

ངལ་གསོ



NGALSO
Path to Enlightenment

Self-Healing Commentary Lama Gangchen Rinpoche

This text is a lightly edited transcription of a course given by Lama Gangchen Rinpoche, translated from English to English by Lama Caroline, in the Open Centre, New York, on March 21-23, 1996.

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[Friday 21st March 1996 - Introduction]

Introduction by a representative of Tibet House

Lama Gangchen was born in western Tibet in 1941. At the age of five he was recognised as a tulku or lama healer and was enthroned at Gangchen Choepel Ling Monastery, where seven years later he received the Kachen degree. He studied medicine, astrology, meditation and philosophy in what were then two of Tibet's major monastic universities; Sera and Tashi Lhumpo, as well as in Gangchen, Truphu and Nyetsen Monasteries. In 1963, Lama Gangchen went into exile in India where he continued his studies at the Varanasi Sanskrit University in Benares. In 1970 he received the Geshe Rigram Diploma at Sera Monastic University located in South India. Lama Gangchen visited Europe for the first time in 1980 and he later became a citizen of Italy, if not of the world! In 1989 he founded the Kunpen Lama Gangchen Institute in Milan, Italy, in order to propagate and preserve the Tibetan medical and cultural traditions. 1992 saw the founding of the Lama Gangchen World Peace Foundation, International Friendship for the Propagation of Tibetan Medicine, Vajrayana Buddhist Philosophy and Self-Healing to Develop World Peace, with its main seat in Madrid. Lama Gangchen's first peace dharma centre was opened in Brazil in 1988 and at present there are over 100 study branches worldwide. He has also offered a three volumed series on Self-Healing, a book of Oracle and two volumes on a system of Peace Education. Copies of some of Lama Gangchen's books, cassettes and tapes along with copies of the Tibet House Drum magazine and literature from students for a free Tibet and USA Tibet Committee are available at a table over here after the lecture. I want to mention just one of Lama Gangchen's activities here in New York, which

is just one stop in the thousands of miles that he makes each year. Yesterday he held a prayer meeting for world peace at the United Nations which was attended by UN staff, NGO members and other officials. I know that Lama Gangchen will share his teachings with us for creating inner and world peace and I am sure that you will join me in hoping that he will also share his secret of coping with jet lag! Caroline Gammon will serve as Lama Gangchen's translator from his somewhat esoteric form of English to a more exoteric form of English. Please join me in welcoming Lama Gangchen.

[Opening prayers]

Rinpoche

Good evening. So, first I would like to say thank you very much to Tibet House which is Open Centre, which is my friend Daniela Morera, which is all my other friends - new friends. Our friends organised this meeting tonight here at the New York Open Centre. We meet many, many new friends but my English is sometimes too difficult to understand for you, because it is some kind of English! So, my English is too difficult - I am very sorry. Anyhow, before I was all the time working with translators but people like much more some kind of direct English talk, this way they like more. So, I try to talk heart to heart, try to talk, but still information way it is not enough. Anyhow I am happy to meet you all and I hope tonight that you gain something. We are together to make a message for this world, some good messages and good images, something good and beneficial. Something we do. So this we talk tonight, we have two main subjects, one is Self-Healing which is Tantric Self-Healing.

Lama Caroline

So, good evening. First I would like to thank all the organisers of this evening, especially Tibet House and the Open Centre and my friend Daniela Morera as well as all my old and new friends who are involved in the organisation. I am sorry that maybe my English is a little bit difficult for you to understand and so for this reason I am using English to English translation. Before I was using Tibetan to English translation but many people requested me to speak directly in English because they like heart to heart communication with me. Unfortunately my linguistic skills are not enough and for this reason I am using English to English translation.

I am very happy to meet you all and I hope that tonight you will get something beneficial from our meeting together. We are meeting together - friend to friend - in order to give a good message, in order to share positive information and images. I hope that you get something that you can take away from this evening and weekend - something beneficial that you can share with others. Tonight the main subject is Self-Healing, particularly the Tantric Self-Healing system.

Rinpoche

So you know - listening system. We have many systems, guru to disciple, teacher to student and many other ways of listening, also many ways of teaching. Tonight we do not need to do guru and disciple and so on, just I like to talk friendly to you - friendship way. I like to teach friendship way. Transmission friendly way. All those which are Tantric system, secret, you know all those which are always secret, secret, secret. Now all these secret things are open to you as friendly information.

There are many different ways - energy level information way or the mudra way, concentration and how we repeating mantra recitation way, how to use many different colours way, how we use speech way - all these are tantric systems and so we try to talk. We have two days, Saturday and Sunday, we need to speak all day, most important. We need to speak two days because tonight is not enough! Tonight I like to show how we are doing Self-Healing practice. There are many different ways; like 40 minutes, like 20 minutes, like 10 minutes, like 5 minutes or with sound way, with mudra, with everything together or without sound, only mudra - many kinds of way we like to show demonstration. At same time I teach, same time transmission, same time healing, same time you are learning how to become a healer in future, Tibetan Tantric Healer. This healing system is coming from Guru Shakyamuni Buddha, coming lineage from him to continue. Before the system is some kind of ..., what I am teaching is some kind of different way. I am teaching something easy for you. Very difficult to learning - no? Always we have tradition guru to disciple way and also many different secret ways. Inside one subject many parts, example astrological part inside, one subject like medicine but inside one other subject Tantric Healing system, many part, many many piece separating so I put together to try to make contribution for modern society and to try to help, try to do something.

