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NGALSO  
Path to Enlightenment

**The Five Element Mothers**  
**Lama Gangchen Rinpoche**  
& speech by Dr Pasang Yonten Arya

*This text is a roughly edited transcription of the speech and practice given by Lama Gangchen Rinpoche during the Five Element Mothers Initiation in the Kunpen Lama Gangchen centre, Milan, Italy on April 6, 1997.*

*It includes a speech by Dr. Pasang Yonten Arya.*

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*Missing first part of registration.....* Now, in the West there are so many medicines. This medicine doesn't work anymore. Food is polluted. There is a big pollution of the environment. On the mental level there is strong violence. There are many levels of physical sicknesses - we only need to think about how many different kinds of cancers. Many, many people die every year from cancer. Our life is also more difficult. We have to use much more energy to keep our lifestyle. Before we could do some hours work, now we have to do more. Before 8 hours, now become 10. It is not enough anymore, it is not enough to live so we have to use a lot of money, a lot of energy to survive. Energy on all different levels. It's necessary to find a method that makes our life less expensive, less polluted with less side-effects. This can come from the government level, from local group level, and more than that from a personal level through a true and deep awareness and understanding. We need to know what to do. There are many questions that can arise about how we can really prepare ourselves for the third millennium.

So how do we make solutions? We need to find a solution to improve the situation on the physical, mental and emotional levels, on the food level, relationship level, in our capacity to be alone level, the capacity to live in a family... We have to do something on every level. This something is develop a peace culture. Peace culture is easy to say. But to develop it all kinds of violence have to be changed. We need non-violence on many levels, many, many, many levels. This not only means changing physical violence - this is not

enough. More important than this is changing our personal level violence. Changing the violence between husband and wife, boyfriend and girlfriend, person to person. Then we need to change violence on the medical level, on children's games level, on the sport level, on scientific research level. Example, computers and internet - if we use in a positive way then it's wonderful, very useful and very practical. But, if we make internet full of negative information then this is a way of spreading very violent messages. Then we need to change violence on the education level, in schools and university. We have many, many, levels of violence that we need to change. Also we need to change the violence in religion. Actually I can't say violence but there are problems within religions and also between religions. Inside Tibetan Buddhism there are these kinds of problems, also in Hinduism, I don't really know about Catholicism - but there are many Christian groups but exactly I don't know how they get on between themselves. So how do we make solutions to this kind of thing? It's not possible to teach everyone to believe in something. It is not possible to impose a certain belief system on others. This time has finished.

We repeat prayers - but really there is no meaning, we have doubts. Belief means we are really sure. It is not anymore the right time to say you have to believe religion, you have to believe a guru, a master, a university or whatever - this is not working. We have to develop another system. We have to do it in a different way. Then, believe or not believe - never mind. We cannot tell people what kind of life they have to live - monk life, normal life, sexual choices, morality - this is something people don't accept anymore. But we do have a problem - maybe we can solve it by making a peace culture together because peace can be accepted by everyone. It is important to change the violence in our normal daily life - our way of speaking, way of thinking, way of looking, way of touching. If we do this then really we will live in a pure-land. This world will be a pure-land. It's not necessary to wait for another life, it's not necessary to go somewhere else - we can live now in a pure and holy land or Shambala or whatever we believe in. Buddha also said to make our house a mandala. This message is already in Buddha's teaching. One of Buddha's teaching is also non-violence. The important thing is to try to change violence on many levels. We have to relate and act with non-violence.

So what I would like to say is I don't want that you just listen to me, I want each person to think about how we can do something to change violence. Maybe tell me tomorrow your own ideas. Peace culture is not only because Lama Gangchen says - you also need to be sure that peace culture is possible. But we need to know how to make it come true. You know make peace gossip - blah blah blah - then everybody is listening! Instead of bad news and gossip, make gossip about how to develop peace culture. Also ask other people how we can develop a peace culture. Say to people Lama Gangchen had this idea and this - what do you think? Maybe someone will give an idea and maybe someone will say this man is crazy. At this level we need to open this idea to other people. I think we have hope to change things. I always have hope. Wrong or right I don't know. I have always hope, this is my way of working.

So now to conclude we will repeat some Peace Culture slogans. When you repeat please feel that this message is for the whole world, not just for us here in the centre.

*Making peace with the environment*  
*Making peace with the five elements*  
*Making peace with the internal elements*  
*Making peace with the outer elements*  
*Making peace with the secret elements*  
*Making peace with the body elements*  
*Making peace with the mind elements*  
*Making peace with the emotion elements*  
*Making peace with this centre elements*  
*Making peace with this group elements*  
*Making peace with Milano elements*  
*Making peace with Italian elements*  
*Making peace with this world elements*

*Mentally healthy*  
*Physically healthy*  
*Emotionally healthy*  
*Inner peace*  
*World peace*  
*Now and forever*  
*By all the human beings' attention*  
*By all the holy beings' blessings*  
*By Guru Shakyamuni Buddha's blessing*

*By the power of the truth*  
*Violence medicine be transformed into non-violence medicine*

*By the power of the truth*  
*Violence sport be transformed into non-violence sport*

*By the power of the truth*  
*Violence sport be transformed into non-violence sport*

*By the power of the truth*  
*Violence scientific research be transformed into non-violence scientific research*

*By the power of the truth*  
*Violence sport be transformed into non-violence sport*

