kaya-Dham Pra Sota**. Say in mind "stop in stop". See Duang-Dham. Send your mind stop still at center of Duang-Dham. Say in mind "stop in stop". Visualize the tiny clear point. Send you mind stop still at the center of the tiny clear point. Say in mind "stop in stop.....". Visualize the tiny clear point spreading out appearing the next Kaya-Dham.



Crystal Buddha Image

- There, the Kaya-Dham is the big Buddha image, very clear, very bright and very huge. It's **10 Wa high, 10 Wa wide**, sitting facing out in cross-legs position in the emptiness in the same direction as us. This is the **Kaya-Dham Pra Sakidakami**. Then send your mind to look at the opening of the nose of **Kaya-Dham Pra Sakidakami**, woman left, man right. Say in mind "stop in stop". And then move your mind to look at the eye socket of the **Kaya-Dham Pra Sakidakami**, woman left, man right. Say in mind "stop in stop". Then look inside the head, at the center of the skull of **Kaya-Dham Pra Sakidakami**. Say in mind "stop in stop". And then look through the throat to the center of the body of **Kaya-Dham Pra Sakidakami**. Say in mind "stop in stop". See Duang-Dham. Send your mind stop still at center of Duang-Dham. Say in mind "stop in stop". Visualize the tiny clear point. Send you mind stop still at the center of the tiny clear point. Say in mind "stop in stop.....". Visualize the tiny clear point spreading out appearing the next Kaya-Dham.
- There, the Kaya-Dham is the big Buddha image, very clear, very bright and very huge. It's **15 Wa high, 15 Wa wide**, sitting facing out in cross-legs position in the emptiness in the same direction as us. This is the **Kaya-Dham Pra Anagami**. Then send your mind to look at the opening of the nose of **Kaya-Dham Pra Anagami**, woman left, man right. Say in mind "stop in stop".

And then move your mind to look at the eye socket of the **Kaya-Dham Pra Anagami**, woman left, man right. Say in mind "stop in stop".
 Then look inside the head, at the center of the skull of the **Kaya-Dham Pra Anagami**. Say in mind "stop in stop".
 And then look through the throat to the center of the body of **Kaya-Dham Pra Anagami**. Say in mind "stop in stop". See Duang-Dham.
 Send your mind stop still at center of Duang-Dham. Say in mind "stop in stop".
 Visualize the tiny clear point.
 Send you mind stop still at the center of the tiny clear point. Say in mind "stop in stop.....".
 Visualize the tiny clear point spreading out appearing the next Kaya-Dham.

- There, the Kaya-Dham is the big Buddha image, very clear, very bright and very huge. It's **20 Wa high, 20 Wa wide**, sitting facing out in cross-legs position in the emptiness in the same direction as us.
 This is the **Kaya-Dham Pra Arahat**.
 Then send your mind to look at the opening of the nose of **Kaya-Dham Pra Arahat**, woman left, man right. Say in mind "stop in stop".
 And then move your mind to look at the eye socket of the **Kaya-Dham Pra Arahat**, woman left, man right. Say in mind "stop in stop".
 Then look inside the head, at the center of the skull of the **Kaya-Dham Pra Arahat**. Say in mind "stop in stop".
 And then look through the throat to the center of the body of **Kaya-Dham Pra Arahat**. Say in mind "stop in stop". See Duang-Dham.
 Send your mind stop still at center of Duang-Dham. Say in mind "stop in stop".
 Visualize the tiny clear point.
 Send you mind stop still at the center of the tiny clear point. Say in mind "stop in stop.....".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn stop in stop

The 18 Bodies

And then make a wish at the tiny point clear point.

*"Let **Kaya-Dham Pra Arahat** help us to be able to see Duang-Dham of **Kaya Ma-nud Yahb**"*

Visualize the tiny clear point spreading out.

See Duang-Dham of **Kaya Ma-nud Yahb**, looks like clear crystal ball with the same size of egg yolk.

