

ངལ་གསོ



NGALSO
Path to Enlightenment

Self-Healing II

Lama Gangchen Rinpoche

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Welcome to all the people here. The new Self-Healing sadhana is not yet finished but we will use what we have today. Even though working people did not sleep last night, it's still not finished, sorry, it's a little bit late but these people are very kind to work for this. Actually I wanted to talk about our subject today in Tibetan, so for this Dr Pasang is very kind to be present. This is so I can transmit precisely these teachings, our lineage, for the future. But if I talk in Tibetan then also too long, we only have two precious days. So I will speak my special English, generally nobody understands but my friends understand because they are all the time with me and they are kind to understand. Sometimes I listen to my English, in some video, and I don't understand my English. Anyway somebody understand! Maybe this is by the blessing of Buddha, maybe feeling, maybe essence of teachings, I don't know. So working people not only one night but many nights they are very kind to working - now we like to show 3 weeks work, all what I'd like to say is inside. Even if we have this book it is a very big subject, very big, and very difficult to understand immediately, even if we read one time - we need read a lot of times. This morning one time I will show how to do the short exercise. What does it mean? How we do the mudra and position? Why are we doing this exercise? This afternoon, with the book, I will make briefly an introduction to you, short way, not long way. I will teach you this morning the real essence of what we are doing. I told you already in 2 days we cannot finish this course, in the future we need to make a more detailed course. Together we need to make a very precise, very deep, course. Also you can learn from the book. But learning is not enough we also need to really practice, to have the lineage and energy. Today I will show you generally everything.

Why do we need tantric exercises? Why do we need this practice? We need them because we have many different body, mind, speech and chakra blockages. We are full of negativity and blockages on the physical and mind level. Our ignorance is very deep but

we also have pollution and a lot of temporary way blockages. All the channels are blocked and polluted by negativity, by environment pollution... so we have these knots of negativity that make it difficult for us to develop. Our natural mind is completely in the prison of all our inner negativity and pollution. Our mind likes freedom, to get this we need to wake-up our buddha-nature but it is very difficult. Our mind is completely imprisoned. We need to try to get this freedom, then all samsara is coming positive, If not we have negativity in each and every moment. In every situation we have blockages: when we touch, when we talk, when we go, when we leave, when we sleep - we have difficulty all the time. We need healing to overcome all these difficulties in our chakras. I am here tradition way sat on the throne, it's like I'm looking at you down in the samsara ocean, you also need this experience to see many people suffering and try to awaken your buddha-nature from this state to help others liberate themselves from all kinds of suffering. This is why we are doing this practice to wake-up and open the channels and chakras, to awaken our inner buddha-nature to help others to escape from their suffering.

So now I want to talk about the practice. We have 3 channels: one centre, one right, one left. Then there are 5 points that we call chakra. Place of energy. These chakras have both positive and negative energy, if negative way they are blocked and then we get also physical problems. These blockages are connected to both physical and mental sickness. Example, if we have crown chakra blockage we get phlegm sicknesses. All of these five points are connected to sickness. If we exercise the chakra, move and open the energy, then we can more easily cure sickness, both physical and mental because they are connected. It is very useful to make body and mind exercises together. If we don't free this energy we experience many types of problems. With this practice we can purify and free this energy. Everything we experience - good or bad - depends on these energies that flow in the subtle body.

It is possible by tantra, by powerful lineage, to get physical and mind liberation - then our energy will be like a pure crystal. We call this pure crystal form. In Tibetan we say NgalSo. Ngal means very tired, So means recover. Now we will continue the practice, then you can feel it. If you understand about the chakras and channels or not - the important thing is to feel it, feel the sensation. If you don't exactly understand about the chakra, by tantric power the practice will still be beneficial. Example, a beggar has many, many different methods to ask money, we always understand he needs money, but if a simple beggar with not so much knowledge puts out his hand we still understand he needs money. So Buddha's kindness is to both those who understand chakra and those with no understanding - it is anyway beneficial. Through tantric power and the blessing of the guru, through the mantric vibration and mudra vibration we will receive the effects of the practice.

So, in the beginning we have purification practices. In the book there are 7 different purifications. We do this before the chakra exercises. Now we will do a few purifications. So the first purification is to make the 3 channels clean, maybe we do little bit of meditation together. The mantra: TAYATHA OM GATE GATE PARAGATE PARASAM GATE BODHI SOHA - is sutra way purification.

TAYATHA OM GATE GATE PARAGATE PARASAM GATE BODHI SOHA (x3)

Now I will do tantric mantra. *Rinpoche reciting.*

Now third purification is all seed syllables together.

**OM VAJRASATTVA SAMAYA MANU PALAYA
VAJRASATTVA TENO PA TISHTA DRIDHO ME BAWA
SUTO KAYO ME BAWA SUPO KAYO ME BAWA
ANURAKTO ME BAWA SARWA SIDDHI ME PRAYATSA
SARVA KARMA SUTSA ME TSIT TAM SHRIYAM KURU HUNG
HA HA HA HA HO BHAGAVAN
SARWA TATHAGATA VAJRA MAME MUTSA
VAJRA BAWA MAHA SAMAYA SATTVA AH HUNG PHET**

Now fourth meditation. The OM AH HUM letters are coming one-by-one inside. First is OM. OM is coming inside our channels and our body, inside our subtle body and mind. This energy and mantra vibration is going everywhere. You know this is like our telephone system - we are calling from here to America and we can hear by vibration. Tantric power is more than this, more, more, much more, than this example. So the OM vibration is coming inside our body and mind, physical body, subtle body and mind - this OM is going inside everywhere. It purifies all negativity and makes clean and clear like Vairochana energy.