*By the power of the truth*  
*Violence culture be transformed into non-violence culture*  
*Peace culture*  
*Peace time*  
*Peace day*  
*Peace night*  
*Peace sleep*

*Peace dream*  
*Peace wake-up*

*Peace moment*  
*Peace week*  
*Peace month*  
*Peace year*  
*Peace year to year*  
*Peace generation*  
*Peace generation to generation*  
*Peace life*  
*Peace life to life*

*Peace family*  
*Peace friend*  
*Peace company*  
*Peace office*  
*Peace work*  
*Peace driving*  
*Peace mind*

*Peace thought*  
*Peace speaking*  
*Peace looking*  
*Peace touching*  
*Peace listening*  
*Peace relation*  
*Peace with everything*  
*Everything with peace*

*OM MANI PADME HUM*

We have many of these slogans, but I'm symbolically saying some. Maybe more than me, you have more experience. Tell me tomorrow. Teach me.

Actually tonight we have initiation programme but I was waiting for Dr Pasang, who I invited tonight -. so before he arrived I talked about something else. Now we will start the Five Mothers initiation and Making Peace with the Environment practice. We have already learnt in Self-Healing 2 how to purify our chakras and channels. We have learnt one level of the 5 element purification. Now the purification of the elements of the Five Mothers is done on a more subtle level, on the level of the winds that manifest as the 5 elements. I asked Dr Pasang to come tonight although he's very busy. In the beginning when I made Self-Healing 2 we had many discussions, we talked about many things together. So now I like to show him Making Peace with the Environment. I would like to discuss it with him because Dr Pasang has deep knowledge of Tibetan medicine and also a lot of experience. This experience is not only in Asia, but also with patients with different mentalities in Europe and also in other places like Russia, Mongolia, Ladakh. Tibetan medicine is based on the Gyued Shi. Maybe Dr Pasang will tell you how this relates to the 5 Dhyani Buddhas. In Tibetan medicine there are many levels of healing, from small things to all the body and mind sicknesses, even when there are no symptoms. Modern medicine is never taking care of sicknesses that are not manifest but Tibetan medicine knows this level of taking care. Not all doctors can do this. Doctors now have wonderful texts and they try to cure by giving medicines and superficial treatments. Unfortunately modern mentality is like this. It's important that new interest develops to look at other medical systems like Tibetan medicine. I would like to ask to Dr Pasang to look at our Making Peace with the Environment practice from the medical level. So in Self-Healing we made the normal five elements practice, now we are making the 5 elements practice particularly relating to the five winds, the principal 5 winds that manifest the Five Mothers. In this practice, the earth element is going to the secret chakra, the wind element is coming to the navel chakra, the water element is coming to heart chakra, the fire element coming to the throat chakra, the space element is coming to the crown chakra - so this is different from our normal practice because it is a more subtle level. Maybe you have questions about this. These questions you can ask to Dr Pasang - he will give you perfect answer! For this reason I asked him to come.

We are joining everything together with good things which is wonderful for this world, for human beings, for sentient beings, particularly for who is sick, for the environment.. There are many ideas and a lot of advice already there. We need to make many systems with this. We are trying to use these ancient healing systems to offer new ideas so we can be healed on different levels. Now we will do the practice together - at the same time initiation and at the same time healing. Everybody here has small or big suffering, pain and many kind of problems - we are full of these things. Don't think: I am healthy I don't need to be healed, because not all sicknesses are manifest. The world is full of sickness, full of problems and so modern society really needs many healing systems.

The Five Supreme Healers and Five Supreme Mother Healers are both working in the Borobudur mandala. The 5 paths and 10 bhumis - are working in both practices. We have this experience in Borobudur. Now I would like to say about the four opponent powers, this is very important in healing. They are working very well to purify our suffering. These four powers are automatically inside our practice but we need to learn more details about them. So, now we are going to do the Five Supreme Mothers practice without the cassette

- otherwise maybe too long. Someone will show how to do the mudras. Tonight we will read the text and explanation in English because Dr Pasang is here. So at the same time we are reading and also checking. But, you are getting the initiation, you are getting healing and transmission.

**Read by LAMA CAROLINE**

**ZHING KHAM JONG SO**

**Making Peace with the Environment**

Healing the outer and inner worlds through using the five elemental wind purifications of EH LAM YAM BAM and RAM and by the power of the Five Great Mothers who hold the quality and the pure essence of the elements.

**Accumulation of merit:** the wishing path of the eco-morality with its seven branches of love, compassion, joy, equanimity, health, ecological regeneration and inner and world peace.

Semchen tamche dewa dang dewei gyu dang denpar gyur chik  
Semchen tamche dugngal dang dugngal gyi gyu dang drelwar gyur chik  
Semchen tamche dugngal mepei dewa dang mi drelwar gyur chik  
Semchen tamche nyering chad dang nyi dang drelwei tang nyom la nepar gyur chik  
Semchen tamche lu sem gyi dugngal la so shing telyun lu sem dewa dang denpar gyur chik  
Semchen tamche ngalso tob ching chinang gyi nogchu koryuk dang shing sangma ne gyur chik  
Semchen tamche dang zambuling gi kyedro tadag chinang ghi shide dhuekun denpar gyur chik

May all beings have happiness and its causes.

May all beings be free from suffering and its causes.

May all beings never be separated from the great happiness that is beyond all misery. May all beings always dwell in equanimity, unaffected by attraction to dear ones and aversion to others.

