



NGALSO
Path to Enlightenment

Great Mothers - Element Practice Lama Gangchen Rinpoche

This text is a slightly edited transcription of a speech given by Lama Gangchen Rinpoche at the Kunpen Lama Gangchen centre, Milan, Italy on October 10, 1996.

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After the element purification practice (not recorded), Rinpoche gives the transmission and translation of the following mantras:

Lama Jungwa Namkha Tagme Yumkye Rangshin Khyen

Great Omniscient Mother whose pure nature is the element of space.

Lama Jungwa Sa Tagme Yumkye Rangshin Khyen

Great Omniscient Mother whose pure nature is the element of earth.

Lama Jungwa Lungyi Tagme Yumkye Rangshin Khyen

Great Omniscient Mother whose pure nature is the element of wind.

Lama Jungwa Chu Tagme Yumkye Rangshin Khyen

Great Omniscient Mother whose pure nature is the element of water.

Lama Jungwa Ram Tagme Yumkye Rangshin Khyen

Great Omniscient Mother whose pure nature is the element of fire.

So, **Lama** means guru, master, guide or like doctor. **Jungwa** means element. **Namkha** means space. **Tagme** means pure. **Yumkye** is the consort (**Yum** is the female aspect). **Rangshin** means nature and **Khyen** means all-knowing or omniscient.

Usually the element purification in Self-Healing is EH YAM RAM LAM BAM. This is the normal purification. The one we did now, the Environment practice, is a particular purification for the element winds, but for example the space element is blue, the same. Then with YAM RAM LAM BAM the colour is also the same, but the position, where the element winds are living in the chakra is different. Why? Because in the normal purification we are not putting emphasis on the aspect of the Mothers it is on the Dhyani Buddhas - in this practice it is the Element Mother that manifest. Just now we did not do requesting, no manifesting, we just made the purification of the five elements. Then we made a specific request to manifest the Supreme Healer Mothers at each chakra. The crown is the place of Vairochana, white colour, but his consort, Vairochana's wife, is the space element and so it is blue. The colour of the consort refers to the element not to the Buddha. It's not the same. So, Amitabha's consort is the same colour - red. Amitabha is red and the consort is red. The Element Mother is red. Then Akshobya is usually blue but the Mother or Akshobya's wife or consort, is white - this means the water element. The next one is the wind element, manifesting as Amoghasiddhi's wife, consort. Wind is green colour so both are green. Both are green but the place is different, the wind element is at the navel chakra. Then the next one is Ratnasambhava, who is at the navel chakra in Self-Healing, but now we are talking of the Element Mother, Ratnasambhava's wife, is living there in the secret chakra. Colour is yellow. We can visualise the Mother alone, she is the colour of the element or together with the consort.

The Dhyani Buddhas are Vairochana white, Amitabha red, Akshobya blue, Ratnasambhava yellow (in the secret chakra) and Amoghasiddhi green (in the navel chakra). The Element Mothers are Space Mother blue, Fire Mother red, Water Mother white, Wind Mother green, Earth Mother yellow. They are different manifestations of energy.

If we do this practice quick it is like we did just now, but please remember this is just a short way. Actually if we do the long way we need PAM LE PEMA, then seed syllables, then manifesting symbols, then manifest the Element Mothers at each chakra. But we can do it quickly - it's like a miracle manifestation. It's like when we call someone - hey you come here - even if we do like this, a very direct way, the person still arrives. The person is still coming. So we can start simply by asking the Mother to please come here. Then, if we do this there is no need to do the whole process of the visualisations.

Lama Jungwa Sa Tagme - so suddenly coming the Earth Mother when we repeat. No mistake. This is important. We are making purification of the subtle element winds. This Mother is inside us, you know the 5 winds: *kyabje (all-pervasive)*, *sogdzin (life-sustaining)*, *kengyur (upward-moving)*, *namne (fire-like)*, *tursel (downward-moving)* are manifesting in this way the 5 elements.

Read the Making Peace with the Environment book, it is all explained there. People think that environment means only outer environment. Our inside environment, that means inner habitat, is also important. Outer habitat is important but our inner habitat is more important. The United Nations make meetings to speak about habitat, they are talking about making this and that project and so on. But when I spoke at a meeting about the inner habitat it was much more interesting for them, much more feeling, much less boring.

