

T.Y.S. Lama Gangchen Tulku Rinpoche  
**NGALSO TANTRIC SELF-HEALING II**

ངལ་གསོ



**A method to relax body, speech and mind**  
*Guided Meditation*



H.H. Trijang Dorje Chang

*From a pure Himalayan source, this nectar of relaxation gushes forth, sparkling with the clear forms of water crystal jewels. This ambrosia contains the pure energy of the five great elements, which can be used in the healing of body, speech and mind as well as to revitalize the life essence of nirvana. This secret teaching of chakra purification is passed down through a direct lineage, from Buddha Vajradhara to my root guru H.H. Trijang Dorje Chang. This ear-whispered lineage of Ganden Mahamudra, known as Ganden Kargyu Chagya Chenpo, is the essence of the ocean of all Buddha's tantric teachings. This precious knowledge can still be used today to heal and relax all beings from their physical and mental suffering on the gross, subtle and very subtle levels. I composed this practice with the permission and blessings of my gurus, yidams and dharma protectors. This secret relaxation method, which is a source of benefit and happiness, is called the 'Pure Crystal Form'. It has been created for the benefit of all sentient beings and the world, in the hope that it will enable people to develop and link with non-violent energies in order to develop inner peace which is the most solid foundation for world peace. May the merits created by the practice of Ngälso Tantric Self-Healing be dedicated to outer and inner world peace, now and forever.*

**T.Y.S. LAMA GANGCHEN**

February 1993

# NGALSO TANTRIC SELF-HEALING II

## How to relax body, speech and mind

*This Tantric Self-Healing exercise is a condensed form that gathers together different purification therapies of body, speech and mind, of the environment and of the five elements that compose the microcosm and macrocosm, it includes: breathing, gesture, sound, visualization, colour and symbol therapies.*

*Exhaling, we expel all our accumulated negativities and illnesses; inhaling we channel all the pure energies of the five elements and of the Five Dhyani Buddhas, the Supreme Healers.*

*This breathing exercise accompanies us as we perform the mudras, when we recite the mantras and during meditative concentration.*



**Invoking the Guru and Requesting His Permission  
to Practice the Tantric Exercises**



**LO CHOK SANGPO PAL GYUR TRASHI PA  
THUB CHEN TEN PE TRINLE YAR NGO DA  
PHEL CHE DRO LOR TSAM PE TSE PA CHEN  
PEL DEN LAMA SHAB LA SOL WA DEB**

*Glorious auspiciousness of the supreme virtuous mind,  
Divine action of the Buddha's teaching beneficial like a waxing moon.  
Acting exactly in accordance with the mental capacity of living beings for  
their development and maturation, at the feet of this glorious Guru  
I request:*

**OM AH GURU VAJRADHARA SUMATI MUNI SHASANE KARMA  
UHTA VARDANAYE SHRI BADHRA VAR SAMANIYA  
SARWA SIDDHI HUNG HUNG**

*May you grant me, the mundane and extraordinary siddhis of Lama  
Vajradhara the noble mind of the Buddha's doctrine which increases the  
activity of the Noble Glorious Ones.*

## Requesting the Blessings of Guru Buddha to Deeply Heal My Five Chakras

*I visualize the guru in front of me; from his five chakras lights emanate blessing my corresponding chakras. I perform the mantras and mudras to attain the powerful realizations of NgalSo Tantric Self-Healing.*

*In front of each chakra (in sequence 1 to 5), as I recite the mantra, I complete the mudra of gathering blessings and then join my hands together in the prayer mudra.*