May all beings recover from the sicknesses of mind and body pollution and enjoy relative and absolute health now and forever. May all beings relax in a pure and healthy outer and inner environment now and forever.

May all beings enjoy inner and world peace now and forever.

**Accumulation of wisdom:** first relative purification

Peaceful purification:

EH YAM RAM LAM BAM SHUDDHE SHUDDHE SOHA



Second wrathful purification:  
EH YAM RAM LAM BAM SHUDDHE SHUDDHE PHAT PHAT

Second absolute purification:  
OM SWABHAWA SHUDDHA SARWA DHARMA SOBHAWA SHUDDHO HAM  
All things are the nature of absolute space.

The space inside our heart, our head and central channel is bigger than the space in the universe. Imagine that our body zooms out and becomes bigger and bigger and less tangible until all the space of the universe is inside of it. Imagine our central channel expands until all the space of the universe fits inside it. Then, imagine that our body zooms in and becomes as small as an atom and that we can see that the atom is 99.99% space. The tiny bit which is not space is also not solid, it is moving and dancing energy. The energy of EH and VAM.

### **Guru yoga**

lo chok sangpo pel gyur trashi pa  
thub chen ten pe trinle yar ngo da  
phel gye dro lor tsam pe tse pa chen  
pel den lama shab la sol wa deb

OM AH GURU VAJRADHARA SUMATI MUNI SHASANA KARMA UTA VARDANYE  
SHRI BADHRA VAR SAMANYA SARVA SIDDHI HUM HUM

### **Requesting the Guru Buddha's blessings to deeply heal our outer and inner five elements:**

OM AH GURU BUDDHA SIDDHI HUM

**Generating the lotuses at our five chakras:** we are going to generate a yellow lotus at our secret chakra, a green lotus at our navel chakra, a white lotus at our heart chakra, a red lotus at our throat chakra and a blue lotus at our crown chakra.

PAM LE PEMA SERPO  
PAM LE PEMA JANGKU  
PAM LE PEMA KARPO  
PAM LE PEMA MARPO  
PAM LE PEMA NONGPO

### **Generating the seed syllables at our five chakras:**

EH RAM BAM YAM LAM

**Generating the symbols of the five elements at our five chakras:** at our secret chakra from the letter LAM arises a yellow earth mandala marked by LAM, at our navel chakra from YAM arises a green wind mandala marked by YAM, at our heart chakra from BAM arises a white water mandala marked by BAM, at our throat chakra from RAM arises a red fire mandala marked by RAM, at our crown chakra from EH arises a blue space mandala marked by EH.

LAM LE SA KYIL SERPO LAM  
YAM LE LUNG KYIL JANGKU YAM  
BAM LE CHU KYIL KARPO BAM  
RAM LE ME KYIL MARPO RAM  
EH LE NAM KYIL NGONPO EH

### **Generating the Five Great Element Mothers**

EH LE JUNGWA NAMKYIL YUM KYANG NGO  
RAM LE JUNGWA MEKYIL YUM KYANG MAR  
BAM LE JUNGWA CHUKYIL YUM KYANG KAR  
YAM LE JUNGWA LUNKYIL YUM KYANG JANG  
LAM LE JUNGWA SAKYIL YUM KYANG SER

**Completion stage:** combined purification of the outer and inner environment

Purifying the outer and inner space by the power of **Lama Jungwa Namkha Tagme Yum Kye Rangshin Khyen:**

Lama Great Space Mother, All-Knowing One.

The sky blue vajra space energy of the Korlo Dakini at our crown chakra enters the space of the external and internal environments, the world and its beings. Due to this all the blocked and polluted space is purified, healed and re-energised.

The healing of outer and inner space causes:

An increase in patience.

What seems impossible becomes possible.

Social, personal and political problems such as war, torture, human right abuses, violence, drug abuse and terrorism disappear.

A decrease in mental disorders.

The space element, crown chakra, heart, intestine, brain, skin and tactile sense of all living beings are healed.

People start to love themselves, their family, their society, their country and the planet again.

The Space Vajra Mandala rises.

First Light

Generating the sky blue space mandala at our crown chakra to awaken the pervasive wind:

EH EH EH EH EH



Second Light  
Purifying the space nature wind:  
EH HO SHUDDHE SHUDDHE SOHA

Third Light  
Transforming our space energy into the Vajra Space Mandala by the wisdom rain blessing of the Great Space Mother:  
EH EH EH EH EH ATI KYANA ATI KITI SOHA

### **Lama Jungwa Sa Tagme Yum Kye Rangshin Khyen**

Lama Great Earth Mother, All-Knowing One.

The pure crystal subtle earth vajra energy of the Rinchen Khandro at our secret chakra enters the outer and inner earth of the planet and its beings. Due to this all the blocked and polluted earth element is purified, healed and re-energised.

The results of this purification are:

All the radioactive and toxic waste dumps, pesticides and garbage heaps disappear.

The Earth is healed of all energetic disturbances in its chakras and meridians due to mining, construction and nuclear tests. The paths of the planetary life energy are unblocked, purified and restored to health.

The acid and alkaline balance of the soil is restored and every one can eat pure food again.

We take care of our precious resources, stop throwing away food, good clothing and possessions, and recycle those that are beyond repair. We become much less materialistic.

All earthquakes, landslides and dangerous asteroids are pacified.

The earth element, secret chakra, spleen, stomach, flesh, bones, eyes and eyesight of all living beings on the planet are healed.