Then letter AH. The essence of AH lives inside our heart chakra. Generally speaking you know the letter AH is our natural mind, in there is our buddha-nature. But now it is very dirty so we need to make letter AH clean and clear. We do this by starting with the letter OM that enters and purifies, then the AH that lives in our heart chakra becomes more brilliant. Our natural mind that is hidden is very perfect, it is like crystal. This crystal is very dirty now, so we need to make it clean and clear.

Then the third letter is HUM. HUM vibration is even more powerful to destroy interferences and difficult to solve problems. HUMMMMMMM vibration keeps all the positive energy inside, in the letter AH.

After the HUM enters, we say the syllable PHET which is like the energy of Vajrapani that has the power to eliminate in a wrathful way all these negativities and send them out of the body. OM is the purification of Vairochana, HUM is that of Akshobya. AH is Amitabha.

Anyway now we do together one time this practice. First repeat OM like you know little bit long OMMMMMMMMM. Then after that AHHHHHHH, then HUMMMMMMMMM. Then PHET. Now we need to do together with sound, with singing. Meditate.

OM AH HUM PHET

Our 5 points, 5 chakras: body chakra, speech chakra, mind chakra, action and quality chakras. These chakras are related to our body, mind and spirituality, so we need transform them. We need to purify the 5 elements - the negative need to change to positive - both

inside and outside. EH means space at the crown, YAM means wind at the secret chakra, RAM means fire at the navel, LAM means earth at the heart, BAM means water at the throat. So how does this purification happen? From Guru-Buddha is coming his pure EH energy to our EH, pure YAM coming to our YAM which is very dirty, our wind element is very dirty. The holy guru's pure energy is coming to purify and clean our 5 elements. EH YAM RAM LAM BAM. Now we will do short mantra, five times. The main point is Guru-Buddha is manifesting the pure five elements energy to try to help your chakras - physical and subtle body and mind purification.

EH YAM RAM LAM BAM SHUDDHE SHUDDHE SOHA

One by one each element need meditation. You can repeat 5 times or just once. If you are busy one time is enough. Anyway even we have EH as the principal element, space, all the 5 elements are there. Each place has all the 5 elements. Example secret chakra has all the 5 elements, but the principal one is wind. Generally they are all related, so we need the mantra 5 different times. You understand? Our body is all connected from up to down. So when we purify one element we also imagine that the other elements are getting purified.

EH YAM RAM LAM BAM SHUDDHE SHUDDHE SOHA

Until now in our chakra we have lotus knots, it is all blocked. So by tantric power method we need to open on physical, mental and subtle levels - we need to open all. These knots, we need to open. So we make this lotus opening mudra so the knot finally opens. We make this mudra 5 times. We are doing from down, secret chakra, to up, crown chakra. First PAM LE PEMA, then colour like SERPO, JANGKU, NGONGPO, MARPO, KARPO. Anyway this is not important, what is important is inside the chakra that the blockage comes complete open - so this we do by meditation, by concentration, by mantra vibration, mudra and lama's blessing. We need open all our chakras. Generally the five poisons are living in our chakras, this is making blockages and knots. These five poisons we need to move by tantric power. These five poisons are related to our physical sickness and mental disturbances. All these things have some relation to our chakra, some here at the heart, some here at the crown... So we need to transform slowly these blockages into positive qualities like a very soft lotus. We have a knot blockage here at the crown, here a knot at the throat, here a knot at the heart, here knot... we need to open all these knots. So we need repeat the mantras, first we need PAM LE PEMA JANGKU at the down chakra. The lotuses are the Five Dhyani Buddhas colours. The colour of the 5 wisdoms. Anyway explanation is coming after.

**PAM LE PEMA JANGKU
PAM LE PEMA SERPO
PAM LE PEMA NGONGPO
PAM LE PEMA MARPO
PAM LE PEMA KARPO**

Now in the 5 lotus coming OM AH HUNG SO HA. Five letters, seed syllables of Five Dhyani Buddhas. If you have space then mudra a little bit more like this. *Showing mudra*. Coming not only the letters, but the energy of the holy buddhas is coming to transform our own OM AH HUNG SO HA. The energy from the lamas here in front is coming to your chakras and putting pure energy there. Fixing energy there. Like a mechanic. Need recite 5 times. One-by-one. Meditate well.

OM AH HUNG SO HA

Now again we need to go from down to up. We will read one time English from the book then one time Italian. Sorry I'm not reading English - I'm 7th century person!

The Five Dhyani Buddha generate Healers from their seed syllables and symbols, granting their particular blessings of method and wisdom to heal, purify and transform the negative energies of body and mind of each chakra into blissful pure Buddha energies.

Amoghasiddhi, secret chakra

HRI LE NATSO DORJE JANGKU HRI

From Hri arises a green double dorje marked by Hri

Ratnasambhava, navel chakra

TRAM LE NORBU SERPO TRAM

From Tram arises a yellow precious jewel marked by Tram

Akshobya, heart chakra

HUNG LE DORJE NONGPO HUNG

From Hung arises a blue vajra marked by Hung

Amitabha, throat chakra

AH LE PEMA MARPO AH

From Ah arises a red lotus marked by Ah

Vairochana, crown chakra

OM LE KORLO KARPO OM

From Om arises a white dharma wheel marked by Om

Now we do the practice one-by-one. Before we made OM AH HUM SO HA moving from up to down, now this time we start from down.