Lama Caroline

There are many different ways of receiving dharma teachings, for example there are the traditional systems of the guru to disciple relationship or the teacher and student but tonight we do not need to enter into this kind of relationship. We can just think that we are meeting here together as friends to share positive information, to share an energetic transmission. Tonight I would like to share with you in many different ways the essence of the secret tantric systems. We can look at the essence of the tantras in terms of how energy works, in terms of different kinds of information, in terms of different therapy systems such as mudra therapy (which means physical gesture therapy), concentration therapy, breathing therapy, recitation therapy, mantra therapy, colour therapy, breathing therapy and how we can integrate all these to create the essence of tantric energies. Tonight is just an introduction because during this weekend I am teaching a two day course here. As a kind of introduction I would like to demonstrate the Tantric Self-Healing exercise so you can get a taste of what it is. We would like to demonstrate the different kinds of systems like the 40 minutes Self-Healing practice and then a 10 minute one, then a very short 5 minute practice. Then we can do the Self-Healing practice just emphasising the mudras or without sound to emphasise the concentration aspect. There are many different ways to do this practice according to what is appropriate for us. We should not think that it is just a visual demonstration, it is also a teaching and an energetic transmission. Through which you can directly receive healing from the Lama Healer. If you are interested in Tantric Self-Healing and you learn this system well, then in the future you can become a Tantric Healer of the Tibetan tradition because this system comes from an authentic lineage which originated from Buddha Shakyamuni in his tantric form as Buddha Vajradhara. Before this lineage was kept secret and in the past it has been very difficult to learn about. You have to study many years and make many requests, this is the way that I learnt in the monasteries. I am teaching the essence of this to you in a very open and easy way. When I learnt this I had to

study astrology, tantra, sutra and medicine all separately and then try to understand the meanings of them all myself. Tantric Self-Healing is an integrated system combining the essence of all these practices in a way which is suitable for modern society.

Rinpoche

In Tibetan language I call this kind of Self-Healing NGALSO. NGALSO means very tired. NGAL means very tired and very weak, polluted - all this negative side. SO means to recover from this tired, sickness, many kind of different way to recover. NGALSO. This world is too much, too busy to running running running: *I have to go, I have to go, I need to go, go, go...* We always looking outside - no?. We never look inside! So that way just suddenly tired, suddenly coming mind down, physical sickness and so on and so on. This practice is always working from up to down, down to up - after you will see. Always work inside with the body, with the mind, on the gross level, subtle level, very subtle level. So after you will see.

Lama Caroline

Self-Healing can be understood through the Tibetan word NGALSO. It has two parts NGAL and SO. NGAL means all the negative side, it means all of our tiredness, our weakness, our sicknesses of body and mind and the pollution of the outer and inner worlds. SO is the positive side and it means to recover the positive energy of the outer and inner environments. It means to heal our sicknesses. Nowadays in our world and modern society we are much too busy. We are always rushing and searching for something external in our life; some kind of satisfaction, some kind of solution but we never look internally for healing or to find the solutions or satisfaction. This is because we are always externalising our lives, but suddenly at one point our mind becomes very down, very tired, we become physically and mentally sick. The Self-Healing practice is internalising our energy and restoring the energy inside our channels, chakras, winds and drops on the gross, subtle and very subtle levels. It is working especially to move the energy up and down our central channel. Afterwards you will understand this when you see the Self-Healing practice.

Rinpoche

When I came to Europe, I am nothing teaching for tantra. Ten years I am working with only one mantra **om muni muni maha muni shakymuniye soha** and the four limitless prayer. This much I taught and used. Also you know, cream and water blessing pills. Two blessing pills, my pills, you put to this cream inside. Two water pills means inside the water. In Tibet using *ngalchu*, means giving water to sick people. *ngalmar* means with butter. This is making blessing to use for people. Ten years around Europe and many other different countries I work this much. I was looking and checking if Tibetan system is suitable or not suitable because different colours, different culture, religion, habit, custom so on. Then in ten years good results come every year. We make meeting with all my friends to ask ok or not ok. My Tibetan to English translator was Claudio Cipullo, all the time at that time. He is still working with me, he is very, very famous teacher of *chulen!* We work with many scientists and doctors and they tell me their opinion- I am true or not true. So, doctors came to say yes, they say my patient I am not possible cure

so I send you now it is ok, this and that. So this means working my little cream and water blessing pills and one mantra. After ten years we make the Lama Gangchen World Peace Foundation to advance little bit more, to make Tantric Self-Healing. Tantric Self-Healing not just made like that, I have been every year to Borobudur, Indonesia. There is a mandala, people calling stupa but it is really a mandala, a very high tantric mandala. How working? Tibetan people, ancient Indonesia also Nepal people have many, many stupas, different stupas. All this energy, all these symbols, what is inside, how does it work? I check. Working well by looking way, research way, by message way of holy beings, many different ways. I make open to this Tantric Self-Healing so there is no need doubt, no need to think how this is possibly helping. Helping or not tell me after experience. What I make, I make really very well. No mistake anything. Also I had many visions which told me this is beneficial really, this century and next century. My message really helping difficult situation. I hope you get all experience way, tell me future this and that.

Lama Caroline

When I first came to Europe in 1982 I was not teaching, I was acting as a healer and I was doing that through the medium of one mantra **om muni muni maha muni shakjamuniye soha** and the four limitless meditations which are; love, compassion, harmony and equanimity towards all living beings. I gave just two kinds of blessing pills which are two very powerful relic pills, one is male energy and one is female energy, they can be put in cream or in water. I was healing many different kinds of patients in this way throughout Europe. I use these pills in cream and in water because in Tibet we have this system of blessing. The lama blows on the water and gives it to a sick person and we also do the same thing with butter but in the west we use a cream like Nivea instead.

Rinpoche

Butter is too much smelling, then it is difficult!

Lama Caroline

In the beginning I was researching if these Tibetan healing systems were suitable for Europe and for western society or not, because we have in many different ways a very different culture. I was researching if my methods work in the west as they do in the east. Actually I attained many good results. After ten years I requested all my friends and doctors to come to a meeting and tell me their results. Many different doctors came and told me that their incurable patients had been cured by these methods. Many of my disciple friends such as Claudio Cipullo, who is here tonight and who is a famous *chulen* teacher, also reported many good results. *chulen* is *taking the flower essence* pills, a purification method. So, after ten years I decided to go one step further by introducing the Tantric Self-Healing system into the west. In 1992 I created the Lama Gangchen World Peace Foundation which is registered in Madrid, Spain and I also created the Tantric Self-Healing system which is the essence of all the Tantric Self-Healing practices. This practice came to me as a kind of revelation, a result of visiting many times the Borobudur stupa mandala of central Indonesia. I had been to the Borobudur mandala maybe five or six times before I created the Self-Healing practice. The Tibetan tradition believes very much that the ancient buddhist cultures of Nepal,

Indonesia and so on were Mahayana and tantric cultures that practised very high levels of buddhism and that the stupa mandalas they created hold the essence of the tantric tradition in a symbolic form. By looking at these and researching them through meditation and visions I received the explanation of how to make the Tantric Self-Healing practice. What you need to do is experience that tonight, and check the results. Self-Healing is not something which I created by myself, it is actually a very ancient Mahayana Vajrayana lineage. In Borobudur I received many visions from the buddhas, bodhisattvas and holy beings that said that there is a need to repackage the ancient tradition in a new form which is suitable to modern western society. If we do like this then there will be many benefits for both now and for the future generations.