Self-Healing is emphasising mostly chakras, channels, the Five Buddhas and speaking a little bit about bodhichitta, but not so much. If we read the book deeply then we will find everything. If we just look one time and think “I know the book”, then we will just find a practise going from up to down in the chakras - that’s nothing! If we read deeply - channel, chakra, bodhichitta, environment - then we can find out everything. Inside the Making Peace with the Environment book it is particularly speaking more about the 5 winds system and how the Mothers manifest. This is our inner habitat and what exists in it, so it is very important. We’re speaking about this inner mandala, and bodhichitta. If people need more then we need to make another book about how to develop bodhichitta. Example, how to develop bodhichitta in the night, or in the morning or during dreams. Also we need explanations on how to maintain bodhichitta. There are also many levels of bodhichitta, like many levels of channels, chakras and winds.

Example, Yamantaka means destroyer of death. This is a big point to choose to put there. What does it mean? If we are practicing Yamantaka it means destroying death also by destroying sickness, destroying all the interferences. You know wisdom power is more powerful than a bomb! This healing system has many possibilities to share with this world. But to develop these methods for this world we need time, need friends, need the right conditions.

What kind of suffering we have in this world we need to create the opposite - an antidote. I would like to write how we can help all these suffering people through meditation, recitation, exercise... I would like to do something. Example, how do we help people with cancer? I would like to give a message to these people - diet way, exercise way, how to relate with doctors, doctors what to do, how to relate with family and family what to do, what meditation to do, what image to use, what visualisations. We can give this message in a cassette or as a movie. I would also like to do something for women and female energy. We are speaking a lot about these things in this world but only superficially. We don’t talk profoundly about this, about the reality of it. If we only look at things superficially how is it possible to win? Not possible. If we speak deeply about these things then a real interest will develop - why do we have to do this and that?

Please understand what we are doing, what I'm doing, what you are doing... If we don't understand the true meaning then at some point we see everything negative - this is wrong, this is wrong, that is wrong... we will find many wrongs, then the mind is going down. This is a problem of modern society. Not easy this kind of thing. It means that on one side people like freedom: I don't like anybody to take care of me, I don't want to follow. Even mamma and papa giving advice we don't want to follow, husband says something - we don't follow, wife says something - we don't follow. Why? We have fear. We are scared. This is one side. On the other side we are always looking for someone to guide us, someone to take care of us - almost everyone is looking... Even if people say: I don't believe, I don't want to follow anyone...da da da, this is absolutely not true. Everyone is looking for someone to guide them, to take care of them. Example, we don't believe what mamma says, what papa says. We think: I don't need anyone, my friends say this but I don't believe, my boyfriend says this but I don't want to do, my girlfriend says like this but I don't want, I like to do by myself. This is the nature of our modern society, our mind grows up like this. But if we really, really look, everyone is looking for someone to guide them. Everyone is searching for refuge but not refuge in the sense of NAMO GURUBYE or doing 3 prostrations - they are looking for real refuge. Maybe we don't understand what we are doing here in centre, but we can feel a special kind of energy. While we are in samsara we will always find someone who criticises - this is wrong, this is no good. Please understand what we are doing, what you are doing.

We have to give examples so that people become interested in a new kind of solution, a new kind of business. If we understand what we are doing our minds will be full of positivity. This is not speaking negatively, I'm just giving an example. There is always something wrong and something right. Whatever we follow, we will always find something positive and something negative! Buddha and his brother were living together - everyday the brother saw only negative with Buddha. Here, we are making nice things. Nice things means we are giving positive and interesting examples to this world, whatever people are doing we are showing new ways.

If you are following all my programme and practices or you just need good advice, I want to give you what you need. I want to be of benefit. If something is not beneficial for this world I don't want to put my energy there. We have to develop ego - like pride - in what we are doing, in how our group is developing. We need to look and see what we are doing on the national and international level. Example, the Spiritual Forum is something very difficult to realise - to have all the spiritual traditions together is the most difficult thing - but already in Chile, Argentina, Miami and Amazon there are local meetings every month. So please understand what we are doing. If we don't understand then we see things full of wrong, if we understand we will be filled with positive energy!

**NYIMO DELEK TSEN DELEK
NYIME GUNG YANG DELEK SHIN
NYINTSEN TAKTU DELEK PEL
KUNCHOK SUM KYI JIN GYI LOB
KUNCHOK SUM KYI NGOE DRUP TSOL
KUNCHOK SUM KYI TRA SHI SHOK**