Send your mind stop still at the center of Duang-Dham. Say in mind "stop in stop".

Visualize the tiny clear point again.

And then send you mind stop still at the center of the tiny clear point. Say in mind "stop in stop...."

And then, sequence 6 Duang-Dham of **Kaya Ma-nud Yahb**

Say stop in stop

Stop in the middle of Duang-Dham 1, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 6.

Stop in the middle of Duang-Dham 6, the tiny point at the middle of Duang-Dham 6 spreading out.

See **Kaya Ma-nud La-eard**. It has your look and the same dressing as yours, but all the body and dressing are crystal clear, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Send your mind to look at the opening of the nose of **Kaya Ma-nud La-eard** woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Ma-nud La-eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Ma-nud La-eard** Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 1, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 3.

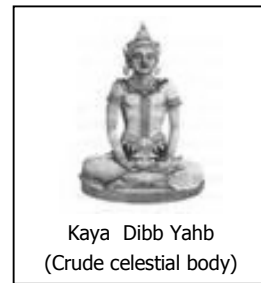
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 6.

Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya Dibb Yahb**. It has your look, wearing a pointed crown, dressing as in Thai legendary play like Ramayana. The body and the dressing are crystal clear, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us. It has the same gender as you.



Send your mind to look at the opening of the nose of **Kaya Dibb Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Dibb Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Dibb Yahb**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 1, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 6.

Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya Dibb La-eard**. It has your look, wearing a pointed crown, dressing as in Thai legendary play like Ramayana. The body and the dressing are crystal clear, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us. It has the same gender as you.



The **Kaya Dibb La-eard** is more luminous than the **Kaya Dibb Yahb**.

Send your mind to look at the opening of the nose of **Kaya Dibb La-eard**, woman left, man right.

Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Dibb La-eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Dibb La-eard**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

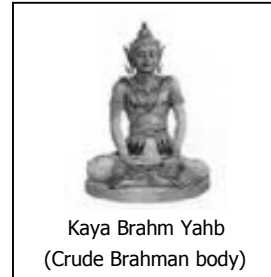
Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 1, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
 Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
 Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
 Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
 Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya Brahm Yahb**. It has your look, wearing a pointed crown, dressing as in Thai legendary play like Ramayana. The body and the dressing are crystal clear, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us. There is not any showing of gender.



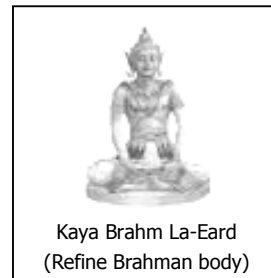
Send your mind to look at the opening of the nose of **Kaya Brahm Yahb** woman left, man right. Say "stop in stop".
 Look at the eye socket, woman left, man right. Say "stop in stop".
 Look inside the head at the center of the skull of the **Kaya Brahm Yahb**. Say "stop in stop".
 Look through the throat, down into the abdomen of the **Kaya Brahm Yahb** Say "stop in stop". See Duang-Dham.
 Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
 Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
 Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
 Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
 Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
 Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
 Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
 Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya Brahm La-Eard**. It has your look, wearing a pointed crown, dressing as in Thai legendary play like Ramayana. The body and the dressing are crystal clear, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us. There is not any showing of gender.
 This **Kaya Brahm La-Eard** is more luminous than the **Kaya Brahm Yahb**.



Send your mind to look at the opening of the nose of **Kaya Brahm La-Eard**, woman left, man right. Say "stop in stop".
 Look at the eye socket, woman left, man right. Say "stop in stop".
 Look inside the head at the center of the skull of the **Kaya Brahm La-Eard**. Say "stop in stop".
 Look through the throat, down into the abdomen of the **Kaya Brahm La-Eard** Say "stop in stop". See Duang-Dham.
 Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop..."