Rinpoche

Self-Healing is Buddha's original teachings, this means what Siddhartha offered to this world. He researched birth, ageing, sickness and dying. He made research of these four main subjects for this world, all is related to this world not separate. Everything that Siddhartha did is relative to us, to our container and contents. In this way Buddha made research of our sickness. Means both physical and mental sickness - overcome how? What he made to overcome, physical and mental sickness by medicine this is Tibetan medicine and tantric medicine - we are calling *gyushid*. The Four *gyushid* means Akshobya, Amoghasiddhi, Ratnasambhava and Vairochana through the speech of Amitabha. Means the five buddhas. Anyway this is the Tibetan medicine system, then there is astrology system, then normal general teaching like Theravada, Mahayana, Vajrayana - everywhere overcome our four problems. This is Buddha's wish, the Buddha's main aim. There are many methods, all these I tell to you, Kalachakra and so on but also Tantric Self-Healing. If we want to help ourselves then most important is Buddha's teaching. This is important, need to know. Otherwise people think that Lama Gangchen made Self-Healing. This is Buddha's main subject to this world, Buddha himself contributed this.

Lama Caroline

How can we understand that the Tantric Self-Healing system is the original teaching of Shakyamuni Buddha? Siddhartha researched four main subjects, he researched how to overcome the suffering of birth, the suffering of ageing, the suffering of sickness and the suffering of death. This was his purpose in developing the buddhist system. Everything that he did, all the systems that he developed were related to us and to our environment, they were not something unrelated to our world. He researched exactly what we could do to overcome all our physical and mental sicknesses and sufferings. For example, one of the main things that he taught was tantric healing on the energetic level and the Tibetan medical system (which was passed through many generations in India and later Tibet). They had both a physical medical system and an energetic system. The basis of the Tibetan medical system is called the *gyushid* or The Four Tantras. These were actually taught as revelations from the Five Dhyani Buddhas who emanated from the five chakras of Buddha Vajradhara. Amitabha was the questioner and the other Dhyani Buddhas each spoke one of the four tantras - the Root Tantra, Explanation Tantra and so on. These tantras explain the philosophical basis of medicine as well as physiology, anatomy, pharmacology,

therapeutic techniques and so on. On top of that Buddha taught many different subjects such as the Kalachakra system of astrology, the elemental system of astrology taught by Manjushri and then Buddha also taught many sutras, many systems of philosophy, many methods to reach inner peace which we now call Theravada and Mahayana Buddhism. He also taught Vajrayana or secret mantra - the method to quickly reach enlightenment in order to benefit sentient beings. We can understand easily that Shakyamuni Buddha's main wish and aim was to benefit us and teach us to overcome all our negative dependent arising causes and conditions, all our sicknesses and sufferings and that enlightenment is the result of this process of healing. Buddha taught many different tantras such as Kalachakra, Guyasamajha, Yamantaka, Heruka, many thousands of the four classes of tantra. Tantric Self-Healing is the essence of all these tantras because it is going back to the basis of the tantras which is the Five Supreme Healers or the Five Dhyani Buddhas which are manifestations of the five chakras of Shakyamuni or Vajradhara Buddha. Vajradhara is the secret or esoteric form of Shakyamuni Buddha. Shakyamuni Buddha was an enlightened human being and as such everyone could see him, whereas only a few highly developed people could see Vajradhara. You need to understand this well before you start to look at the Self-Healing system.

Rinpoche

Tantric Self-Healing means taking care of our physical and mental health through one system, a medical system, but an ancient medical system which has been kept very secret, always secret. To teach one mantra need to teach - secret. It is all in this one system like health system, physical and mental health taking care system, chakra, channel, points, five chakra, seven chakra, three chakra, four chakra, three channels and seeds, bodhichitta and five winds, ten winds and so on. Physical and mental taking care is a very important subject. So this world has to know secret - secret is now ancient time. Now we need to teach because this world many systems; doctors, therapies, healing, scientist way develop, technology way develop, lot of things develop, but our problem is never over. It is more heavy, more dangerous, more complicated, many side effects, too expensive everything. Everything now too expensive - not only money and dollar, but our blood, our mind too expensive, as we use in the wrong way. How can we make cheaper life, how can we make easy life, how can we make comfortable life? Tantric Self-Healing is speaking of methods to give cheaper life, easy life. Of course we are human beings so we have suffering because we have delusion, physical and mental many things mixed but in Buddha's teaching we have one method. Painful is possible because we are relative way five elements, we have relative body, relative mind and so pain in any situation. This is normal, but possible through Buddha's teaching no suffering. No suffering this is possible. So we have to learn one point, maybe we cut and so something to pain - but by Buddha's teaching there may be pain but there is no suffering, this is sure method. So this is useful. If we have suffering and painful together then there is mind problem coming, too much coming. So tantric system has many methods to overcome pain. Method to overcome pain is physical healing system, overcome suffering method is deep subject very useful and very easy. In my opinion our material things, physical things much more difficult taking care, sorry! Much more difficult. Mentally taking care, mind taking care spiritually much more easier but we

never accept - this is the problem. If we accept then spiritual way much more easier. From our side now spirituality is much more difficult than material but useful doing. In my opinion much more easy the pain and no suffering method!