The Earth Vajra Mandala arises.

LAM LAM LAM LAM LAM

Second Light  
Purifying the earth nature wind:  
LAM HO SHUDDHE SHUDDHE SOHA

Third Light  
Transforming our earth energy into the Earth Vajra Mandala by the wisdom rain blessings of the Great Earth Mother:  
LAM LAM LAM LAM LAM ATI KYANA ATI KITI SOHA

### **Lama Jungwa Lungyi Tagme Yum Kye Rangshin Khyen**

Lama Great Wind Mother, All-Knowing One.

The green vajra wind energy of the Lekye Khandro at our navel chakra enters the outer and inner winds of the planet and its beings. Due to this all the blocked and polluted wind is purified, healed and re-energised.

The results of this purification are:

All air pollution disappears and humanity becomes interested in developing and using non-polluting forms of transport and industry.

Plants and trees flourish everywhere, absorbing the excess of carbon dioxide.

The planetary lungs of the great rain forests such as the Amazon recover and expand.

All living beings can breathe pure air again.

All tornadoes, hurricanes and whirlwinds are pacified.

The air element, navel chakra, lungs, colons, nose, tongue and sense of taste of all living beings are healed.

The Wind Vajra Mandala arises.

YAM YAM YAM YAM YAM

Second Light

Purifying the wind nature wind:

YAM HO SHUDDHE SHUDDHE SOHA

Third Light

Transforming our wind energy into the Vajra Wind Mandala by the Bell initiation of Supreme Healer Amoghasiddhi which is manifesting in the form of the wisdom rain blessings of the Great Wind Mother:

YAM YAM YAM YAM YAM ATI KYANA ATI KITI SOHA

### **Lama Jungwa Chu Tagme Yum Kye Rangshin Khyen**

Lama Great Water Mother, All-Knowing One.

The white water vajra energy of the Dorje Khandro at our heart chakra enters all the outer and inner waters of the planet and its beings. Due to this all the blocked and polluted waters are purified, healed and re-energised.

The results of this purification are:

All the radioactivity, domestic and industrial pollution disappears from the world's water.

All living beings can drink pure water again.

All marine creatures are freed from the dangers of extinction.

All rising sea levels, excessive rainfall, killer floods and acid rain are pacified.

The water element, heart chakra, kidney, bladder, ears and sense of hearing of all the living beings on the planet are healed.

The Water Vajra Mandala arises.

BAM BAM BAM BAM BAM

Second Light

Purifying the water nature wind.

BAM HO SHUDDHE SHUDDHE SOHA

Third Light

Transforming our water energy into the Water Vajra Mandala by the vase initiation of the Supreme Healer Akshobya manifesting in the form of the wisdom rain blessings of the Great Water Mother:

BAM BAM BAM BAM BAM ATI KYANA ATI KITI SOHA

### **Lama Jungwa Me Tagme Yum Kye Rangshin Khyen**

Lama Great Fire Mother All-Knowing One.

The red fire vajra energy of the Pema Khandro at our throat chakra enters all the outer and inner fires of the planet and its beings. Due to this, all the blocked and polluted fire is purified, healed and re-energised.

The results of this purification are:

All negative fires are transformed into wisdom fires.

All human beings develop their tummo fire of blissful wisdom and learn to take care of their central channels.

All temperature disturbances, global warming, volcanic eruptions, ionospheric disturbances and fevers are pacified.

The fire element, throat chakra, liver, gall-bladder, nose, sense of smell and digestive heat of all living beings are healed.

The Fire Vajra Mandala arises.

RAM RAM RAM RAM RAM

Second Light

Purifying the fire nature wind:

RAM HO SHUDDHE SHUDDHE SOHA

Third Light

Transforming the fire energy into the stable fire vajra mandala by the Dorje Initiation of the Supreme Healer Amitabha manifesting the wisdom rain blessings of the Great Fire Mother.

RAM RAM RAM RAM RAM ATI KYANA ATI KITI SOHA

**The six mantras and six mudras:** making offerings to please the environment protectors.

Let's say short way to purify the environment by the six mantras and six mudras.

OM SVABHAVA BISHUDDHE DHARMATE BENDZA SIDDHI HUNG  
NAMA SARVA TATHAGATA BAYO BISHU MUKE BYE SARVA TE KAM EUGATE  
PARANA HEM MAM GAGANA KAM SOHA  
OM AMRITE HUNG PHET  
OM AKARO MUKA SARVA DHARMANAM ADYA NUT PE NA TU DE  
NAMA SARVA TATHAGATA AVALOKITE OM SAMBHARA SAMBHARA HUNG  
OM RURU PURU TZOLA TISHTA SIDDHA LOTSANI SARVA ARTA SADHANAYE  
SOHA

**Essential method to purify the outer and inner environment:** transforming our world into a pure world

**HUM**  
**HA**  
**OM**

**OM**  
**HA**  
**HUM**

### **Dedication for environmental peace**

OM BHISHWA SHANTI ANANDA

lama kun chok sum la kyab su chi  
rang ngi lhar sel dor dil sung ne choe  
dor ngak choe sung nye choe tha dak dom  
gue choe kun du jin shie dro don ged

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

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 or at 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.

