

The Buddhist Healing Temple: Wat Trivisudhidham

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Preface:

Recently, I came back from a Buddhist temple where I spent three weeks, having gone there to cure a few physiological problems. I faced those during our summer holidays in Germany, some months before, and I consulted two medical doctors in Hamburg, because one of my staff members had serious pain due to herpes that had affected her whole body. After a kidney check, the doctor (indicated) Acyclovir, being medicated that treats infections caused by the herpes viruses. She was to take these tablets for maximum of two months. After returning to Thailand, and the passing of time, the same severe pain had returned again. The herpes condition was not healed.

Background:

The mother of my staff member worked as teacher. After retired without any salary, she volunteered her time at **Wat Trivisudhidham**. This, I could say, is a "healing and working" temple.

The healing procedure there is based on meditation, chanting, herbal medicine, massage, advice and personal talks. My staff member went there and became totally healed. This result gave me hope.

My personal issues:

The list of my ailments was long: After two and a half years, a surgical wound wasn't healed. Also, after contracting Dengue Fever and a viral disease called chikungunya, my hemoglobin was damaged, so I had to live on oxygen. Also, my blood pressure was very high. Plus, I had an enlarged prostate, arthritis and osteoporosis.

In addition, my right knee had caused trouble as I could not move the knee-joint. At the same time, I had a stent implant in my heart. Therefore, I had numerous problems, and it was only after the consumption of many tablets that my body seemed to come alive and react normally.



The result after three weeks:

After three weeks at the healing temple I **was free of pain**, the surgical wound was closed although not fully healed, my blood pressure without medical support was constant at approximately 130/80, my pulse was 80, my urine was running well, not like a young boy, but less serious than it was before.

The success of healing was proven by me, being able to take a long walk through the mountains where I live. I am thankful for all of that, including the return of a feeling of happiness.

Note that the healing process at that temple was managed through carefully-prepared food. As a result, my body weight reduced from 114 kg to 106 Kg, and I should put that into context by stating that my height is 189 cm. In summary, the result of my healing was much better than I had ever hoped.

Method of Healing:

The objective of healing, I believe, is to have a *"clean heart"* and that will lead to a new life afterwards, being one without any of the habits that had supported previous illnesses. Or, in simple words: *"Heal your mind so you will be healed"*.

By saying this, I believe that all sicknesses are based on what are running in the mind. For instance, consider unhealthy thinking such as hate, animosity, a lack of loving, all kinds of drug, miserliness, resentment, jealousy, egoism, greed, and much more. Everybody knows their own inadequacies and can see these in other people, too. Most people will even go so far to admit that such thinking does have a negative impact upon their lives.

In my case, to step away from the burden of mental elements that made me sick, I can admit that I had to use all of my energy to find my personal grounding so that I felt, and could say: *"That's really me!"*

At the temple, during the minimalist healing period of nine days, the patients there had to leave behind all sorts of influences, such as families, partners, children, business interests, bank account issues. Basically, they had to concentrate only on themselves, not looking right or left, not looking at anyone, or anything else.

For instance, a patient had to learn to take care of himself or herself, as I had done to understand only my mind. In this regard, it was very helpful for me to think or speak out the following four ancient Pali words that form the basis for success in a chant that I was repeated over and again, as I did for one hour per day.

CHUN TAH

wholesome aspiration

WI RI YAH

Effort

JIT TAH

observation of the doing

WI MUNG SA

examination

It was also helpful that all people at this healing temple, the temple of hope, **wore white clothes**, such as white shirts, white trousers, and white skirts, doing so day and night. These white outfits give you not only the feeling of being a member of a great family, the white clothes also let you know *"I am protected, protected by Phra-Ajarn-Yai, (the main monk there). He takes care of me. He knows me"*.

Helpful measures for the way to find myself:

Very helpful for me, as well as others at the temple, was a strict schedule that laid out the program for each day. To begin, we were ordained with the eight precepts, or rules, of a Buddhist nun and had promised to fulfill the "**Law of Temple**" without any compromises. For instance, we lived in accordance with the set routine, as follows:

03:00	Wake up
03:30	Healing session
04:00	Chanting and Meditation
06:00	Alms offered to monks
06:30	Pouring water with a prayer, such as <i>"Forgive me like I am willing to forgive"</i>
07:00	Receiving herbal medicine
08:00	Ceremony - first meal of the day after food is given to monks
08:20	Pouring water with a prayer, such as <i>"Forgive me like I am willing to forgive"</i>
08:30	Breakfast (and to enjoy the meal like it was healthy medicine)
10:00	Yoga and breathing exercises
11:00	Second and last meal of the day
13:00	Talks about Buddhism and meditation
16:00	Massage and healing
18:00	Receiving herbal medicine
19:30	Chanting and meditation
22:30	Pouring water with a prayer, such as: <i>"Forgive me like I am willing to forgive"</i>
23:00	Sleeping time

You might consider this to be quite a chore. But, I managed quite well and I am 80 years old.

The Eight Precepts:

The Eight Precepts are rules for Buddhist lay men and women who wish to practice Buddhism more strictly than through adherence to the usual five precepts. The eight precepts focus both on avoiding morally bad behavior, as do the five precepts, and on leading a more ascetic life. The Buddha taught how the eight precepts are practiced on the right and wrong ways of practicing the eight precepts.

1. I undertake to abstain from causing harm and taking life (both human and non-human). **Means: Don't kill.**
2. I undertake to abstain from taking what is not given (for example stealing, displacements that may cause misunderstandings). **Means: Don't steal.**
3. I undertake to abstain from sexual activity. **Means: No Sex.**
4. I undertake to abstain from wrong speech: telling lies, deceiving others, manipulating others, using hurtful words. **Means: Don't speak badly or lie.**
5. I undertake to abstain from using intoxicating drinks and drugs, which lead to carelessness. **Means: Keep your mind clear.**
6. I undertake to abstain from eating at the wrong time (the right time is after sunrise, before noon). **Means: don't eat after lunch.**
7. I undertake to abstain from singing, dancing, playing music, attending entertainment performances, wearing perfume, and using cosmetics and garlands (decorative accessories). **Means: Be normal.**
8. I undertake to abstain from luxurious places for sitting or sleeping, and overindulging in sleep. **Means: Practice simple life.**

Personally remarks:

For a Western-orientated person, like me, it was inconceivable that people could be healed without pharmaceutical products, without medical instruments and without laboratory measurements. I understood very quickly that the healing process must be initialized by me. All those patients receive from Western medicine is an aid. Worse, still, people die in hospitals because of mistakes that are made there. I am reminded, here, of what my brother wrote. He is a medical doctor and Professor at a German University Gießen. He stated "*In Germany, sick people come to any hospitals and, later they go home and are still sick*".

About all of my experience, my neighbor on Koh Samui is a Professor Emeritus, and heart surgeon, from the University of Heidelberg had remarked "*The healing method of Wat Trivisudhidham is a logical way of healing*", and that is based on two basic rules for people to consider: "*Heal your mind so you will be healed*", and, "*All are lying in your own hands!*"