Lama Caroline

So, we can understand Tantric Self-Healing to be a physical and mental healthcare system. In ancient times all these healthcare systems were kept very secret because the tantric healthcare system is a system not only for our gross physical body through the use of medicines (although it does include that) but it is also a healthcare system for what we call our vajra body, for our subtle energetic body which consists of chakras. There are many different systems of chakras such as three, four, five, seven or even twenty-four or thirty-two chakras or energy centres in our body - our energy channels connect the chakras in our body. It is a healthcare system for our drops, which are our male and female sexual essences, which concentrate the life energy in our body. It is a healthcare system which is using and healing the elemental winds which are based in our chakras and which control our senses. By healing and using all of these things positively we can heal ourselves on the gross, subtle and very subtle levels. This is actually a very important and essential healthcare system which unfortunately so far is not very well known in the west. In ancient times all these things were kept secret, this is a reflection of the mentality of our ancestors but according to modern society it is much better that we are completely open and that we share these things openly with other people. It is very important because in these days there are countless therapy systems, countless medical systems and in the past couple of hundred years there has been incredible developments in science and technology but unfortunately it seems that our suffering has not decreased, in fact in some ways it seems to have increased. Despite all our developments we have not found a solution to our fundamental human problems and in fact our life in some ways seems to be more heavy, dangerous, and we have more side effects from chemicals and pollution than we had in previous generations. We can say that now our life is too expensive - not only in the economic sense but also mentally and physically because we are using our life energy in a wrong way. So what we need to know is how to make a more comfortable life, a cheaper life both energetically and economically, this is what Tantric Self-Healing is teaching us. We can say that we are suffering due to the fact that our natural mind, which is actually pure, is mixed with many different delusions and many different negative states which we need to separate from our mind. As a result of this mixing we experience many different painful physical and mental sensations because these delusions increase the pollution which causes physical and mental sickness and environmental problems. Because we have this fundamental human problem it is definite that at some point in our life we are going to experience different kinds of pain. It is possible through this healing system to experience pain but not to have mental suffering together with that. This is a very useful technique where we separate suffering from pain. For example, if we have a painful operation and on top of that operation we have mental suffering then it becomes an unbearable situation. Through Tantric Self-Healing we can learn to experience the pain without suffering. This is a very useful method. We can understand Tantric Self-Healing to be both a physical healing system and the method to overcome our suffering on the gross, subtle and very subtle levels. In my opinion I think that it is

more easy to take care of the mind and to develop spiritual energy than to develop the material side of life, but this is something which is not generally accepted in modern society. This is because we have developed the habit of materialism.

Rinpoche

Now I think that I like to give this transmission, then maybe you explain that in the beginning there are the five element purifications. We have both the container and contents on the gross level, subtle level, spiritual energy - anything that we need to do daily we need five elements. So we have to take care of the environment. Without the five elements or fewer elements everything not moving. All physical and mental contain elements so I put in the very beginning of practice, tantric time using seed syllable and so on, but now I use here five element purification. Five element purification is very important for our life until enlightenment. For example our food, these days food is too polluted. If you make five element purification on fruit or any food, if you make purification then after much less side effects. Not only this much, also medicine: chemical medicine, Tibetan medicine or herbal medicine, anything we take we first need to do the five element purification then much more beneficial. So this kind of system I am speaking just name. Tomorrow I tell you in detail how we do **eh yam ram lam bam** how works the five elements and five seed syllables.

Lama Caroline

Now I would like to give the transmission of the Tantric Self-Healing practice. What that means is I am going to recite the practice and when I do that you are going to get an energetic transmission. After that you have a key which enables this practice to work for you, because without the transmission even if you do the practice it is not going to work so well. In the first part of the Self-Healing practice we have the five elemental purifications. We purify the five elements of the inner world, of our body and mind, and the five elements of the outer world, which means our environment and our planet on both the gross, subtle and very subtle levels. To purify the five elements is extremely important because whatever we need to do in life, if we want to do spiritual things and get enlightened or whether we want to be successful in business or to have a good family life - whatever we want we need to take care of the five elements. All the energy in our life is based upon the five elements, so if they are polluted or blocked then nothing is working in our life. This is a technique which is very useful from now until we achieve enlightenment, it is not something just esoteric it is something very practical which we can use in our everyday life. For example most of our food nowadays is polluted by chemicals, it is irradiated and so on. Many people are experiencing sickness and allergies due to food. Through the five element purification we can purify the element base of the food and then we get much less sickness and allergies.

Rinpoche

You tell them Bernard things.

Lama Caroline

When we have the Lama Gangchen World Peace Foundation meetings in Madrid we have one friend from England called Bernard, who is a physicist. His main

work is researching the effects of food pollution on human behaviour. He is testing this kind of stuff on prisoners to see if he can change their behaviour and make them more peaceful. He is also researching the energetic effects of the Self-Healing practice. He has recently been demonstrating how Rinpoche's five element practice is increasing the energy level in the food and he is showing this by dowsing and other means.

Rinpoche

To prove food before blessing and after blessing different coming.

Lama Caroline

Bernard is demonstrating the incredible increase in energy by doing the five elemental purification. This elemental purification is used for many different things, for example, it can be used to empower medicine and not just natural holistic medicines you can also use it for aspirin and any other kind of chemical medicines. So tonight is just an introduction and tomorrow and Sunday we will go into much more detail like how to do the five element practice, like what it means to use the space, wind, water, earth and fire elements, how to generate the five seed letters at our chakras, how to wake up the energies at our chakras, channels, winds and drops, how to heal ourselves with those methods. This we will look into with the workshop this weekend. Now we are going to give the transmission of the Self-Healing practice.

[Self-Healing practice transmission]

Rinpoche

First we repeat some, then the rest we repeat tomorrow. Actually this is already transmission but tomorrow repeating in detail, maybe learning pronunciation and so on, so tonight few.

Lama Caroline

Tonight we are going to repeat only part of the Self-Healing transmission. Now we will make the Self-Healing practice which you have to repeat in order to learn. First you need to learn the mantras and the mudras. You need to learn the physical and verbal things and then tomorrow we will give explanation.

[Self-Healing practice following the audio cassette]

Rinpoche

So now we make Self-Healing practice standing so we need space. Our breathing is very important.

Lama Caroline

Please make sure you have some space between you and the other people as you have to spread your arms out in this practice and we do not want to hit anybody. We have to breathe out when we put our arms out and when we bring our arms in we have to breathe in.

Rinpoche

Our this practice always busy up to down, down to up. So taking care of different way, singing way, mudra way, breathing way. Breathing in and out. When we are breathing out we put all negative and sickness out, when we breathe in we take in all the five elements pure energy and the essence of medicine and essence of all the holy beings blessing and so on. Many, many personal physical and mental way taking care methods doing busy with our personal samsara.