HRI LE NATSO DORJE JANGKU HRI

TRAM LE NORBU SERPO TRAM

HUNG LE DORJE NONGPO HUNG

AH LE PEMA MARPO AH

OM LE KORLO KARPO OM

We already put the seed syllable there, this seed syllable developed to a sign, a holy sign like the jewel, now this sign we need to transform into the Dhyani Buddha. Now we start at the crown chakra and go down: OM KORLO NANGDZE DORJE, AH PEMA CHO DORJE, HUNG DORJE MIKHYO DORJE, TRAM NORBU RINCHEN DORJE, HRI

NATSO DORJE TONYON DORJE. Now inside the chakras the Five Dhyani Buddhas are coming. This afternoon you will understand more, it will be more clear. Vairochana mudra this one, ok mudra. Second one is Amitabha, more easy - meditation mudra. Third one Akshobya and this is touching earth mudra. Then fourth is Rinjung, Ratnasambhava - generosity. Giving mudra. Then after Amoghasiddhi, protection mudra, helping you overcome fears. Each one there is a quality. You need to feel the Five Dhyani Buddhas. So we do visualisation and mudra. Anyway you will feel it. You will feel like it's touching you. If we touch here (*Rinpoche touching heart*) we feel it - other person doesn't feel it. So you need to feel the Five Dhyani Buddhas in your chakras.

OM KORLO NANGDZE DORJE
AH PEMA CHO DORJE
HUNG DORJE MIKHYO DORJE
TRAM NORBU RINCHEN DORJE
HRI NATSO DORJE TONYON DORJE

Now we have the Five Dhyani Buddhas in our five chakras. So now we repeat the Five Dhyani Buddhas mantra one by one. This is the actual practice. In the sadhana there is an explanation about the meaning, what we need to request to Guru-Buddha, so we will repeat this. We repeat mantra five times each with mudra. All this Five Dhyani Buddha things we request: please my guru... We go from down to up chakra.

OM AH AMOGHASIDDHI HUNG HUNG
OM AH RATNASAMBHAVA HUNG HUNG
OM AH AKSHOBYA HUNG HUNG
OM AH AMITABHA HUNG HUNG
OM AH VAIROCHANA HUNG HUNG

Please, Lama Nangdze Dorje Khyen

Please Guru Shakyamuni Vairochana, All Knowing One, You who are the King of the Wheel Buddha Family, supreme healer and specialist in healing all forms.

In this kaliyuga time, when the beings of this samsaric world are rushing and have lost inner peace and whose minds are greatly disturbed; tormented by countless dangerous physical sicknesses, famine, war, pollution and natural disasters. You who are the only healer and supreme protector, what I am doing I really do not know, so please reveal the right path to me.

With your love and compassion:

Please cut my attachment to samsara and bless me to develop complete renunciation.

Please cut my self-cherishing attitude and bless me to develop pure bodhichitta.

Please cut my ignorance and wrong views and bless me to develop the perfect view of the middle way.

Please cut my clinging to ordinary appearances and conceptions and bless me to develop divine pride and clear appearance.

Please cut my impure energy winds and bless me to develop isolated speech and mind, the illusory body, clear light and union.

Please, by your particular tantric power and mantra vibration, quickly protect and heal me. Help me to develop my Vajrayana Self-Healing power and by this power may I help and heal many beings.

Please Guru Buddha Vairochana, with your special qualities, heal all my sicknesses related to my crown chakra, our brain disease, wind and phlegm diseases and general infections.

Please, purify my body negativities, broken body samaya and damage form aggregate. Please my Guru heal my craziness, subtle wind disturbances and revitalise my life-sustaining wind.

Please, Guru, repair my body wisdom computer damaged by the pollution of negative information and the mental and physical computer virus of mistaken actions.

Please recharge my physical atoms, cells and spiritual wisdom.

Please my Guru purify my form aggregate and grant me vajra touch.

Please my Guru purify the stains of my pig-like ignorance, following my ignorance is too expensive, please cancel my debt or at least help me to cut down and economise and develop intelligence.

Please my Guru help me to manifest the exalted mirror-like wisdom and grant me the power to accomplish peaceful actions.

Please my Guru grant me all the Buddha's holy body and energy, bless me to become a healer for all sentient beings and take responsibility for their development.

To achieve the healing realisations of Vairochana, I must keep an interest in the six samayas or commitments of:

- 1. Taking refuge in the Buddha.*
- 2. Taking refuge in the dharma.*
- 3. Taking refuge in the sangha*
- 4. Refraining from destructive actions.*
- 5. Practising positive actions.*
- 6. Doing anything that benefits others.*

Please Guru Shakyamuni Vairochana, All Knowing One, bless me to be able to accomplish all this.

OM AH VAIROCHANA HUNG

Now we need to repeat mantra. We ask, request, wish to heal our particular sicknesses, particular mental damage. Meditation.

OM AH VAIROCHANA HUNG

So now next Amitabha, OM AH AMITABHA HUNG, so please listen well because we will repeat relative body sickness. The book is very important, it explains the relation between the mental and physical.

Amitabha Supreme Healer of the Throat Chakra

Please Lama Cho Dorje Khyen

Please, Guru Shakyamuni Amitabha, All Knowing One, King of the Lotus Buddha Family, supreme healer and specialist in healing unclear perception.