We have some of the initiation still to do and also more details. But I would like to request Dr Pasang to speak. Before we had Dr Pasang and Dr Lobsang here each week, we were together often, now they are very busy so tonight I like to request him to talk about the Gyued Shi and the meaning of the five elements. How the 5 winds manifest as the 5 elements. These winds exist, they are not only something spiritual or do do with enlightenment - they are related with our body. If Dr Pasang tells you this then maybe it is easier for you to understand, more interesting. If I say, then maybe you just think: ah lama says, ah Lama is always thinking something - maybe spiritual somewhere something, his mind is always flying somewhere so maybe this not suitable for living being. Maybe you have doubts. This is possible. When a Dr explains, on the physical level, then you can understand something in a different way. You discover another way, another point of view. So I would like to request him to say something.

### **Dr Pasang**

*First of all I like to say thank you very much to Rinpoche that today I received so precious and so profound, powerful, healing initiation. I don't know much about the Self-Healing practice, maybe you know better than me, and you must have experienced the stages and the systematic follow-up of all these levels of the elements and practice. But when I was receiving the initiation, and concentrating on each level of the element - the power and transformation of the element into pure element, mind to the pure mind, this kind of practice is really giving you Buddha in the hand - practically. I think Rinpoche is so kind that all this complicated, subtle and difficult subject of the tantras and its practices - he is making so simple and easy to understand in the form of the Self-Healing. Rinpoche's Self-Healing practice is not like self-healing which is the self-healing method of normal people and exists in the West. If we think and study about the Self-Healing sutras and tantras, everything in Buddha's teaching is in Rinpoche's Self-Healing. It is completely different than the others. I can feel it, and also I understand it because I came through this kind of study, especially about tantra, and not just one tantra text. I begin to study tantra through just little practice, then receiving the different initiations of the different tantras both Father Tantra and Mother Tantra. After receiving the initiation I try to put in practice everyday. I am not a great meditator or practitioner - I put the effort in tantric practice, because my mind is always looking to know something more. Therefore to understand and to know I put it into practice - then when I saw Rinpoche's Self-Healing it's really like a person who is in the restaurant - where the spaghetti is already made, we only need to eat. It's wonderful. How many years it took me to become a little bit systematic about understanding this element and subtle wind system. Maybe it took me more than 12 or 15 years to become more clear in my mind. Rinpoche has made it so clear that you can understand everything in a few months. That is really the power of the master! One who can give really the transformation of his energy to the disciple. So, I think that is wonderful. Just the last several years with Rinpoche, I myself am studying Self-Healing. Why? I think instead of spending a lot of time to study tantra, if I study Self-Healing it is much more easy for me to understand. Very easy way. You have a great fortune.*

*I remember one story. A story of the Mahasiddhas in India. It is a bit legendary for present age but it is not just a legend. The master transforms his energy giving the initiation to the disciple and in that moment the disciple is completely lost himself and is becoming what the master is saying. At that moment everything is existing there. But after the initiation is*

*finished, the emotion disappears and again the earth is earth, rock is a rock, tree is a tree. That is like when one person is drunk and another one didn't drink any alcohol but if you are sitting in front of the drunk man you also become little bit like that. That is how the energy transforms. When the master is giving the initiation and transforms energy the disciple is completely lost and getting that same emotions. Like now when Rinpoche is giving the initiation, when we concentrate, we understand everything, we understand the quality of the master. The Tibetan special guru-disciple relation and transformation we say inseparable. In that moment the master and the disciple become inseparable. Completely becoming a union you see. The mind is completely in union with the master's mind. That is really during the initiation what we have to feel. If we have the capacity then it's easier for the master to give us the energy transformation. If we don't have capacity then it's a problem.*

*Rinpoche told me to say something about this practice, it's main principal is about the elements. Element in Tibetan is JUNGWA. JUNG means everything appearing or sources or appearing from there and disappearing to that state, that is JUNGWA - element. So our body-mind combination is two - material and the mind or soul. Better to say mind. All this union and manifestations is only depending on the function of the elements. Elements are material, on the material level it is a very subtle quintessence of material so it has a colour. It has a form. If there's a form, there's a colour, if there is no form there is no colour, if there is no colour no form. Without these elements mind cannot exist, then it cannot function, so that is why the elements are important. Through this element combination everything exists - from mind to material - everything is existing - and producing this phenomena in the korwa (world). So the production of these elements is positive or negative, it depends on the combination of the element, if the elements are negative energy then the production will also be a negative one. That's why the purification of the elements is important. So element purification helps the mind to become purified. We can see how the elements are functioning, it's like this small book that Caroline just read. It's very interesting for me, it's really really interesting. Because how the mind from the smallest part, like for example from the atom can go to the boundless and again come back to the single-pointed molecule or small particle of the atom. Mind has no limit - it is boundless. During meditation our mind is always like - Rinpoche used the word zooming. But without the elements support, the mind cannot function anymore.*

*When we look from the Tibetan medicine point of view how the elements start to function, the function begins from the space element. That is sogdzin lung. From the sogdzin lung it produces the second wind, the tursel lung. As Rinpoche is saying, we have 2 opposite polarity energies, we can see this now on the modern level. The second wind produced is tursel, the descending wind. From the descending wind is produced the ascending wind. The ascending wind produces the pervasive wind, then the namne fire-like wind. So the winds are produced - one by one. There are 2 polarity energies. Because of this during the meditation - the most important practice is the transformation of the winds. Because from the origination these 2 principal energies, during meditation and also during transformation, are mixing.*

*Many of my friends are always saying - ah so many chakras, so many colours, all the chakras and colours are different, we are confused, what is the right, who is right, who is wrong. I simply say don't worry about the colours and number of the chakras, if you want to you can find more that 360 chakras. If you want then also 2, 3, 4 chakras are enough*