Lama Caroline

As I said before, nowadays we are externally very busy, we are rushing and rushing and trying to achieve things in our daily life. With the Tantric Self-Healing practice we are very busy taking care of our chakras, channels, winds and drops through concentration, through mudra, through physical gestures, through visualisation, through breathing and all these different combined therapies. For example, when we breathe in and out this is a healing therapy. When we breathe out we are expelling all our negativities, our sicknesses, the pollution of our elements and energy winds and so on, on the gross, subtle and very subtle levels. When we breathe in we are breathing in all the pure energy of the universe, the essence of the five pure elements, we are breathing in the essence of all the powerful medicines and all the holy beings blessings. Through the Tantric Self-Healing practice we become very busy taking care of our personal samsara or we can say our inner world.

Rinpoche

So now this practice, what we did from this cassette and this book. This is not the beginning, beginning is related to this but not directly. Direct is coming on page number three. So this part, starting from **lo chok sang po** to here, exactly you find in this cassette and this book - Tantric Self-Healing short container book. Then we have another Self-Healing book II related this practice. I am sorry because we do not have this book, all finished, maybe in the future. So more detail for this way. Now we have this book Self-Healing I, means one mantra **om muni muni maha muni shakymuniye soha**, this mantra do with all this exercise. I do not know how much we have time or don't have time, maybe tomorrow we show you. One mantra all these mudras, all this concentration for five chakras clean and clear. This is Self-Healing I, II is this one and III is this one. So Self-Healing II is related today to our practice. Maybe we do tomorrow more detail, day after tomorrow more detail something long. Like one practice, maybe all the detail we have Akshobya. Then we have Self-Healing III, this we need learning another time. Then we have another system for the five element purification, here is written a little bit the five principal winds which are related to our body, in the five chakras living five principal winds and so on. These kind of things we are practising with environment, Making Peace With the Environment. Environment we think always out, not true. We have environment both in and out, we need both taking care. We need to recognise our inner environment. So this way we have many different way practice.

Lama Caroline

Just now we did the Self-Healing practice which is related to this small booklet, the practice on the tape starts at page 3 until the end. We played this cassette

which is on sale over there. We have this book Self-Healing II which explains in more detail the practice of Self-Healing, although at present it is out of print. However Rinpoche is coming back to New York in April and we hope that by then it will be available. Also we have brought with us Self-Healing I, which is explaining how to practice Self-Healing on the basis of just one mantra, the Shakyamuni Buddha mantra - **om muni muni maha muni shakyamuniye soha**. For example if we like we can do all the Self-Healing practice; all the mantras, mudras, concentration and so on with just one mantra rather than with the mantras of the Five Supreme Healers. The Five Supreme Healers are the emanations of the five chakras of Shakyamuni Buddha. If we prefer we can use just one mantra to clean and heal all our chakras.

Rinpoche

That means that inside Self-Healing II it is principally speaking chakras and channels, principally how we take care way of chakras. Of course speaking also about drops and winds and everything, but principally how we take care of chakras. The main point is our physical and mental how we relative way help. Relative help from today until enlightenment, so this why we are chakra speaking. Making Peace in the Environment is principally speaking about wind system, our body with five and ten winds, many different way. Comparing way is easy for you to understand, for you we are not speaking higher philosophy because my English is too poor. So this way of speaking is easy, maybe you have some questions: *why this, why that?* Generally in modern society we have a lot of questions so that is why I wrote *Lungten*, and why I will continue to write *Lungten* in the future. Then I like to write another book *Semso*, mind recover. We do not know the mind and so on this point we have lot of difficulty, a lot of problems, so mind recover explanation making. This is you know drops, bodhicittas, seeds related to the taking care of our body and mind. So this way tantric body system, seeds, bodhicitta, chakra, winds, all these many things speaking. This means taking care of our health in our daily life. Means our daily life busy with spiritual energy, not busy with nervous. Busy with peaceful, busy with joyful, busy with harmony, busy with good business, peaceful because with peaceful then is coming good business. In this way we are making the message easy to understand. Ancient buddhism has very high philosophy but I put in very simple way. I hope that in these three days that we try to learning both sides. I need to learn because I do not know United States mentality, we are here first time. Need learning with you how to deal for future so please ask me: *what is this, what is this, this and that*, then we give more detail.

Lama Caroline

There is a kind of programme in the way that the Self-Healing books have been written which is related to the tantric healthcare system. For example, there are the three main elements of the subtle energy body, which are the chakras and channels, the winds and the drops and we need to take care of those three things in order to be healthy on the gross, subtle and very subtle levels. Tantric Self-Healing II is mainly explaining how to take care of our chakras and channels and then the book, Making Peace with the Environment, is explaining how to take care of the inner winds on which the five elements inside our body are based, these winds also control our eyesight, hearing and so on. Then the book which I am

writing at present is called *Semso* (how to recover our mind) and it is mainly explaining how to take care of what we call the bodhicitta drops which are the essences of male and female or solar and lunar energies within our subtle body. If we can heal these three things then we can be healthy both now in our daily life and as a way of enlightenment. I am explaining all these things in a very practical way, not in a difficult technical or philosophical sort of way. I have also written something called the *Lungten* or Oracle book. In this modern society we have many unanswered questions both articulated and on a sub-conscious level. This *Lungten* is like a kind of divination system, so we open the book and we can see an answer to the many kinds of different questions that we have in our daily life. Then the book that I am writing at present, called *Semso*, is about the mind. Basically in modern society most people do not even know what the mind is, they even deny the existence of mind. So this book is all about how to take care of the mind and reawaken the energies of our mind on a subtle level, how to transform the energies of dreaming and so on.

Rinpoche

So this is what call *Lungten* so maybe give me one question, not many just one question. You say number to 108 we have answer. So just a number, any number.