In this kaliyuga time, when the beings of this samsaric world have lost inner peace and whose minds are greatly disturbed; tormented by countless dangerous physical sicknesses, famine, war, pollution and natural disasters. You, who are the only healer and supreme protector; what I am doing, I really do not know, so please reveal the right path to me.

With Your love and compassion:

Please cut my attachment to samsara and bless me to develop complete renunciation.

Please cut my self-cherishing attitude and bless me to develop pure bodhichitta.

Please cut my ignorance and wrong views and bless me to develop the perfect view of the middle way.

Please cut my clinging to ordinary appearances and conceptions, and bless me to develop divine pride and clear appearance.

Please cut my impure energy winds and bless me to develop isolated speech and mind, the illusory body, clear light and union.

Please, by your particular tantric power and mantra vibration, quickly protect and heal me. Help me to develop my Vajrayana Self-Healing power and by this power may I help and heal many beings.

Guru Shakyamuni Amitabha, All-Knowing One with your special qualities, heal all mental sicknesses related to my throat chakra, lungs, colon, liver, and speech problems and revitalise my upward-moving wind.

Please my Guru purify my speech negativities, broken speech Samaya and damaged discrimination.

Please my Guru purify my longing desires, suffering, inner fighting and limitless craving.

Please my Guru repair my speech wisdom computer damaged by the pollution of negative information and the computer virus of speech negativity.

Please recharge my physical atoms and cells and my spiritual wisdom energy.

Please my Guru purify the stains of my chicken-like attachment. Following my attachment is too expensive, please lessen my debt or at least help me to cut down and economise and develop the quality of contentment.

Please my Guru purify the aggregate of discrimination and grant me vajra smell.

Please, my Guru, help me to manifest the exalted wisdom of discriminating awareness.

Grant me the power of controlling actions.

Please, my Guru, grant me all the Buddhas holy speech energy.

Please bless me to become a guide and healer for all mother sentient beings and to take responsibility for their development.

To achieve the healing realisations of Amitabha, I must keep an interest in the three samayas of:

- 1. Upholding the sutra teachings.*
- 2. Upholding the two lower classes of tantra.*
- 3. Upholding the two higher classes of tantra.*

Please Guru Shakyamuni Amitabha, All Knowing One, bless me to be able to accomplish all this.

OM AH AMITABHA HUNG

Now we repeat the Amitabha mantra.

OM AH AMITABHA HUNG

Now these 2 Dhyani Buddhas qualities, energy and wisdom we made in all the chakras through wisdom method, movement and mantra. Now we stop for lunch, but before we stop we will do OM MANI PEDME HUM - chakra up to down then down to up. Then MAHA SUKHA, then dedications. This afternoon we will continue with the other 3 Dhyani Buddha.

OM MANI PEDME HUM
OM MANI PEDME HUM

Now, this bliss energy we need to keep in each chakra and particular in our heart chakra so we don't lose this energy. We lose a lot of energy, this is no good. We need to keep it in our spiritual bank at the heart. Down first then up, then we finish at the heart.

OM MAHA SUKHA HUM

Now the dedication is OM BHISHWA SHANTI HUM. We repeat in Sanskrit, then after that English. With our mind, our heart, always here.

OM BHISHWA SHANTI HUM

By the power of the truth peace and bliss forever.

Day and night, in each moment we are doing negativity, in every moment, so it is not possible to get realisations and positive energy - no chance! But, by the power of the 3 jewels, love and compassion, love for all beings, particularly in Kaliyuga time when the holy beings have more compassion it is possible to get all these realisations, wake-up our mind and open our channels. By the kindness of the 3 buddhas this is possible.

Nyimo delek tsen delek
nyime gung yang delek shin
nyintsen taktu delek pe
kon chok sum gyi jin gyi lob
kon chok sum gyi ngoe drup tsol
kon chok sum gyi tra shi shok

At dawn or dusk, at night or midday, may the three jewels grant us their blessings. May they help us to achieve all realisations and sprinkle the path of our lives with various signs of auspiciousness.

Tashi Delek.

Afternoon

People working very hard all day and even whole night no sleeping. Very good motivation for work. Thank you very much. This is really motivation for world peace and inner peace, so together with this dedication I also like to do a blessing for this book. Who likes can buy Italian book, I have only 7 books in English. Anyway my opinion is now, this moment, you don't need to look many papers, you need to listen, to meditate. This is more important. Book you can take home after, this is better. Anyway now I like to make blessing this book. This is not a normal book, it's working inside the chakras. We need to work inside chakra. So book needs really sensation, like mantra and mudra. So, it's very important to make blessing. This in reality is a sacred book, but it's open and really direct, everything's easy. In Tibet we have a lot of long sadhanas - whole day need reciting, need a lot of chanting. Now we recite simple mantra PAM LE PEMA, then it's like I am Vairochana. Exactly. In ancient India, they also didn't have sadhanas like Tibetan lamas have now, not that long. Just AHAM Vairochana and finished sadhana. They were very good in meditation, they didn't just say the words I'm Vairochana, they really felt it inside. This century we don't have this kind of concentration - many lamas are very kind to make explanations about meditation, about repeating sadhanas but we forget or have no time. If we don't understand buddhas qualities, mantra - these things not really important. Important is that we need to feel Vairochana and so on. Buddha's energy can heal you, help you, important is to feel the energy of the Five Dhyani Buddhas. This is important.