*because it is the meditation and concentration and transformation that is important. Of course the number is important, of course the technical and methodical work is important, but more important is the concentration and transformation of the mind. Hindu yoga always uses 7 chakras, it's important because there are 7 days, 7 colours, 7 planets, 7 body constituents. So the 7 number is important. In the other systems 5 is important and from their view everything is classified into 5. Then there are systems with 4, then 3, then 2, then 1. For the Chinese everything is 2, it is not important 3, 4 or 7. What is important is the practice and putting into use according to the concentration and the colour and what the master says. The effect is coming out. If we lose the number and colours then the effect, the result, will be not a positive one. In Buddhism, especially in Mother Tantra, there is always 4 chakra - not 5, not 6, not 7. Father tantras principally use 5. The difference is not the number and not the colour, it is what the tantra is principally explaining - what is the main important teaching of the tantra and according to that the colour and the number of the chakras changes. If we do according to what the master said then the result is coming. Faith and practice is important in Tantra. If the master, Rinpoche, says: ok this glass is black, now you meditate on a black glass; if you concentrate on black even though you know it is white and transparent, but you meditate it is black according to what Rinpoche said then you are going to get something positive energy. That is tantra. If you are going to check: ah no it's impossible, because it's transparent, it's white, then this creates doubt in the mind then the result is not coming. That is negative transformation. So like that the number is not important.*

*In Buddhism the number 4 or 5 is principal. Everything is coming from the mind to the material. Everything can be concluded into 5 groups. So according to this everything becomes systematic. The production and evolution of the JUNGWA and the mind - everything comes into 5. That is exactly our special tradition. In this teaching number 5 is important because we have 5 mental characteristics, 5 organs, 5 emotions, 5 senses. Because of the 5 elements we have got 5 limbs (1 head, 2 arms and 2 legs), we have 5 actions. Because of the 5 elements in the body we have 5 fingers - we don't have 6 or 7 fingers, or 4 or 3 or 2. If we check ourself - everything is 5. That's why the 5 elements are important. Even until the particles of the atoms, everything is 5. For example, look at a flower and leaves, they have so many branches, and why do we have 5 fingers that are like branches - maybe better a round one, so we can hold water - but no we have fingers like branches. This is symbolic. It is an analogy of the force of the elements. Why is the middle finger always higher? If all fingers just same size it would look nicer but we don't have that. The middle finger is connected to the liver. Liver is fire, fire always goes up, it never goes down. You check in the volcanic mountains, all volcanoes are going up, they never go down - that is the force of the element. In our body the volcano is here and the symptoms or inflammations are here. This is symbolic. Our body is always teaching us through symbols but we don't understand it, we don't know what it is. That leaf has many branches, through this we can understand the different small element combinations producing that leaf. If there is less than 5 - the principal predominate elements are 4 or 3 with a combination of other elements. So the smallest finger is the earth, it's always low, earth is heavy so always low. The thumb is the biggest and it is the heart, space element. Space can cover all so it's the biggest one you see. If you press here because it's the heart, it corresponds to the heart and mind, when you have stress and tension and some psychological problem you press here and it's terrible painful. So everything is teaching us about the natural position of the force of the elements.*

*Everything comes into this number 5: eyes, nose, ear, tongue and body tactile is 5. So that's why the element is important and fixed to the body, to the mind. From there it goes to enlightenment but I don't know that much. So the 5 element purification is super important. With wind element purification it means not only purifying the lungs function, not only the colon function, but it's also related to the sensory organ, index and left shoulder. So just one element purification purifies the mind, a particular organ, a particular limb, a particular index and particular sense organ. Fixed. So we can purify 4, 5 complete elements so that we are purifying psychologically problems as well for sure. The head is the fire element, the right shoulder is fire, left shoulder is wind, right leg is earth, left leg is water: 5 limbs, 5 elements.*

So I would like to say thank you very much to Dr Pasang. One side I know people are tired but I would like to continue to say something. Until now we did the initiation just singing way, now we will do by meditation way. Means imagine that Lama is Green Tara, and at Green Tara's five chakra we have the Five Supreme Mothers. From their chakras, one by one, is coming light and nectar. Means, first coming yellow light and nectar from Lama Tara's secret chakra. This reaches to your secret chakra, and all the impure yellow energy at the chakra is purified. This works to make all the blockages in the chakra open so a yellow lotus manifests. Then we continue with a similar meditation but with the other colours. From the Lama is coming 5 different colours that reach to your chakra and this is like a doctor working to open all the blockages, purify all the negativities... We are linking together. Means, the Lama's light is working on the right and left channels, and on the central channel, all the chakra and all the 5 elements. Maybe a problem like the lotus not opening means there is a problem in the right and left channels or maybe it is a central channel problem. So this light is making all kinds of balance. Until now the 5 delusions are sitting there in the lotus so we have no freedom. No liberation. We can get liberation through doing this practice with mudra, with concentration, with breathing... we can do this by visualising the negativities like animals and throwing them out. Many other symbols are also possible. For now we do this way: for pride and miserliness we use a yellow horse, at the navel chakra we have the garuda that symbolises fear and jealousy, Akshobya - we have a snake, black colour, then at the throat chickens symbolise attachment and then for the consort of Vairochana we have a black pig symbolising ignorance. Through mudra and concentration this enemy we need to send away phewwww (*breathing out*), after this it is very easy to make the lotus. One by one we need to send negative away - phewwww (*breathing out*) - we need to completely separate. Then our mind is becoming free of the 5 delusion, but to make it stable we need to mix with the energy of the Five Mothers.