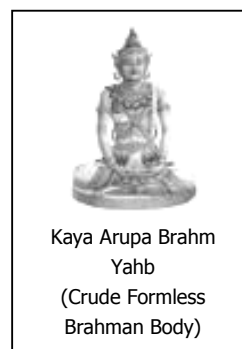
Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya Arupa Brahm Yahb**

It has your look, wearing a pointed crown, dressing as in Thai legendary play like Ramayana but more luxurious than Kaya Brahm. The body and the dressing are crystal clear, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us. There is not any showing of gender.



Send your mind to look at the opening of the nose of **Kaya Arupa Brahm Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Arupa Brahm Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Arupa Brahm Yahb**

Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

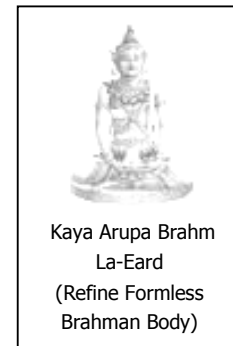
Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya Arupa Brahm La-Eard**. It has your look, wearing a pointed crown, dressing as in Thai legendary play like Ramayana but more luxurious than Kaya-Phrom. The body and the dressing are crystal clear, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

There is not any showing of gender.

This **Kaya Arupa Brahm La-Eard** is more luminous than **Kaya Arupa Brahm Yahb**.



Send your mind to look at the opening of the nose of **Kaya Arupa Brahm La-Eard**

, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Arupa Brahm La-Eard**.

Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Arupa Brahm La-Eard**.

Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 1, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 6.

Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Gotrabhu Yahb**. The crystal Buddha image, very clear, very bright. It is nearly 5 Wa wide and nearly 5 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Send your mind to look at the opening of the nose of **Kaya-Dham Gotrabhu Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Gotrabhu Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Gotrabhu Yahb**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 1, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Gotrabhu La-Eard**. The Crystal Buddha image, very clear, very bright. It is nearly 5 Wa wide and nearly 5 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Kaya-Dham Gotrabhu La-Eard is more luminous than **Kaya-Dham Gotrabhu Yahb**.

Send your mind to look at the opening of the nose of **Kaya-Dham Gotrabhu La-Eard**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Gotrabhu La-Eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Gotrabhu La-Eard**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 1, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 6.

Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Pra Sota Yahb**. The Crystal Buddha image, very clear, very bright. It is 5 Wa wide and 5 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Sota Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Pra Sota Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Pra Sota Yahb**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Pra Sota La-Eard**. The Crystal Buddha image, very clear, very bright. It is 5 Wa wide and 5 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Kaya-Dham Pra Sota La-Eard is more luminous than **Kaya-Dham Pra Sota Yahb**.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Sota La-Eard**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Pra Sota La-Eard**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Pra Sota La-Eard**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Pra Sagidagami Yahb**. The Crystal Buddha image, very clear, very bright. It is 10 Wa wide and 10 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Sagidagami Yahb**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Pra Sagidagami Yahb**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Pra Sagidagami Yahb**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Pra Sagidagami La-Eard**, The crystal Buddha image, very clear, very bright. It is 10 Wa wide and 10 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Kaya-Dham Pra Sagidagami La-Eard is more luminous than **Kaya-Dham Pra Sagidagami Yahb**

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Sagidagami La-Eard**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Pra Sagidagami La-Eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Pra Sagidagami La-Eard**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Pra Anagami Yahb**. The crystal Buddha image, very clear, very bright. It is 15 Wa wide and 15 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Anagami Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Pra Anagami Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Pra Anagami Yahb**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Pra Anagami La-Eard**. The crystal Buddha image, very clear, very bright. It is 15 Wa wide and 15 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Kaya-Dham Pra Anagami La-Eard is more luminous than **Kaya-Dham Pra Anagami Yahb**.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Anagami La-Eard**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Pra Anagami La-Eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Pra Anagami La-Eard**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Pra Arahat Yahb**. The crystal Buddha image, very clear, very bright. It is 20 Wa wide and 20 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Arahat Yahb**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Pra Arahat Yahb**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Pra Arahat Yahb**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

See **Kaya-Dham Pra Arahat La-Eard**. The crystal Buddha image, very clear, very bright. It is 20 Wa wide and 20 Wa high, with the shape of lotus bud on the top of his head, sitting in cross-legs position in the clear emptiness, facing out in the same direction as us.