Rinpoche puja to bless the books

Five Dhyani Buddhas, maybe people don't exactly understand, are five pure energies. Completely pure energy. Until now we have five poisons in our body that are the cause-condition for our problems and suffering. To overcome this we need to transform the poisons into the five complete pure energies of the Five Buddhas. These buddhas have five different colours because our 5 poisons have 5 different colour. Like five different crystal energy, 5 different colour. If we can understand this, then we can also understand the Five Buddhas. Why do we have Five Buddhas? Because they are complete pure energy manifesting in different forms. The forms of the buddhas are not really important, what is important is the energy. Now we are dirty, this purification is wisdom-method. This develop, develop, more and more develop, coming accumulation of merit. We have 2 different negativities. This 2 negativity we transform and purify to accumulate merit and wisdom. This 2 develop - coming 2 results, pure wisdom method. Don't think we can only reach this if we are Buddha - it is possible for you to get now similar energy. We are on the path. I already write many things in the book, so you read.

So, this morning we did many purifications. Different way show. Now we do more breathing meditation.

Inner purification, transforming the unbalanced body and mind into a balanced state through the nine round breathing exercise to purify our subtle wind energy.

Sitting in the vajra posture we visualise that our gross physical body, internal organs and bones gradually melt into light and our skin becomes transparent and intangible like a

rainbow. Then make a vajra fist with your left hand and place it under your right armpit. Make a vajra fist with your right hand and extend the right index finger and gently block the left nostril. Visualising the three central channels, breathe in through the right nostril imagining that all holy beings' blessings enter the right channel and absorb into the subtle wind energy at the heart in the aspect of white light. Then block the right nostril and breathe out the left nostril in three short breaths imagining that all our defiled winds of the left side of the body are expelled in the aspect of black smoke. Breathe in through the left nostril and expel defiled winds of the right side of the body through the right nostril. Place the hands in the meditation mudra of Amitabha and breathe evenly through both channels, visualising that all the holy beings' energy enters both the left and the right channels and absorbs into the subtle wind energy at the heart. Concentrate on this until it becomes uncomfortable, then breathe out all negativities, physical and mental sicknesses and defiled winds from the right and left sides of the body, in three short breaths, through both nostrils.

First you you need to collect from the side all the negativity, all sickness, all uncomfortable, all unbalance, all the nervousness, tension - then you put out. First you need to collect everything, like collecting the garbage. Then put it out. We do this on both sides.

Now we have the purification of the 5 elements. Long one. EH HO SHUDDHE SHUDDHE SOHA, LAM HO SHUDDHE SHUDDHE, RAM HO SHUDDHE SHUDDHE, BAM HO SHUDDHE SHUDDHE, EH YAM RAM LAM BAM SHUDDHE SHUDDHE. Then short combined one. This morning we repeated the short one, now we are repeating long one. Blessing coming.

EH HO SHUDDHE SHUDDHE SOHA (x5 crown chakra)
YAM HO SHUDDHE SHUDDHE SOHA (x5 secret chakra)
RAM HO SHUDDHE SHUDDHE SOHA (x5 navel chakra)
LAM HO SHUDDHE SHUDDHE SOHA (x5 heart chakra)
BAM HO SHUDDHE SHUDDHE SOHA (x5 throat chakra)

EH YAM RAM LAM BAM
SHUDDHE SHUDDHE SOHA

GURU BUDDHA SIDDHI HUNG is asking the Guru's blessing and permission. Also little bit LAM RIM. This is a tantric practice so we need all the realisations of LAM RIM, all the qualities, so we make this GURU BUDDHA SIDDHI HUNG, there inside is the subject of LAM RIM.

Request to receive the blessings of all the gurus, yidams, buddhas, bodhisattvas, heroes, dakinis and dharma protectors, to grant swift attainment of tantric and mantric realisations

Our Lama Guru Vajradhara and all the holy beings are in the space in front. We are in our ordinary form with our hands in prayer at our crown chakra.

Please my precious Guru, bless me to develop faith and respect for you, the root of all attainments. Bless me to quickly realise the preciousness of my human life, impermanence, death and the suffering of lower realms, refuge in the three jewels, how to live according to the laws of karma, the suffering of the higher realms, the wish to gain liberation from samsara - renunciation, how to practise the three higher trainings, generating equanimity, love and compassion, equalising and exchanging self with others, superior intention and bodhichitta, how to practise the six perfections - the bodhisattva's conduct, tranquil abiding, superior seeing, the profound view of the middle way, becoming a suitable vessel to practise secret mantra, keeping the vows and commitments purely, generation stage and the completion stage realisations of clear light, illusory body and union.

Please, bless me to stop all negativities, obscurations and interferences and to quickly achieve all realisations, specially the exalted state of the Five Dhyani Buddhas in this life and to become exactly like you Guru Buddha.

OM AH GURU BUDDHA SIDDHI HUNG

Siddhi means realisation in Sanskrit. We are asking general realisations, particular realisations and to heal particular sickness and generally sickness.

OM AH GURU BUDDHA SIDDHI HUNG (x5 at each chakra)

Now we do OM MANI PEDME HUNG. So we go down, then up. After we continue with MAHA SUKHA.

OM MANI PEDME HUNG (x 5 at each chakra going down and x5 at each chakra coming up)

This mudra is the hugging mudra at the heart.

OM MAHA SUKHA HUNG

From down to up, down crown, throat, heart. Then up secret, navel and centre, heart. So there is a short explanation about this and the mudra that we are doing.