**LAMA JUNGWA SA TAGME YUMKYE RANGSHIN KHYEN**  
**LAMA JUNGWA LUNGYI TAGME YUMKYE RANGSHIN KHYEN**  
**LAMA JUNGWA CHU TAGME YUMKYE RANGSHIN KHYEN**  
**LAMA JUNGWA ME TAGME YUMKYE RANGSHIN KHYEN**

Now the root of all these negativities - marigpa ignorance - the most important.

**LAMA JUNGWA NAMKYE TAGME YUMKYE RANGSHIN KHYEN**



Now we do the meditation, one by one as explained above - breathing out all negativities and so on.

OM AH GURU BUDDHA SIDDHI HUM

Now the five lights are coming to work in the lotus.

PAM LE PEMA SERPO  
PAM LE PEMA JANGKU  
PAM LE PEMA KARPO  
PAM LE PEMA MARPO  
PAM LE PEMA NONGPO

Now inside this lotus our energy is going to manifest into the seed syllables of the Five Supreme Mothers. Light is coming to purify and making the cause-condition for this to develop.

EH RAM BAM YAM LAM

Now this is going to be the symbol, like square earth with the seed syllable together.

LAM LE SA KYIL SERPO LAM  
YAM LE LUNG KYIL JANGKU YAM  
BAM LE CHU KYIL KARPO BAM  
RAM LE ME KYIL MARPO RAM  
EH LE NAM KYIL NGONPO EH

This continues to manifest the Five Supreme Mothers.

EH LE JUNGWA NAMKYIL YUM KYANG NGO  
RAM LE JUNGWA MEKYIL YUM KYANG MAR  
BAM LE JUNGWA CHUKYIL YUM KYANG KAR  
YAM LE JUNGWA LUNKYIL YUM KYANG JANG  
LAM LE JUNGWA SAKYIL YUM KYANG SER

Now repeat the mantras together with me.

LAM LAM LAM LAM LAM  
LAM HO SHUDDHE SHUDDHE SOHA  
LAM ATI KYANA ATI KITI SOHA

YAM YAM YAM YAM YAM  
YAM HO SHUDDHE SHUDDHE SOHA  
YAM ATI KYANA ATI KITI SOHA

BAM BAM BAM BAM BAM  
BAM HO SHUDDHE SHUDDHE SOHA  
BAM ATI KYANA ATI KITI SOHA

RAM RAM RAM RAM RAM  
RAM HO SHUDDHE SHUDDHE SOHA  
RAM ATI KYANA ATI KITI SOHA

EH EH EH EH EH  
EH HO SHUDDHE SHUDDHE SOHA  
EH ATI KYANA ATI KITI SOHA

Now I would like to ask to repeat the long sadhana for one element. No need everyone repeating - meditate on it and feel what we did. Anyway now we do only one point or it will be too long.

## **LAMA JUNGWA SA TAGME YUMKYE RANGSHIN KHYEN**

LAM - Earth Purification

Please, Lama Great Earth Mother Mamaki, All-Knowing One, help us to heal and transform our impure earth element in our inner and outer environment.

The combined energy of our own and our lama healer's earth element manifests as the Rinchen Dakini, the Great Earth Mother, at our secret chakra. Her energy in the form of pure yellow healing lights and nectars enters the external, internal and secret earth of the world and its beings, purifying, healing, transforming and re-energising them.

On the environmental and social level:

By the constructive dependent arising cause and condition of the Great Earth Mother's thoughts, actions, blessings and pure qualities:

All the radioactivity, domestic and industrial toxic waste such as pesticides, nuclear waste and so on, which are polluting the earth disappear.

The earth regains its stable energy so that earthquakes and landslides are pacified. The ground no longer crumbles and breaks.

The earth is healed of all energetic disturbances which have been caused by mining, construction and nuclear tests.

The dragon paths of planetary life energy are unblocked, purified and restored to health.

People's minds change and they no longer wish to cover the entire ground with a thick crust of concrete. Instead, people have the urge to let their feet touch the ground again.

We begin to take more care with recycling and how we use resources. We stop throwing away food and good clothing and so on, and we stop being so materialistic and consumerist.

The acid-alkaline balance of the soil is restored and everyone can eat pure food again.

All forms of life are freed from the danger of extinction.

We regain our deep sense of connection with Mother Earth.

All social and political problems due to corruption, excessive materialism and consumerism which are caused by the distorted energy of the earth element disappear.

On the medical level:

You, Lama Jungwa Sa Tagme Yum Kye Rangshin, have the six subtle root earth qualities of heaviness, stability, bluntness, smoothness, oiliness and dryness, so please use these to purify, transform and re-energise our impure earth energy. The pure earth energy heals our earth element, the secret chakra, spleen, stomach, our flesh, teeth, bones, nails, right leg, little finger, and our eyes and eyesight which are provided by the naga wind.

All menstruation and ejaculation problems, constipation, diarrhoea and all allergies and diseases due to food poisoning are healed.