**OM AH GURU BUDDHA SIDDHI HUNG**  
**OM AH GURU BUDDHA SIDDHI HUNG**

*crown chakra - white light*

1

*throat chakra - red light*

2

*heart chakra - blue light*

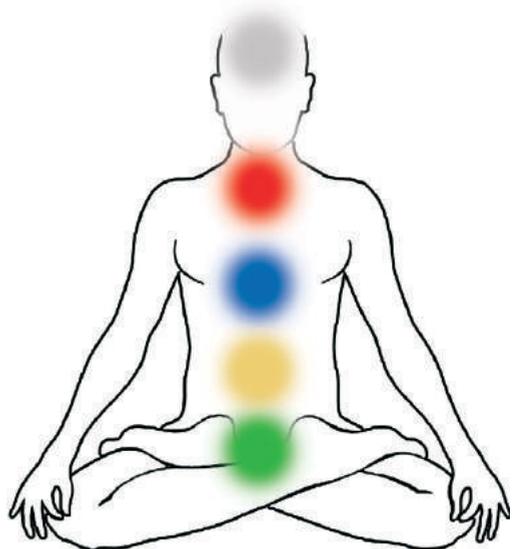
3

*navel chakra - yellow light*

4

*secret chakra - green light*

5



## Purifying the Five Elements at My Five Chakras

*The outer world (the cosmos, planets, environment, our body and so on) and the inner world of our gross, subtle and very subtle body, mind and subtle energy winds are held by the five great elements of space, wind, fire, water and earth.*

*As I recite the mantra, with my hands in the prayer mudra, I touch each of my chakras (in sequence 1 to 5). I then gather all the negativities and interferences relating to the five elements and expel them from my chakras.*

**EH YAM RAM LAM BAM / SHUDDHE SHUDDHE SOHA**

**EH HO SHUDDHE SHUDDHE SOHA  
YAM HO SHUDDHE SHUDDHE SOHA  
RAM HO SHUDDHE SHUDDHE SOHA  
LAM HO SHUDDHE SHUDDHE SOHA  
BAM HO SHUDDHE SHUDDHE SOHA**

**EH YAM RAM LAM BAM / SHUDDHE SHUDDHE SOHA**

*space element - crown chakra*

1

*water element - throat chakra*

5

*earth element - heart chakra*

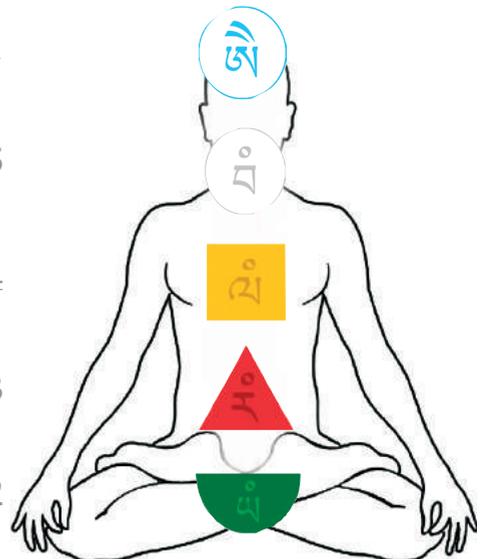
4

*fire element - navel chakra*

3

*wind element - secret chakra*

2



## GENERATION STAGE

### Generating the Five Lotuses

*As I recite the mantra, I perform the lotus opening mudra at each chakra (in sequence 1 to 5). I visualize the knots constricting my central channel loosening and I generate a lotus flower in each of my five chakras.*