Lama Caroline

Number 9, it says: *if we know the nature of suffering we can discover that mental suffering can be separated from the physically painful situation.*

Rinpoche

So for example, Amoghasiddhi we say at secret chakra, you know secret chakra you understand! We put breathing time our fear, jealousy out. At that time manifests one animal to going out. Secret chakra which is one garuda, this go out. All this jealousy manifest, all this fear go out in one impure green garuda. Impure garuda (when breathing out) goes out. Then this *Lungten* answer coming very good to how we do, very easy, tantra is nothing difficult. Then second one here is yellow horse, proud mind and jaundice sickness is yellow. Impure jaundice sickness is negative side, we need increase yellow positive side. So this yellow horse needs to go out. Then here at the heart - you know we have wheel of samsara, there are three animals showing, here ignorance pig going out, here attachment symbol is cock going out, here anger symbol is snake. This physical image way is working very well for physical and mental sickness going away. Where going? No need to be worried maybe going here, maybe there, it is going absolute space! All these negatives going away but we need image, visualisation. Maybe you know buddhism kind of way knowledge a lot, someone maybe don't know. Symbol way is very important so have to need know.

Lama Caroline

There is a very powerful technique we can use - visualisation and concentration therapy, to dispel the negative energies at our five chakras. For example, when we breathe out from our secret chakra as we did just now in the Self-Healing practice we breathe out all our fear and jealousy and we imagine that these are all green garudas, a garuda is a mythological eagle which is connected with jealousy. We visualise that thousands of these garudas are expelled from our secret chakra

and they dissolve into absolute space. We should not feel that they get stuck on other people, they just dissolve into space and with that our emotional blockage dissolves. From our navel chakra our pride and miserliness and the sicknesses related to our navel chakra, which are jaundice and so on, are expelled in the form of thousands of impure dirty yellow horses. These dissolve into absolute space and our inner blockages dissolve. From our heart chakra thousands of very dirty black snakes are expelled and dissolve into absolute space, the snake is a symbol of our hatred. From our throat chakra thousands of impure red cocks are expelled and dissolve into absolute space. The cock symbolises our unlimited desire and attachment. From our crown chakra thousands of pigs are expelled and dissolve into absolute space because the pig is symbolic of our ignorance and close mindedness. These three animals which represent our hatred, attachment and ignorance are what give power to the *wheel of life* or the negative emotions which keep us trapped in samsara. We need to cut these negative states of mind to achieve nirvana or inner peace. This kind of image therapy heals our body and mind sicknesses very well and is actually a very profound healing method. We need to understand the healing power of symbols.

Rinpoche

Our original mind is pure similar to pure crystal, but we mixed it with negative - like alcohol similar mix with water makes many different colour. Our mind, all this main point, is now mixed with all these poisons, all these delusions, all sicknesses related. So putting this out very important. How we mixed? You know energy is very powerful to positive and negative both sides. Example, usually in our life nobody need to teach to image. We keep many things image way like very famous singer, very famous musician, very famous movie man (actor). Maybe you see one time, maybe you see movie, but maybe see only photograph but this image keeping to enjoying many things; negative, positive, attachment. Many things happen coming. Not only this much, everyday we have a lot of image, we are living image way, really living life very little. So this is our habit. So, Buddha is very kind, this habit is difficult for people to throw so Buddha changed this habit to another way - positive image way. Little bit change visualisations means just inside changing. Positive side this and that, throw away negative and put inside good things. Bad things throw away, good things putting in. This is way of *tonglen*, this is high practice. Different way means enemy and friend, this kind of things but this another point. This point we are now speaking is Self-Healing. All the negative forget and throw away and all positive develop. Actually it is like that. Accumulation of merit to develop enlightenment is two accumulations; accumulation of merit and wisdom. These two positive purifications purify negative. Two negative purify and two positive develop. Develop two Buddha's body, *dharmakaya* and *rupakaya*. At our practice time we are purifying negative both relative way and absolute way. So accumulation making merit and wisdom automatic.

Lama Caroline

Images are something very powerful for our daily life and not just in meditation because most of our life we are actually living through the medium of internal images. The part of our life which actually touches reality is very little. We have a very powerful habit of using images, for example we might see on the television

the image of a famous film star or pop star and we might keep this image in our mind very strongly, we are always busy fantasising about that or about the perfect lover, the perfect job. We are living almost everything in our life in a kind of fantasised way. The Buddha understood that it is very hard for us to abandon our mental habits and that it is very difficult to renounce them and so instead he gave us tantric methods to transform our inner images by substituting the negative and destructive images which we carry around with us for positive healing images. We give positive new meanings to old images. Image therapy is a very old profound psychological healing method. In the Self-Healing practice when we breathe out we are putting out all the negative energies through using the images of animals or by breathing. We breathe in all the positive energies. Within buddhism there is also a reversed meditation called *tonglen* which is a very high level healing practice, it means taking and giving. In this practice we actually visualise that we are absorbing all the negative energy of sick people and that we are putting out our positive energy, but this is a very advanced practice. In the Self-Healing practice we are healing ourselves and so we are putting out our personal sicknesses, we are not taking in other people's sickness. We are putting out all the negativity and absorbing all the positive energies. In order to get enlightened we need what are called the two accumulations of merit and wisdom. Accumulation of merit means to accumulate the pure crystal body energy and accumulation of wisdom means to accumulate the pure crystal mind energy. The purification of merit is what we call the relative purification because it is developing the energy which will finally ripen into the *rupakaya* - an enlightened Buddha's body. The absolute purification, the purification of wisdom, means that our mind understands and links with the energy of absolute space which removes any negative energies from our mind. This will finally create the enlightened mind, the Buddha's mind which in buddhism is called the *dharmakaya*.

Rinpoche

So, we talk to tomorrow and the day after tomorrow. Now who is coming to this course it is better to do some questions and answers so I am learning something with you. Sorry I am not giving all explanation these mudras tonight but I hope something healing to you - that you feel good. Then we continue. So now some questions and answers for a few minutes. Not only questions and answers but also maybe this practice comments.

Lama Caroline

We will continue the explanation about the Self-Healing practice tomorrow. I am sorry that we cannot explain it all tonight. As you can see there is a whole book about it, so we will try to continue with that during the workshop this weekend. Anyway, I hope that tonight you at least got something out of it: that you feel better and felt some kind of healing experience. Now we will do a question and answer session or if anybody has anything to say please say it.

Rinpoche

In the future I like to give healing certificate because we have to continue lineage, develop course, because means one more system coming. Tai chi, acupuncture and so on, many things coming from eastern side - morning light, sunlight, all religion, all the therapy systems coming from east side until here. Now tantric

healing system is coming, one more taking care health system for this world. Future this coming one health taking care system, so I like to make detail or I like to make certificate to learn more deep everyone. Now question and answer.