Perform the prayer mudra at the crown, throat and heart chakras. We need to wake up and transform our principal male and female energies of the subtle body and mind, by method and wisdom, to generate bliss and emptiness. This purifies our two obscurations, increases our two accumulations and leads to the final result of Buddha's holy body and mind. We need to make the conclusion at the heart and not lose our very precious bliss and emptiness healing energy in a crazy or uncontrolled way, so we invest it in our spiritual heart centre bank. We need to invest wisely and to continue this bliss forever is the best investment.

Appendix 5: explanation of prayer and giving the essence mudra.

Praying mudra - in Asia this is an everyday sign of heartfelt respect to both holy and ordinary beings, namaste. Spiritually the 10 fingers moving together and joining at the heart causes the 10 inner winds to come together generating realisation. The 10 fingers symbolise the 5 major, right, and 5 minor left winds absorbing into the heart and the union of the Five Dhyani Buddhas, right, and their wisdom consorts, left.

Giving the essence mudra - is the lotus turning mudra followed by the embracing mudra.

Hugging mudra - we make energy investment in the heart chakra at the same time the whole body is filled up with energy. You need to do the embracing mudra vibration, sensual feelings and sensation of the two minds joining and becoming one. This experience realisation you dedicate to world peace.

Ok. Now we do the dedication OM BHISHWA SHANTI HUM in Sanskrit, English, Italian, French and Brazilian and any other language.

OM BHISHWA SHANTI HUM

So I put this hand here at the heart. This meaning I will tell you direct. This century our heart is never working. Our heart is always blocked. Many people die from this heart blockage - both mental way and physical way. Our information mind is always working here in the head - just intellectual mind, information - that's all. We need more warm here, in the heart. Then better. After we do the tantric yoga practice our heart is working better, our heart is more warm. Of course we need to work on all the chakras, but particularly our heart chakra. Also this practice you must enjoy, you need an inside smile. No need too serious, too tired, too much tension - you need to relax, to be happy, to enjoy. Example, when we are dancing, two feet working much more but it is making us more happy, so now our 5 chakras are dancing, our lotus are working, so we need to be happy and enjoy all the movement.

Now we will continue with Akshobya, third buddha. Two buddhas finished, now third buddha. Heart Buddha exactly. So we need to request Guru Buddha what kind of help we need to overcome physical problems, mental problems, what kind of realisation.. We need the blessing of Guru Akshobya. Our mind is unstable, with Akshobya energy it's stable again.

Please, Lama Mikyo Dorje Khyen

Please, Guru Shakyamuni Akshobya, All Knowing One, You who are the King of the Vajra Buddha Family, supreme healer and specialist in stabilising our minds.

In this kaliyuga time, when the beings of this samsaric world are rushing, rushing and have lost inner peace and whose minds are greatly disturbed; tormented by countless dangerous physical sicknesses, famine, war, pollution and natural disasters. You who are the only healer and supreme protector, what I am doing, I really do not know, so please reveal the right path to me.

With Your love and compassion:



Please cut my attachment to samsara and bless me to develop complete renunciation. Please cut my self-cherishing attitude and bless me to develop pure bodhichitta. Please cut my ignorance and wrong views and bless me to develop the perfect view of the middle way. Please cut my clinging to ordinary appearances and conceptions and bless me to develop divine pride and clear appearance.

Please cut my impure energy winds and bless me to develop isolated speech and mind, the illusory body, clear light and union. By your tantric power and mantra vibration, please quickly protect and heal me. Help me to develop my Vajrayana Self-Healing power and by this power may I help and heal many beings.

Please, Guru Buddha Akshobya, with your special qualities, heal all sicknesses related to my heart chakra, heart, liver, gallbladder, circulation and general infections.

Please Guru, purify my mind negativities, my broken mind Samaya and damaged consciousness aggregate. Please Guru revitalise my pervasive wind.

Please my Guru repair my unstable fighting mind, polluted by anger. Following my anger is too expensive, please help me to cancel my debt or to economise and develop my cool and peaceful moon-like original mind nature.

Please, my Guru, repair my heart computer damaged by the pollution of negative information and the computer virus of mistaken thinking.

Please, Lama Healer, recharge my physical atoms, cells and spiritual wisdom.

Please purify the poison of my snake-like anger and hatred.

Please my Guru purify my mind aggregate and grant me vajra-sight.

Please my Guru help me to manifest the exalted wisdom of the dharmadhatu, the empty nature of all things, and grant me the power to accomplish the stabilising attainments of Akshobya and the Vajra Buddha Family.

Please, my Guru, grant me all the buddhas holy mind energy.

Please bless me to become a guide and healer for all sentient beings and to take responsibility for their development.

To achieve the realisations of Akshobya, I must keep an interest in the four samayas:

- 1. Keeping a vajra to remind me of great bliss.*
- 2. Keeping a bell to remind me of emptiness.*
- 3. Keeping the mudra, to do the outer and inner transformation practices with a real or imaginary consort.*
- 4. Keeping an inseparable bond with the Guru.*

Please, Guru Shakyamuni Akshobya, All Knowing One, bless me to be able to accomplish all this.

OM AH AKSHOBYA HUNG

Now we need stable mudra. Akshobya mudra is this one.

OM AH AKSHOBYA HUNG (x5 at heart chakra)

Next is Lama Rinchung Dorje Khyen, this means Ratnasambhava. So Ratnasambhava's quality is generosity. We generate four kinds of generosity.