*At my secret chakra arises a green lotus with thirty-two petals*

*At my navel chakra arises a yellow lotus with sixty-four petals*

*At my heart chakra arises a blue lotus with eight petals*

*At my throat chakra arises a red lotus with sixteen petals*

*At my crown chakra arises a white lotus with thirty-two petals*

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

*white lotus - 32 petals*

5

*red lotus - 16 petals*

4

*blue lotus - 8 petals*

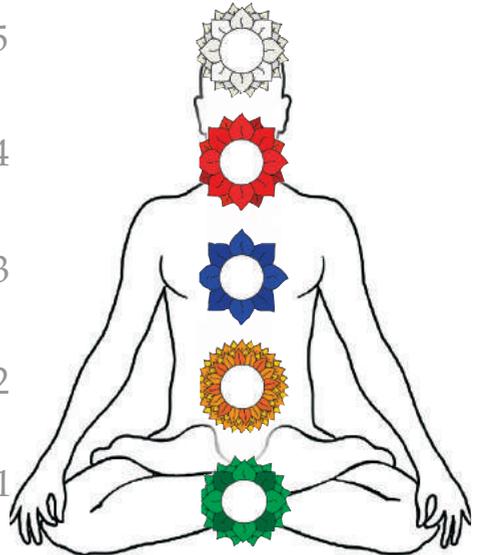
3

*yellow lotus - 64 petals*

2

*green lotus - 32 petals*

1



## Generating the Five Seed Syllables

*The pure crystal essences of my five chakras transform into the seed syllables of the Five Supreme Healers; as I recite the mantra I perform the prayer mudra in front of each of my chakras (in sequence 1 to 5).*

*The white seed syllable **OM** appears on the lotus at my crown chakra*

*The red seed syllable **AH** appears on the lotus at my throat chakra*

*The blue seed syllable **HUNG** appears on the lotus at my heart chakra*

*The yellow seed syllable **TRAM** appears on the lotus at my navel chakra*

*The green seed syllable **HRI** appears on the lotus at my secret chakra*

**OM AH HUNG TRAM HRI**  
**OM AH HUNG TRAM HRI**

*white seed syllable - OM*

1

*red seed syllable - AH*

2

*blue seed syllable - HUNG*

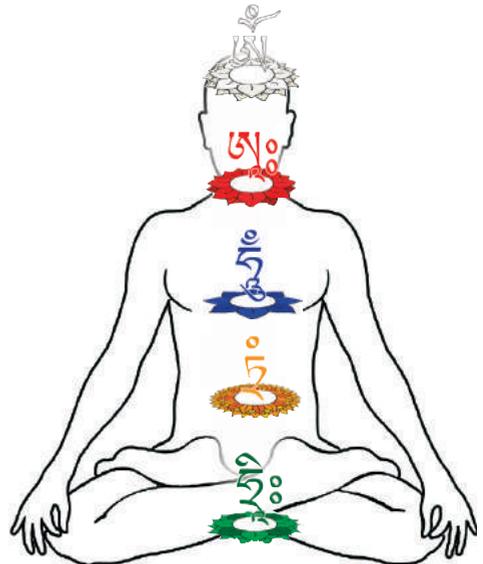
3

*yellow seed syllable - TRAM*

4

*green seed syllable - HRI*

5



## Generating the Five Symbols

*The seed syllables of the Five Supreme Healers transform into their symbols; as I recite the mantra I perform the mudra of the respective Supreme Healer in front of each of my five chakras (in sequence 1 to 5).*

**HRI** at my secret chakra transforms into a green double dorje marked by HRI  
**TRAM** at my navel chakra transforms into a yellow jewel marked by TRAM  
**HUNG** at my heart chakra transforms into a blue dorje marked by HUNG  
**AH** at my throat chakra transforms into a red lotus marked by AH  
**OM** at my crown chakra transforms into a white dharma wheel marked by OM

<b>HRI LE NATSO DORJE JANGKU HRI</b>	(mudra of Amoghasiddhi)
<b>TRAM LE NORBU SERPO TRAM</b>	(mudra of Ratnasambhava)
<b>HUNG LE DORJE NGONGPO HUNG</b>	(mudra of Akshobya)
<b>AH LE PEMA MARPO AH</b>	(mudra of Amitabha)
<b>OM LE KORLO KARPO OM</b>	(mudra of Vairochana)