Kaya-Dham Pra Arahat La-Eard is luminous than **Kaya-Dham Pra Arahat Yahb**

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Arahat La-Eard**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Pra Arahat La-Eard** . Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Pra Arahat La-Eard**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 1, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 6.
Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

Approaching Kaya-Dham Ton-Tart

Visualize Kaya-Dham Ton-tart, the very very huge Buddha image very clear, very bright. He is being between Nibban and Phop-Sam. He is staying here to look after us. We have to imagine to see him. That will help our seeing.

Next step is to go inside the body of Kaya-Dham Ton-Tart.

Use the mind of our Kaya-Dham Pra Arahat La-Eard to look at the opening of nose of **Kaya-Dham Ton-Tart**, woman left side, man right side. Say in mind "stop in stop".

And then look at the eye socket of **Kaya-Dham Ton-Tart**; woman left, and man right. Say "stop in stop".

Then look inside the head at the center of the skull of **Kaya-Dham Ton-Tart**. Say "stop in stop".

And then look through his throat down inside of the body of **Kaya-Dham Ton-Tart**. Say "stop in stop". See Duang-Dham, the very huge crystal ball.

Send your mind stop still at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind to stop at the center of the tiny clear point. Say "stop in stop ... ",

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Our **Kaya-Dham Pra Arahat La-Eard** will go to sit inside the body of **Kaya-Dham Ton-Tart** instantly.

Say in mind "stop in stop" (3 times), "still in still" (3 times), "clear in clear" (3 times).

Make a wish in our mind to **Kaya-Dham Ton-Tart**

"PLEASE you get rid of all sufferings, get rid of all dangers, get rid of all sicknesses from us. Please give all wealth, all abilities and all success to us."

Say "stop in stop...".

...

Approaching Nibban (Nirvana)

See the **first Nibban** where is very bright very clear. There are a lot of Kaya-Dham glowing brightly. The owner of this Nibban is the brightest Kaya-Dham who is sitting in the middle. It is the Kaya-Dham of the latest Lord Buddha named "**Pra Samana Gotama**".

Next step is to go inside the body of Lord Buddha.

Use the mind of our **Kaya-Dham Pra Arahat La-Eard** to look at the opening of the nose of Kaya-Dham of Lord Buddha, woman left, man right. Say "stop in stop".

And then look at the eye socket of Kaya-Dham of Lord Buddha, woman left, man right. Say "stop in stop".

Then look inside the head at the center of the skull of Kaya-Dham of Lord Buddha. Say "stop in stop".

And then look through the throat, down into the body of Kaya-Dham of Lord Buddha. Say "stop in stop". See Duang-Dham.

Send your mind stop still at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of the tiny clear point. Say "stop in stop ... ",

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Now, our **Kaya-Dham Pra Arahat La-Eard** will go to sit in the body of **Kaya-Dham of Lord Buddha** instantly.

Make a wish in our mind to **Kaya-Dham of Lord Buddha**.

"PLEASE you get rid of all sufferings, get rid of all dangers, get rid of all sicknesses from us. Please give all wealth, all abilities and all success to us."

Sequence 6 Duang-Dham in the body of **Kaya-Dham of Lord Buddha**.

Say stop in stop

Stop in the middle of Duang-Dham 1, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 6.

Stop in the middle of Duang-Dham 6, the tiny point at the center of Duang-Dham 6 spacing out.

.....

See the **second Nibban** which is also very bright and also very clear. There are a lot of Kaya-Dham glowing brightly. The owner of this Nibban is the brightest Kaya-Dham who is sitting in the middle.

Next step is to go inside the body of Lord Buddha.

Use the mind of our **Kaya-Dham Pra Arahat La-Eard** to look at the opening of the nose of **Kaya-Dham of Lord Buddha**, woman left, man right. Say "stop in stop".