Ratnasambhava at the Navel Chakra

Please, Lama Rinjung Dorje Khyen

Please, Guru Shakyamuni Ratnasambhava All Knowing One, King of the Jewel Buddha Family, supreme healer and specialist in healing all negative feelings and emotion.

In this kaliyuga time, when the beings of this samsaric world have lost inner peace and whose minds are greatly disturbed; tormented by countless dangerous physical sicknesses, famine, war, pollution and natural disasters. You who are the only healer and supreme protector; what I am doing, I really do not know, so please reveal the right path to me.

With your love and compassion:

Please cut my attachment to samsara and bless me to develop complete renunciation.

Please cut my self-cherishing attitude and bless me to develop pure bodhichitta.

Please cut my ignorance and wrong views and bless me to develop the perfect view of the middle way.

Please cut my clinging to ordinary appearances and conceptions, and bless me to develop divine pride and clear appearance.

Please cut my impure energy winds and bless me to develop isolated speech and mind, the illusory body, clear light and union.

Please, by your love and compassion and by your particular tantric power and mantra vibration, quickly protect and heal me. Help me to develop my Vajrayana Self-Healing power and by this power may I help and heal many beings.

Guru Buddha Ratnasambhava by your special qualities, please heal all sicknesses related to my navel chakra, liver, spleen, stomach and bile problems and general infection.

Please Guru, repair my unstable fighting mind, polluted by pride. Following my pride and miserliness is too expensive, please help me to cancel my debt or at least to economise and develop my generosity, simplicity and humble qualities.

Please my Guru repair my quality computer damaged by pollution of negative information and the computer virus of miserliness and pride.

Please recharge my physical atoms, cells and spiritual wisdom and generosity energy.

Please my Guru, purify my qualities and my broken quality samayas and damaged feeling aggregate.

Please my Guru, revitalise my fire-like wind.

Please my Guru, heal and purify my feeling aggregate and grant me vajra taste.

Please my Guru, help me to manifest the exalted wisdom of equality and grant me the power to accomplish the increasing actions.

Please my Guru, grant me all the buddhas holy qualities.

Please bless me to become a guide and healer for all sentient beings, to take responsibility for their development.

To achieve the realisations of Ratnasambhava I must keep an interest in the four samayas of:

- 1. Giving material generosity and helping to fulfil all wishes.*
- 2. Giving dharma generosity.*
- 3. Giving protection generosity, fearlessness.*
- 4. Giving love generosity.*

Please, Guru Shakyamuni Ratnasambhava, All Knowing One, bless me to be able to accomplish all this.

OM AH RATNASAMBHAVA HUNG



Mudra of Ratnasambhava is generosity. So hand is open. This open hand is generosity mudra, because you know if our hand is always closed - it is opposite to generosity. So we need to open our hand, feel it.

OM AH RATNASAMBHAVA HUNG (x5 at navel chakra)

So now the fifth buddha at the secret chakra. Tonyon Dorje in Tibetan, Amoghasiddhi. What problems we have we need to request Amoghasiddhi to heal and overcome through his particular qualities. First generally and also in particular.

Please, Lama Tonyon Dorje Khyen

Please, Guru Shakyamuni Amoghasiddhi, All Knowing One, You who are the King of the Karma Buddha Family, supreme healer and specialist in healing all karmic forces.

In this kaliyuga time, when the beings of this samsaric world are rushing, and have lost inner peace and whose minds are greatly disturbed; tormented by countless dangerous physical sicknesses, famine, war, pollution and natural disasters. You who are the only healer and supreme protector, what I am doing, I really do not know, so please reveal the right path to me.

With your love and compassion:

Please cut my attachment to samsara and bless me to develop complete renunciation.

Please cut my self-cherishing attitude and bless me to develop pure bodhichitta.

Please cut my ignorance and wrong views and bless me to develop the perfect view of the middle way.

Please cut my clinging to ordinary appearances and conceptions, and bless me to develop divine pride and clear appearance.

Please cut my impure energy winds and bless me to develop isolated speech and mind, the illusory body, clear light and union.

Please, by your love and compassion and by your particular tantric power and mantra vibration, quickly protect and heal me. Help me to develop my Vajrayana Self-Healing power and by this power may I help and heal many beings.

Guru Shakyamuni Amoghasiddhi, with your special qualities, please heal all sicknesses related to my secret chakra, kidneys, bladder, sexual organs, sexual difficulties, menstrual problems, weaknesses, impotency and frigidity.

Please my Guru, repair my unstable, fighting mind polluted by jealousy. Following my jealousy is too expensive, please help me to cancel my debt or at least help me to economise and develop the quality of rejoicing at all moments in my daily life.

Please my Guru, repair my action computer damaged by the pollution of negative information and the computer viruses of jealousy and impure actions.

Please, recharge my physical atoms, cells and spiritual action energy.

Please my Guru, purify my action negativity, broken action samaya, and damaged compositional factors aggregate.

Please my Guru, revitalise my downward-moving wind.

Please my Guru, purify my aggregate of compositional factors and grant me vajra healing.