*white dharma wheel - marked by OM*

5

*red lotus - marked by AH*

4

*blue dorje - marked by HUNG*

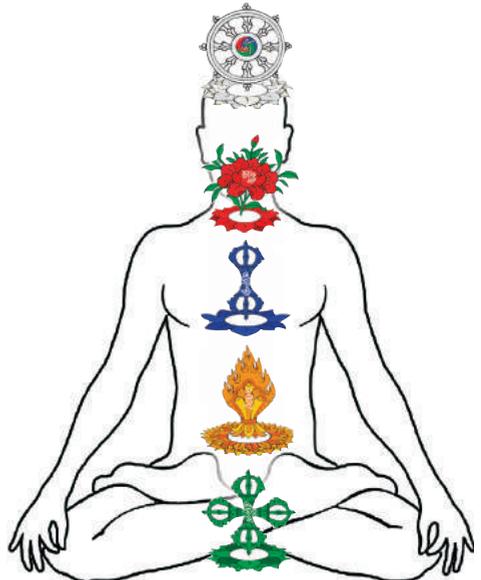
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*yellow jewel - marked by TRAM*

2

*green double dorje - marked by HRI*

1



## Generating the Five Supreme Healers

*The symbols transform into the Five Supreme Healers; as I recite the mantra I perform the mudra of the respective Supreme Healer in front of each of my five chakras (in sequence 1 to 5).*

*The white dharma wheel at my crown chakra transforms into Vairochana  
The red lotus at my throat chakra transforms into Amitabha  
The blue dorje at my heart chakra transforms into Akshobya  
The yellow jewel at my navel chakra transforms into Ratnasambhava  
The green double dorje at my secret chakra transforms into Amoghasiddhi*

**OM KORLO NANGDZE DORJE**

**AH PEMA CHO DORJE**

**HUNG DORJE MIKYO DORJE**

**TRAM NORBU RINJUNG DORJE**

**HRI NATSO DORJE TON YON DORJE**

*(mudra of Vairochana)*

*(mudra of Amitabha)*

*(mudra of Akshobya)*

*(mudra of Ratnasambhava)*

*(mudra of Amoghasiddhi)*

*Vairochana - white*

1

*Amitabha - red*

2

*Akshobya - blue*

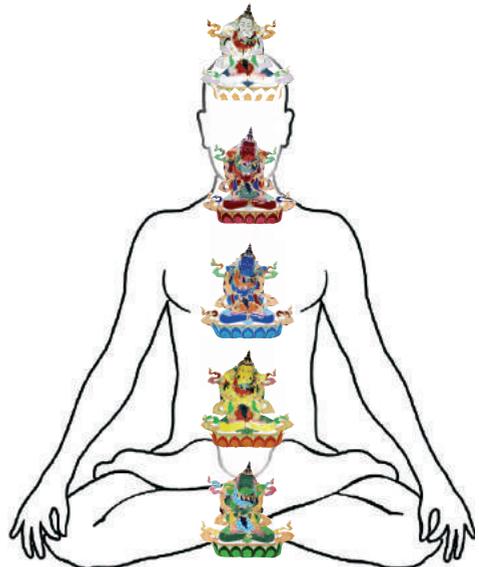
3

*Ratnasambhava - yellow*

4

*Amoghasiddhi - green*

5



## COMPLETION STAGE - RECEIVING THE VASE INITIATION Bell Empowerment of Supreme Healer Amoghasiddhi



### *Lama Tonyon Dorje Khyen*

*At my secret chakra the green coloured Supreme Healer Amoghasiddhi, displays the mudra of protection from fear and emanating lights and nectars grants me the Bell Empowerment. I imagine all the negativities of my body, speech and mind, in particular my fear and jealousy, leaving my body in the form of dirty green garudas and black smoke, as I gather all the impure energy from my secret chakra and throw it away from me, exhaling with force.*

*A new sensation of bliss and emptiness arises, purifying my fear and jealousy, the aggregate of compositional factors and the realm of the Asura demi-gods.*