On the astrological level:

By the dependent arising cause and condition of the truth power of Lama Jungwa Sa Tagme Yum Kye Rangshin's blessing and compassion, combined with the power of the zodiac houses, planets, months and constellations—dominated by the earth element—a pure auric sphere of vajra earth energy encloses our planet and this heals the earth element of our world and many other gross and subtle, relative and absolute worlds of the three thousand universes.

For example:

1. The power of the second zodiac sign of Taurus (Lang), the planet Venus (Pasang), the power of the fourth month of the kalachakra year cycle, the sheep and the constellations of Go, Narma and Mindrug,

2. The power of the fifth zodiac sign Leo (Sengye), the Sun (Nyima) and the power of the seventh month of the kalachakra year cycle, the dog and the constellations of O, Dre and Chu.

As a result of this we no longer experience astrological mis-fortune and sickness due to the imbalances of the earth element.

Tsayi Lhamo the earth goddess, the earth elemental spirits and the Sadak the land owners are happy and agree to help us.

On the tantric level:

By the positive dependently arising cause and condition of the Great Earth Mother's pure elemental energy, all hard, rough and uneven ground is transformed into pure crystal ground which is warm, soft and resilient. Touching this ground induces bliss.

A treasury of zi stones, jewels, crystals, precious metals, corals, pearls, turquoise, lapis lazuli and so on spontaneously manifest due to the re-awakening of the pure essence of the earth energy.

Ranjung (self-growing) images of the buddhas and bodhisattvas, such as the ones in Parping and Shalu, manifest world-wide.

Many termas are taken out from rocks.

Meteorites transform into dorjes, symbols of enlightenment which have a special protective power, rain down everywhere bestowing blessings.

We learn to control our earth element during the death absorption.

We recognise the vision of shaking ground as we die to be the destruction of our gross and subtle earth element. Thus we die peacefully and without fear, making death a useful experience.

The earthquakes of the bardo are pacified and the crushing hells are pacified and transformed into pure-lands.

We learn to use our downward-moving wind positively and we develop the ability to absorb it within our central channel.

The karma that causes us to be reborn as a hungry ghosts in the preta realm and endure the suffering of extremes of hunger, thirst, heat, cold, fear, goitres and digestive problems is also erased from our inner space disc.

We gain the power to visit many sacred Earth sites, power places and holy mountains such as Mt. Kailash, the twenty four Heruka places and the one hundred and eight secret valleys of Guru Rinpoche.

We can visit many absolute pure-lands.

Mental rigidity is transformed into a soft, warm and precious gold like mind.

Everyone becomes emotionally stable and the negative energies of insecurity, doubt, fragility, negative fixed minds, miserliness and pride are transformed into emotional stability, balance, harmony, and the pure energy of humbleness and generosity (the qualities of Ratnasambhava). Our confidence and energy increases. The exalted wisdom of equality arises (and we see all phenomena as equal, as one, within the experience of absolute space).

We link with the Rinchen Dakini.

The Earth Vajra Mandala arises.

First Light: we awaken and unblock our relative and absolute earth energy by visualising the earth vajra. We should visualise a yellow square or cubic earth mandala at our secret chakra (the sexual region) which is marked by a seed letter LAM.

Actually we are making 5 times: LAM LAM LAM LAM LAM. Together we are making this mudra small zoom out then coming in, then coming little bigger, little bigger, little bigger, then coming to 5 times bigger. We are making inner and outer space clear.

LAM LAM LAM LAM LAM

Second Light: with concentration, breathing and mantra, we should pull all the auric mucus and pollution out of our earth mandala like psychic surgery and let it exit the channels of our hands and fingers and dissolve into absolute space. Our dirty yellow earth mandala becomes a very bright and clear colour.

LAM HO SHUDDE SHUDDE SOHA

The earth element is naturally clean and clear

Third Light: stabilising the pure earth energy. The rising of the Earth Vajra by the Great Earth Mother's blessing.

We should send out beams of light from our ten fingers, inviting the buddhas, bodhisattvas, holy beings and pure elements of the ten directions, in the aspect of the Great Earth Mother, Five Supreme Healers, letter lam, crystals, yellow

lights, nectars and so on. Some are very big like mountains, others are very small like atoms. They absorb into the earth mandala like a rainstorm. We receive all their pure crystal energy and our earth mandala becomes the Earth Vajra Mandala.

LAM LAM LAM LAM LAM  
LAM ATI KYANA ATI KITI SOHA

The rest we will do very short, no need to repeat long sadhana.

**LAMA JUNGWA LHUNGYI TAGME YUMKYE RANGSHIN KHYEN**  
YAM YAM YAM YAM YAM  
YAM HO SHUDDE SHUDDE SOHA  
YAM ATI KYANA ATI KITI SOHA

**LAMA JUNGWA CHU TAGME YUMKYE RANGSHIN KHYEN**  
BAM BAM BAM BAM BAM  
BAM HO SHUDDE SHUDDE SOHA  
BAM ATI KYANA ATI KITI SOHA

ATI KYANA ATI KITI means blessing, blessing.

**LAMA JUNGWA ME TAGME YUMKYE RANGSHIN KHYEN**  
RAM RAM RAM RAM RAM  
RAM HO SHUDDE SHUDDE SOHA  
RAM ATI KYANA ATI KITI SOHA

**LAMA JUNGWA NAMKYE TAGME YUMKYE RANGSHIN KHYEN**  
EH EH EH EH EH  
EH HO SHUDDE SHUDDE SOHA  
EH ATI KYANA ATI KITI SOHA

OM BHISHWA SHANTI ANANDA

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