And then look at the eye socket of **Kaya-Dham of Lord Buddha**, woman left, man right. Say "stop in stop".

Then look inside the head at the center of the skull of **Kaya-Dham of Lord Buddha**. Say "stop in stop".

And then look through the throat, down into the body of **Kaya-Dham of Lord Buddha**. Say "stop in stop". See Duang-Dham.

Send your mind stop still at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of the tiny clear point. Say "stop in stop ... ",

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Now, our **Kaya-Dham Pra Arahat La-Eard** will go to sit in the body of Kaya-Dham of Lord Buddha instantly.

Make a wish in our mind to **Kaya-Dham of Lord Buddha**.

"PLEASE you get rid of all sufferings, get rid of all dangers, get rid of all sicknesses from us. Please give all wealth, all abilities and all success to us."

Keep saying "stop in stop..."

...

If we want to go inner and upper Nibban, we can repeat the procedure in the same way as we just have done.

Next step is to reverse our bodies back to the crude body.

Reverse the bodies

Now our **Kaya-Dham Pra Arahat La-Eard** is sitting inside the body of the Lord Buddha of the second Nibban.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Arahat La-Eard** woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Pra Arahat La-Eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Pra Arahat La-Eard**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 6, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 1.

Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Pra Arahat Yahb**.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Arahat Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Pra Arahat Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Pra Arahat Yahb**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 6, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 1.

Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Pra Anagami La-Eard.**

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Anagami La-Eard**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Pra Anagami La-Eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Pra Anagami La-Eard**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 6, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 1.

Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Pra Anagami Yahb.**

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Anagami Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya-Dham Pra Anagami Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya-Dham Pra Anagami Yahb**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 6, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 1.

Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Pra Sagidagami La-Eard.**

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Sagidagami La-Eard**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Pra Sagidagami La-Eard**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Pra Sagidagami La-Eard**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Pra Sagidagami Yahb**.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Sagidagami Yahb**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Pra Sagidagami Yahb**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Pra Sagidagami Yahb**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Pra Sota La-Eard**.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Sota La-Eard**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Pra Sota La-Eard**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Pra Sota La-Eard**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Pra Sota Yahb**.

Send your mind to look at the opening of the nose of **Kaya-Dham Pra Sota Yahb**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Pra Sota Yahb** Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Pra Sota Yahb** Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Gotrabhu La-Eard**.

Send your mind to look at the opening of the nose of **Kaya-Dham Gotrabhu La-Eard**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Gotrabhu La-Eard**

. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Gotrabhu La-Eard**
. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya-Dham Gotrabhu Yahb**.

Send your mind to look at the opening of the nose of **Kaya-Dham Gotrabhu Yahb**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya-Dham Gotrabhu Yahb**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya-Dham Gotrabhu Yahb**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya Arupa Brahm La-Eard** .

Send your mind to look at the opening of the nose of **Kaya Arupa Brahm La-Eard**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya Arupa Brahm La-Eard**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya Arupa Brahm La-Eard**. Say

"stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 6, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 1.

Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya Arupa Brahm Yahb.**

Send your mind to look at the opening of the nose of **Kaya Arupa Brahm Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Arupa Brahm Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Arupa Brahm Yahb**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 6, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 1.

Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya Brahm La-Eard.**

Send your mind to look at the opening of the nose of **Kaya Brahm La-Eard**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Brahm La-Eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Brahm La-Eard**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear

point.

Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 6, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 1.

Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya Brahm Yahb**.

Send your mind to look at the opening of the nose of **Kaya Brahm Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Brahm Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Brahm Yahb**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop

Stop in the middle of Duang-Dham 6, see Duang-Dham 5.

Stop in the middle of Duang-Dham 5, see Duang-Dham 4.

Stop in the middle of Duang-Dham 4, see Duang-Dham 3.

Stop in the middle of Duang-Dham 3, see Duang-Dham 2.