*The experience of bliss and emptiness heals my secret chakra and all disturbances caused by imbalances of the wind humor such as sicknesses of the kidneys, bladder and reproductive organs, sexual difficulties, menstrual problems, constipation, water retention, knee pains, sciatica and general infections. The Supreme Healer Amoghasiddhi grants the capacity to rejoice, the all-accomplishing wisdom, enlightened action and wrathful power; my secret chakra and downward moving energy are revitalized.*

*To attain the powerful healing realizations of Amoghasiddhi I must make outer, inner, secret and emptiness offerings and keep purely the commitments of the Five Supreme Healers.*

**OM AH AMOGHASIDDHI HUNG x5**

## Crown Empowerment of Supreme Healer Ratnasambhava



### *Lama Rinjung Dorje Khyen*

*At my navel chakra the yellow coloured Supreme Healer Ratnasambhava, displays the mudra of generosity and emanating lights and nectars grants me the Crown Empowerment. I imagine all the negativities of my body, speech and mind, in particular my pride and miserliness, leaving my body in the form of dirty yellow coloured horses and black smoke, as I gather all the impure energy from around my navel chakra and throw it away from me, exhaling with force.*

*A new sensation of bliss and emptiness arises, purifying my pride and miserliness, the aggregate of feeling and the realm of the Preta hungry ghosts. The experience of bliss and emptiness heals my navel chakra and all disturbances caused by imbalances of combined phlegm and bile humors, such as sicknesses of the stomach, spleen, kidneys, bladder and joints, problems of the skin, digestion and body heat, water retention and general infections.*

*The Supreme Healer Ratnasambhava grants humility and generosity, the wisdom of equanimity, sacred quality and increasing power; my navel chakra, digestive energy and inner tummo fire are revitalized. To attain the powerful healing realizations of Ratnasambhava I must practice the four generousities of giving materially, giving spiritual help, giving protection and giving love.*

**OM AH RATNASAMBHAVA HUNG x5**

## Water Empowerment of Supreme Healer Akshobya



### *Lama Mikyo Dorje Khyen*

*At my heart chakra the blue coloured Supreme Healer Akshobya, displays the mudra of stability and emanating lights and nectars grants me the Water Empowerment. I imagine all the negativities of my body, speech and mind, in particular my hatred and anger, leaving my body in the form of dirty blue coloured snakes and black smoke, as I gather all the impure energy from around my heart chakra and throw it away from me, exhaling with force.*

*A new sensation of bliss and emptiness arises, purifying my hatred and anger, the aggregate of consciousness and the realm of the Narak hell beings.*

*The experience of bliss and emptiness heals my heart chakra and all disturbances caused by the bile humor such as sicknesses of the heart, intestine, duodenum, liver and blood, dysfunctions of the circulatory and nervous systems, blockages of the subtle energy channels, mental problems of nervousness, anxiety, panic, mania, stress and hysteria, fevers, rheumatoid arthritis, water retention, excessive sweating and general infections.*

*The Supreme Healer Akshobya grants compassion – the cool moon-like nature of the mind - the dharmadatu wisdom, pure crystal mind and stable power; my heart chakra and pervasive energy are revitalized. To attain the powerful healing realizations of Akshobya I must meditate on the vajra to remind me of bliss, on the bell to remind me of emptiness, on the mudra to remind me of the union with a wisdom consort, and I must keep a pure bond with my guru.*

**OM AH AKSHOBYA HUNG x5**

## Vajra Empowerment of the Supreme Healer Amitabha



### *Lama Cho Dorje Khyen*

*At my throat chakra the red coloured Supreme Healer Amitabha, displays the mudra of concentration and emanating lights and nectars grants me the Vajra Empowerment. I imagine all the negativities of my body, speech and mind, in particular my attachment and desire, leaving my body in the form of dirty red coloured chickens and black smoke as I gather all the impure energy from around my throat chakra and throw it away from me, exhaling with force.*

*A new sensation of bliss and emptiness arises, purifying my attachment and desire, the aggregate of discrimination and the Human Realm.*