Lama Caroline

In the future here in America I would like to teach, either myself or my students, the Self-Healing practice in more detail and to do a proper course which leads to a certificate enabling you to teach the Self-Healing practice. Self-Healing is like one more healing system for this world. Nowadays, in modern society, there are many things such as tai chi, acupuncture and many other different therapy systems. In general these therapies originally came from Asia, as well as many different religious systems like Hinduism, Buddhism, Jainism, Judaism and we can say that even Christianity came from the east, the middle east. So all these healing systems are like the sun which rises in the east and journeys to the west. All these things are coming to the western part of the world and are been integrated into modern society. All the things which have already come like hatha yoga, tai chi, acupuncture and so on have opened up people's minds. Now people are ready to listen to the tantric healing systems which are much more profound and deep. 20 or 30 years ago people were just not ready for these but now we have the possibility to get the tantric healthcare system here in the west. I would like to do in the future a course on that which leads to a teaching certificate.

Rinpoche

I myself am a Tibetan buddhist Gelugpa lama but I am not making that here. I am supporting all the monasteries - many different monasteries, but myself I am making healing centres everywhere. In Nepal I made a healing centre but I am also taking care of this spiritual forum. Please everyone read, we all need to do something this world.

Lama Caroline

I am a Tibetan lama of the Gelugpa sect of Tibetan buddhism but when I travel around the world I am not especially promoting this. In Asia I support many different monasteries and religious institutions but what I want to spread to modern society is the healing systems and so I am establishing peace and healing centres worldwide. I am also promoting this proposal for a United Nations spiritual forum for world peace, if you have time I would be very interested for you to read and give me your opinion of it.

Rinpoche

Now questions.

Lama Caroline

Does anybody have any questions.

Question

Not having read anything about buddhism, although I have always been interested in Zen buddhism, I am wondering what is the core of Lotus Sutra? What is the point of the Lotus Sutra?

Rinpoche

The lotus sutra is main we have more or less same all tradition. We are all believing in the lotus sutra, Zen buddhism, whatever you call buddhism. I think is same father. Just going to lineage way different way, some different explanation giving but believing is same, karma and dharma and reincarnation and so on.

Lama Caroline

Tibetan buddhists also believe in the Lotus Sutra, it is in the *kangyur* (the collection of buddhist works in Tibetan) and it is exactly the same thing which is translated into Japanese. Shakyamuni Buddha is the father of many different sects of buddhism. However according to the different cultures, there are many different interpretations of the Buddha's teaching. Since Buddha's time, 2500 years ago, many different lineages and interpretations of buddhism have developed according to the different needs of the society. All of them believe in karma, cause and effect, they all believe in dharma and reincarnation, therefore more or less the essence of all the different sects is the same although the techniques they use to liberate the mind is slightly different.

Rinpoche

Which is in normal sutra little bit secret things we in Vajrayana making more detail.

Lama Caroline

For example, in many of the Mahayana sutras like the Lotus Sutra there are many things which are actually quite secret. These are more emphasised in the Vajrayana or secret mantra tradition which nowadays is mainly preserved within Tibetan buddhism. In previous centuries it was much more widely spread as it was in Indonesia, Nepal, India and Korea and also part of the tantric tradition was in Japan. More or less these tantric teachings have been lost and it is only now within Tibetan schools that the secret part of buddhism is still alive today.

Rinpoche

For example speaking my negativity purification; how, what kind of physical and mental sickness related, how we purify by light and nectar, which colour, which symbol? This kind of things speaking more.

Lama Caroline

For example, in all the Mahayana sutras like the Lotus Sutra they are talking about methods to purify negativity, methods to purify the mind. This is something universal in all buddhist sutras but within the tantric, secret mantra tradition of Tibetan buddhism there is much more detail about how to actually do it practically, how to heal the body and the mind. There are many visualisation techniques about how to heal the subtle energy body and how to heal the aura with light and nectars. This is something which these days is particular to Tibetan buddhism.

Question

In the beginning you were talking about extra-terrestrials. Was it a joke?

Rinpoche

Really no joke. This no problem. We have this world, but similar way we have many, many others like Shambala. Even you know our personal world, this body is exactly similar to this world. We have similar way inside, you know stomach - stomach similar, you know many, many similarities. All not possible to give explanation. Anyway we have many, many bacterias living with us, thousands of bacteria living inside so how we dealing this bacteria way - we are doing positive way they are very happy, negative way something our bacteria suffering. About this we have a more detailed explanation, how we make this personal world peaceful and happy or this world generally. Another one.

Lama Caroline

We have this world that we are aware of but according to buddhism there are one million inhabited universes all with various kinds of life-forms. This is an accepted world view within buddhism, this cosmos is full of extra-terrestrials! We should not think that they are all like ours for example they can be pure worlds, subtle energy worlds or astral worlds. For example Shambala, Shambala is a subtle astral world which is connected to our world but on a slightly higher energy plane so only people with very pure perception can relate to it. According to buddhism there are many other subtle energy worlds, as well as gross worlds where other beings live. We can say that our own body is a reflection of the universe and we can say that: *just as it is with the outer world so too it is with the inner world*. Everything that is reflected in the outer universe is also happening within our own body and mind. For example we can say that we have five continents inside our body and mind. That is why in the book Making Peace with the Environment we are working on our subtle energy systems in order to heal the environment. We can also say that our own body is a world for all the bacterias, virus and subtle animals living within us. According to buddhism bacteria are sentient beings because they posses a mind. When we do something positive and when we are happy then they are very happy and they help us but if we do something negative, for example if we are aggressive then these subtle beings which regard us as their planet become very nervous and so they start to attack us. Within buddhism there are very detailed explanations about bacteriology. There are very interesting ancient texts about bacteriology which Rinpoche would like to translate and offer to modern society.

Rinpoche

Future one book is coming bacteria explanation .

Question

Is it true that Shambala lies in the Gobi desert in Mongolia?

Rinpoche

I like to bring Shambala to this world now, this century. Not wait until future centuries. We exercise to make our world Shambala world - this is possible.