Stop in the middle of Duang-Dham 2, see Duang-Dham 1.

Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya Dibb La-eard**.

Send your mind to look at the opening of the nose of **Kaya Dibb La-eard**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Dibb La-eard**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Dibb La-eard**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point. Say "stop in stop..."

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya Dibb Yahb**.

Send your mind to look at the opening of the nose of **Kaya Dibb Yahb**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya Dibb Yahb**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya Dibb Yahb**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya Ma-nud La-eard**.

Send your mind to look at the opening of the nose of **Kaya Ma-nud La-eard**, woman left, man right. Say "stop in stop".
Look at the eye socket, woman left, man right. Say "stop in stop".
Look inside the head at the center of the skull of the **Kaya Ma-nud La-eard**. Say "stop in stop".
Look through the throat, down into the abdomen of the **Kaya Ma-nud La-eard**. Say "stop in stop". See Duang-Dham.
Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.
Send your mind stop at the center of tiny clear point. Say "stop in stop...".

Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn

Sequence 6 Duang-Dham.

Say stop in stop
Stop in the middle of Duang-Dham 6, see Duang-Dham 5.
Stop in the middle of Duang-Dham 5, see Duang-Dham 4.
Stop in the middle of Duang-Dham 4, see Duang-Dham 3.
Stop in the middle of Duang-Dham 3, see Duang-Dham 2.
Stop in the middle of Duang-Dham 2, see Duang-Dham 1.
Stop at the center of Duang-Dham 1, the tiny point at the center of Duang-Dham 1 spacing out.

See **Kaya Ma-nud Yahb.**

Send your mind to look at the opening of the nose of **Kaya Ma-nud Yahb**, woman left, man right. Say "stop in stop".

Look at the eye socket, woman left, man right. Say "stop in stop".

Look inside the head at the center of the skull of the **Kaya Ma-nud Yahb**. Say "stop in stop".

Look through the throat, down into the abdomen of the **Kaya Ma-nud Yahb**. Say "stop in stop". See Duang-Dham.

Send your mind stop at the center of Duang-Dham. Say "stop in stop". See the tiny clear point.

Send your mind stop at the center of tiny clear point.

Finishing

Visualize the tiny point spacing out.

Use your mind to unify all Kaya-Dham's to become single Kaya-Dham Pra Arahat, the Buddha image, very clear, very bright.

Send your mind to look at the opening of the nose of Kaya-Dham Pra Arahat. Woman left, man right. Say in mind "stop in stop".

And then move your mind to look at the eye socket of Kaya-Dham Pra Arahat, woman left, man right. Say in mind "stop in stop".

Then look inside the head at the center of the skull of Kaya-Dham Pra Arahat. Say in mind "stop in stop".

And then look through the throat to the center of the body of Kaya-Dham Pra Arahat. Say in mind "stop in stop". See Duang-Dham.

Send your mind stop still at the center of Duang-Dham. Say in mind "stop in stop". Visualize the tiny clear point.

Send your mind stop still at the center of the tiny clear point, say in mind "stop in stop...".

Visualize Duang-Dham of Kaya-Dham Pra Arahat and the whole body of Kaya-Dham Pra Arahat to be clear and to be bright all the time, when we are standing, walking, sitting or even when we open the eyes.

Keep meditating for a while and then we can take a rest.

####

WORDINGS

Sam-ma A-ra-hang	Chanting which means the "Rightfulness, away from evils"
Duang-Dham	Mind sphere which looks like crystal sphere
Kaya	Body
Kaya-Dham, Dhamma-Kaya	The most inner bodies, real body which looks like Buddha image look.
Wa	The length of one full arm-stretch
Ton-Tart	The ruler of the space of three
Dub A-tid-tarn Torn Pa-ti-harn, Torn Pa-ti-harn Dub A-tid-tarn	Extinguish the evil curse – remove evil miracle, remove evil miracle – extinguish evil curse
Nibban	Nirvana, Nibbana