*The experience of bliss and emptiness heals my throat chakra and all disturbances caused by imbalances of the bile humor, such as sicknesses of the liver, gall bladder, blood, intestine, duodenum, lungs, colon and circulatory problems; disorders of the thyroid gland, of the throat, tongue, mouth, nose, speech problems, nervousness, impatience, intolerance, memory problems, fevers, infections and general inflammations.*

*The Supreme Healer Amitabha grants satisfaction, the wisdom of discriminating awareness, sacred speech and controlling power; my throat chakra and the upward moving energy are revitalized. To attain the powerful healing realizations of Amitabha I must study and practice the essence of the sutra teachings and of the four classes of tantra.*

**OM AH AMITABHA HUNG x5**

## Name Empowerment of the Supreme Healer Vairochana



### *Lama Nangdze Dorje Khyen*

*At my crown chakra the white coloured Supreme Healer Vairochana, displays the teaching mudra and emanating lights and nectars grants me the Name Empowerment. I imagine all the negativities of my body, speech and mind, in particular my ignorance and closed mindedness, leaving my body in the form of black pigs and black smoke as I gather all the impure energy from around my crown chakra and throw it away from me, exhaling with force.*

*A new sensation of bliss and emptiness arises, purifying my ignorance and closed mindedness, the aggregate of form and the Animal Realm.*

*The experience of bliss and emptiness heals my crown chakra and all disturbances caused by imbalances of the phlegm humor such as sicknesses of the brain, kidneys, seminal vesicle, skin, blood, muscles and bone marrow; problems of the digestive system, infertility, mental confusion and dullness, cold nature diseases and general infections.*

*The Supreme Healer Vairochana grants intelligence, the mirror-like wisdom, the pure crystal body and pacifying power; my crown chakra and life supporting wind are revitalized.*

*To attain the powerful healing realizations of Vairochana I must take refuge in the Buddha, in his teachings and in the spiritual community, avoid all negative actions, make positive actions and benefit others.*

**OM AH VAIROCHANA HUNG x5**

## Vajra Master Empowerment

*Given through the power of meditative concentration*



*I visualize myself as a potential NgagSo Self-Healing Master. I am enthroned under the auspicious umbrella, performing the hugging mudra with dorje and bell. I am surrounded by dakas and dakinis, pure beings who celebrate this event and rejoice in the mahamudra union of bliss and emptiness. This is the final Vase Empowerment, which simultaneously purifies all the principal delusions, transforms the five aggregates, manifests the mahamudra wisdom of bliss and emptiness and the five exalted wisdoms of the Five Supreme Healers.*

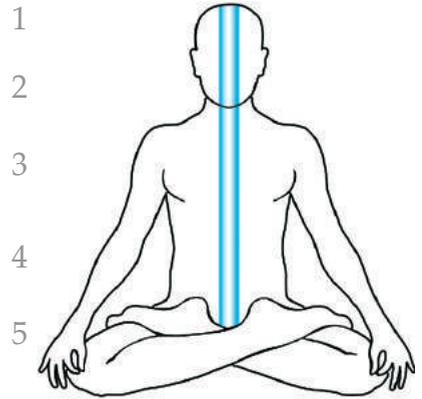
*I achieve the supreme attainment, the possibility of great enlightenment.*

## Secret Empowerment

*NgalSo Self-Healing Meditation to develop great bliss and male energy*

*I clap my hands in front of each of my chakras (in sequence 1 to 5) causing my white bodhichitta, the principal white male energy, to descend my central channel.*

*As a result, I experience the four joys and develop the male energy of great bliss.*