*Please my Guru, help me to manifest the all-accomplishing and wish-fulfilling exalted wisdom and grant me the power to accomplish wrathful actions.
Please my Guru grant me all the buddhas pure action qualities.
Please bless me to become a guide and healer for all sentient beings, to take responsibility for their development.*

To achieve the healing realisations of Amoghasiddhi, I must keep an interest in the samayas of:

- 1. Making as many outer, inner, secret and suchness space offerings as possible.*
- 2. Upholding all the commitments of the Five Dhyani Buddhas.*

Please Guru Shakyamuni Amoghasiddhi, All Knowing One, bless me to be able to accomplish all this.

OM AH AMOGHASIDDHI HUNG

This mudra, the Amoghasiddhi mudra is the no-fear mudra. In the Ratnasambhava mudra the hand is open, now the hand is facing out, away from us. Amoghasiddhi is saying no problems come near, no-fear.

OM AH AMOGHASIDDHI HUNG (x5 at secret chakra)

Now we are at the second main practice. The first is the Five Dhyani Buddhas and the second OM MANI PADME HUNG. Two. The first main practice we already did, now the second main practice coming OM MANI PADME HUNG.

*Second main practice: waking up and developing our subtle pure crystal energies.
Opening all the chakras with the bliss and emptiness of the sixteen joys meditation.
Moving the energy up from the secret chakra to the crown chakra with mantra and mudra.
Moving the energy down from the crown chakra to the secret chakra with mantra and mudra.*

This mantra was given to this world to by the kindness of Chenrezig. Really the essence of the mantra OM MANI PEDME HUNG is all the holy beings teachings.

OM MANI PEDME HUNG (x5 at each chakra)

So maybe you don't understand the 16 joys, so we will read the 16 joy explanation. Then after we do feminine energy from down to up.

Explanation of the sixteen joys: due to the inner fire blazing at the navel, the white bodhichitta at the crown chakra melts and flows down the central channel. When it reaches the throat chakra we experience joy. When it reaches the heart chakra we experience extra-ordinary joy. When it reaches the navel chakra we experience supreme joy. When it reaches the secret chakra we experience spontaneous great joy. We meditate on the mahamudra union of inseparable bliss and emptiness. Yogis familiar with this experience, have divided each of these four joys into four parts, four levels of increasingly blissful experience. This makes sixteen joys in total.

Now OM MANI PEDME HUNG from down to up.

OM MANI PEDME HUNG (x5 at each chakra)

So you know this clicking fingers and clapping is working. Result is possible - how? Our mind is very, very, very hard, because we have a lot of information, many teachings saying you do this, you don't do this, you do this - but we never follow. That means our mind is too hard to really follow positive way. On the other hand our mind is very sensitive. Even if we just click our fingers our attention is going there - no? Sensation. Even if we move our eyes a little bit like that, our mind is immediately working and our attachment is coming up. In this way our mind is very light. Very hard, very light. No limit. No balance. But, by tantric power, by the power of mudra, by the power of sensation, the vibration of sound, particularly holy sound, it is possible that the negativities and delusions in our chakras and our mind will go away. It is possible to open the chakras. Clicking fingers helps make this possible. How much is sensation working? We know how hard our mind is, so this is working. Don't think I'm joking about clicking fingers, that I'm making something strange. No. The dharma teachings use this kind of thing all the time - but those are very long sadhanas. For you this is not possible, it is too big. But anyway clicking fingers is working. So we click our fingers and clap - of course this is action, but we need to move our energy in the chakra. We need a good sensation. You know we have these blockages, everything is closed by all the pollution. Our mind is like a crystal but now it's very polluted, very dark. So by this clicking fingers, mantra power, holy beings kindness, particularly in this Kaliyuga time, it is possible to cure, heal and overcome our problems. Possible. You know before the holy beings from different religions were not together - maybe somewhere, somewhere religion, but not together. Now all the religions are sometimes doing together pujas, praying together for world peace. That means the holy beings have more kindness in dangerous times. They are working more when there is more danger. They are trying to do something together. Before religion existed but separately - so now why together? Because there is more danger. So more danger, the more holy beings kindness is working. So we have more difficulties, more pollution, also means working more holy beings method. Now we continue to the next section: OM MAHA SUKHA HUM. Like bliss and emptiness together, joy.

The concluding union of bliss and emptiness. Generating pure light and nectar energy like pure crystal. Absorbing the lower chakra energy into the heart chakra with mantra, mudra and concentration. OM MAHA SUKHA HUM which means OM great bliss HUM.

Performing the prayer mudra and then giving the essence mudra at the secret, navel and heart chakras. Absorbing the higher chakra energy into the heart chakra with mantra, mudra and concentration. Performing the prayer mudra and then giving the essence mudra at the crown, throat and heart chakras.

We need to wake-up and transfer the male and female energies of the subtle body and mind by the method and wisdom to generate bliss and emptiness. Purifying our 2 obscurations, increasing our 2 accumulations and leading to the final result of Buddha's holy body and mind. We need to make the conclusion at the heart not to lose our very

precious bliss and emptiness energy in a crazy and uncontrolled way. We invest it in our spiritual heart central bank. We need to invest wisely and continue this bliss forever which is the best investment.

OM MAHA SUKHA HUM

OM BHISHWA SHANTI HUM

By the power of the truth peace and bliss forever.

**Nyimo delek tsen delek
nyime gung yang delek shin
nyintsen taktu delek pe
kon chok sum gyi jin gyi lob
kon chok sum gyi ngoe drup tsol
kon chok sum gyi tra shi shok**

At dawn or dusk, at night or midday, may the three jewels grant us their blessings.
May they help us to achieve all realisations and sprinkle the path of our lives with various signs of auspiciousness.

Tashi Delek