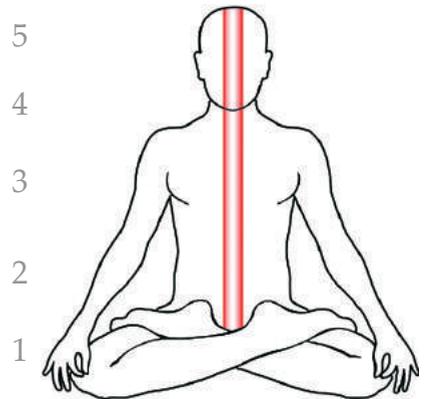


### OM MANI PEME HUNG (x5)

*NgalSo Self-Healing Meditation on absolute space and female energy*

*I snap my fingers in front of each of my chakras (in sequence 1 to 5) causing my red bodhichitta, the principal red female energy, to rise up my central channel.*

*As a result, I experience the four joys in reverse and the absolute space of body, mind and all phenomena.*



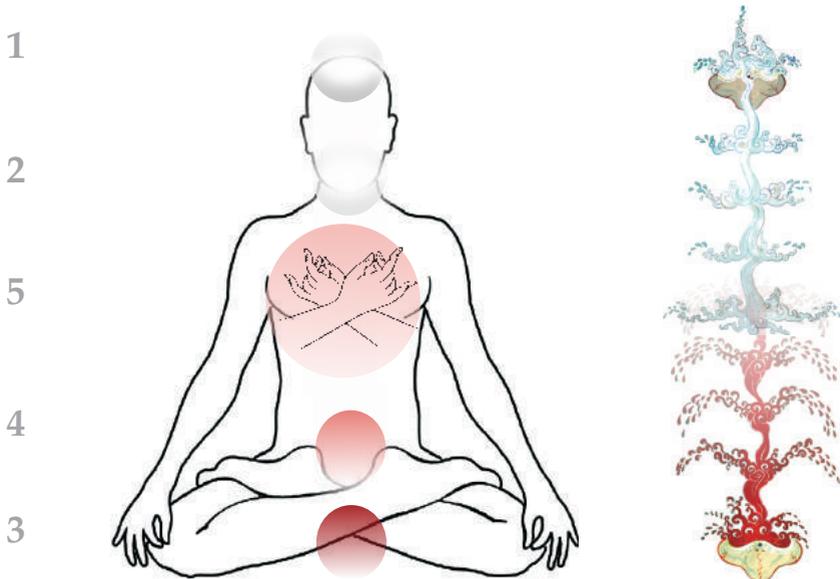
### OM MANI PEME HUNG (x5)

## Wisdom Consort Empowerment

*The union of bliss and emptiness – the quick path to enlightenment*

*My upper and lower winds absorb into my heart chakra. The white drop at the crown chakra and the red drop at the secret chakra meet in my heart, forming the indestructible drop, awakening the mind of clear light which is without any mental defects.*

*I perform the hugging mudra (in sequence 1 to 5), bringing all beings close to my heart. There are no more enemies.*



**OM MAHA SUKHA HUNG x5**

## Word Empowerment into the Mandala of Absolute Bodhichitta

*This empowerment simultaneously purifies non-virtuous actions, sowing the seed for the realization of the pure nature Truth Body of Vajradhara.*



<i>By the power of the truth, peace and bliss forever</i>	<i>(english)</i>
<i>Per il potere della verità, pace e gioia ora e sempre</i>	<i>(italian)</i>
<i>Par le pouvoir de la vérité, paix et joie pour toujours</i>	<i>(french)</i>
<i>Pelo poder da verdade, paz e alegria agora e sempre</i>	<i>(português)</i>
<i>Por el poder de la verdad, paz y felicidad por siempre</i>	<i>(spanish)</i>
<i>Durch die kraft der wahrheit, friede und freude fur immer</i>	<i>(german)</i>
<i>Door de kracht van de waarheid vrede en vreugde voor altijd</i>	<i>(dutch)</i>
<i>Yi tsen-li teu lilyang yang-yuein heuping si leu</i>	<i>(mandarin)</i>
<i>De lia silu plaudi mir i blashantwa naveki</i>	<i>(russian)</i>
<i>Mae tin dinami tis alithias, irini kae hara ghia panda</i>	<i>(greek)</i>
<i>Uni turdu urdi ech taiwan az girgalda urde</i>	<i>(mongolian)</i>

**OM BHISHWA SHANTI HUNG x5**

DEDICATION PRAYERS  
**Short Six Session Guru Yoga**

LAMA KUN CHOK SUM LA KYAB SU CHI  
RANG NGI L HAR SEL DOR DIL SUNG NE CHOE  
DO NGAK CHOE SUNG NYE CHOE THA DAK DOM  
GUE CHOE KUN DU JIN SHIE DRO DON GED

*To the guru and the three jewels I go for refuge.  
Visualizing myself as the deity, holding vajra and bell,  
I uphold all the dharmas of sutra and tantra,  
Refrain from all the misconduct, gather all virtuous dharmas,  
And with the four giving's, benefit migrators.*

**Shambala Dedication**

DOR NA DI TSUN NAM KAR GE WAI TSOK  
JI NYE SAK PA DE YI GYUR DU DAK  
NORBU BANG DZO SHAMBALA KYE NE  
LAME LAM GYI RIMPA TARCHIN SHOK

*By the collection of the white virtues I have gathered here,  
May this world transform into Shambala, the treasury of jewels,  
And may I complete the stages of the path of highest yoga tantra.*

**Auspicious Verse**

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

*At dawn, at dusk, at night or mid-day  
May the three jewels grant us their blessings,  
May they help us to achieve all realizations and  
Sprinkle the path of our life with various signs of auspiciousness.*

## BREATHING EXERCISES

### Method to Purify Inner Interferences and Create Equilibrium

OM

*breathing in*



AH

*holding*



HUNG

*breathing out*



PHET!

*expelling  
all negativities*



### Vase Breathing for Long Life

OM

*breathing in*



HUNG

*holding*



AH

*breathing out*



### Long Life Dedication

DU MIN CHIWE TSENMA TONGWA NA  
DE YI MO LA MIKYO DORJE KU  
SELWAR TONGNE CHIDAL PEL CHOMTE  
CHIME RIGZIN NYURDU THOB PAR SHOK

*If foreseeing signs of a premature death, may I,  
By a clear vision of Mikyo Dorje, defeat the Lord of Death  
And rapidly obtain the siddhi of immortality.*

*Born in western Tibet in 1941, Lama Gangchen was recognised at an early age to be a reincarnate lama healer and was enthroned at Gangchen Choepeling Monastery at the age of five. At the age of twelve he received the “Kachen” degree, which is usually conferred after twenty years of study. Between the ages of thirteen and eighteen, he studied medicine, astrology, meditation and philosophy in two of the major monastic universities of Tibet: Sera and Tashi Lhumpo. He also studied Tantra and secret healing methods under the guidance of H.H. Trijang Dorje Chang and Venerable Zong Rinpoche.*

*In 1963, he began his studies at the Varanasi Sanskrit University in Benares, India and in 1970 he received the Geshe Rigram degree (doctorate in philosophy) from the Sera Me Monastic University of South India.*

*After completing his formal studies Lama Gangchen dedicated his activities to sharing this precious knowledge with all those interested in inner development and healing.*

*In 1981, Lama Gangchen visited Europe for the first time and has since become a resident. He has developed many meditation practices that are particularly suitable for the busy western mind and lifestyle, such as Ngagso Tantric Self-Healing, a method that helps recognize our real inner qualities and balance body, speech and mind. He has diffused worldwide his unique teachings on inner peace education and environmental care, promoted cooperation between the East and West and encouraged the diffusion of Himalayan culture and traditional healing methods.*



***NgalSo Tantric Self-Healing - Guided Meditation ©***

*the healing techniques used in this practice are not intended to replace treatment from a qualified medical practitioner.*

*To facilitate the pronunciation of Tibetan and Sanskrit a simplified phonetic form is used.*

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Lama Gangchen



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