Lama Caroline

According to the buddhist tradition Shambala is somewhere close to Mongolia on the astral plane but actually Rinpoche's vision is that it is possible for us to link right now with the energy of Shambala. Shambala is a pure land because a

thousand years ago the people of this kingdom practised the Kalachakra Tantra, the Wheel of Time Tantra, which is about creating inner and world peace and because they all practised it their land dematerialised to a higher astral place. That part of the world was beamed up to a higher astral level and the prediction is that three hundred years from now when our planet has totally degenerated that these beings will come back to our world and save us in order to transform the planetary situation. What Rinpoche would like, and what is possible, is for us to generate now the energy of Shambala.

Rinpoche

Tashi Delek. Good night. See you tomorrow or some other time.

[Saturday 22nd March 1996 - morning session]

Rinpoche

Good morning. So today we are here in New York Open Centre and we have this Self-Healing course. I like to say thank you to the organisation, thanks for coming during this weekend and thank you to all my friends for helping. Now we are beginning starting the Self-Healing course and because maybe difficult to understand my English, because too poor, we do English to English translation.

Lama Caroline

Today we are here at the New York Open Centre doing this weekend Self-Healing workshop. First I would like to thank all the organisers from the Open Centre and all the people participating in this workshop and the members of my group who are assisting me here today. Perhaps it is difficult for some people to understand my accent so for this reason we are doing English to English translation.

Rinpoche

Some time even I do not understand pure English, real English, good English. Perfect English also difficult to understand, so this is another problem. We need something different way speak.

Lama Caroline

From my side it is difficult for me to understand perfect English so sometimes I need translation from English to English.

Rinpoche

We have many different way teaching system; guru to disciple, teacher to student and so on. There are many different systems. We today have to use system friend or lama, new friend to new New York friend. This information, spiritual information with lineage, with energy level, by transmission. Whatever we have Asia system, which is something helping you and your all friend this world, I give it friend to friend. Dedication for everyone, dedication for brother, sister, all - so giving friend to friend teaching. What we say teaching and talking we learning together.

Lama Caroline

There are many different ways of receiving these tantric teachings, many traditional systems. For example the traditional system of the guru to disciple. Today we are just meeting together as friends, as lama healer friend and his new New York friends. We are all here together as friends to share positive information, to share spiritual information. Spiritual information which has a pure lineage going back to the Buddha and a spiritual information with energy which is going to be transmitted today. This is dedicated to help you, all your friends, society and the planet to heal.

Rinpoche

We are calling this Self-Healing NgalSo. Why? Because the container and contents, everyone gross level, subtle level or very subtle level, everywhere polluted, degenerated, so a lot of difficulties, a lot of problems both physical and mental. We experience lot of side effects, a lot of using energy wrong way, this is too expensive. We have to do easy life, cheaper life, relax life because we are never relaxing. Even you are working then of course busy, but even not working - sleeping - we are never relaxed because in the sleep some kind of with our mind working, dreaming and different things. Have to learning to really relax body, mind and speech. This is we have another system, a tantric system, high level of very subtle how we need to take care our body subtle levels and what kind of exists. We Tantric Self-Healing taking care of our daily life then more relaxed, busy not with nervous but busy with peace and joy, harmony, relax and deep develop.

Lama Caroline

Today we are going to look at the Tantric Self-Healing practice which is called NgalSo. NgalSo is the Tibetan word for relaxation and we are going to look at how to relax the container and contents. The container refers to our environment and our world, and the contents means us and all other living beings. Nowadays on the gross, subtle and very subtle levels there is a lot of pollution and degeneration of our natural energies. So there are a lot of body and mind sufferings and sicknesses and a lot of environmental pollution. We are now experiencing many side effects, both physically and mentally, as a result of using our energy in a wrong way. It is like we have led a too expensive lifestyle and so now we need to learn again through this ancient wisdom how to live an easier, cheaper and more relaxing lifestyle. Actually these days we never relax even for one moment, of course when we work we are stressed but even when we are sleeping our mind is still busy on some level and so we do not sleep properly and even our dreams are disturbed. We need to really learn through this tantric practice how to relax the energies of our body, speech and mind on both the subtle and very subtle levels both for healing and for the way of enlightenment. Through the tantric system we can really understand what is the energy of our body, speech and mind and thus how to relax it, take care of it, and integrate it into our daily life. Then we are busy but not in a nervous way, we are living our busy daily life with joy and with harmony, with peace. We can develop all the energies in our life through relaxation.

Rinpoche

So we follow this book. We continue some part read Caroline, some I'm going to give explanation, so we conclude something inside. First one short way.

Lama Caroline

So now we are going to look in more detail at this short Tantric Self-Healing practice. Has everyone got a copy of that. If you haven't you can take one from over there. We are going to look at it in more detail.

Rinpoche

So you are learning very well now otherwise too long then going somewhere then you lost, then here two days lost. Need to conclude everything in the book, with the cassette, with exercise, with mudra, with concentration, with breathing, with colour, with symbol, with singing and sound. All these need dealing, many things need dealing, like how is mind and body. Our mind and body naturally dealing to mix all this different colours, different breathing, elements, channels, chakras, winds, drops. All natural things we have they are mixed together with pollution, so natural mixed together. We are taking care like you know separate way make-up. Separate way taking care. In the natural way the bacteria and subtle mind very happy, something taking care. You know we are doing around make-up physically, when we finished thinking I am something. So deep make-up way mind and body, channel, chakra, this taking care way like doctor. Doctor you know at operation time touching here bone, knives, blood and many different way touch to taking care. So we know operation but mind too taking care physically. Also we accept this kind of physical taking care. So it is very important to do this system.

Lama Caroline

Now we are going to look at this book. This book is a kind of framework through which we can understand the many different therapies which make up the Self-Healing practice. This book is kind of an anchor because there are many different therapies like mudra (physical yoga therapy), concentration therapy, breathing therapy, colour therapy, symbol therapy, singing therapy. All of this we can understand through looking at this book, everything is concluded within this book in a very simple way. Why do we need to do all these therapies? Because naturally inside our body and mind we have many different colours, elements, we are breathing, we have all these subtle phenomena like channels, chakras, winds and drops but normally we are using these in not the best way that we could. We are not maximising our potential. Through the Self-Healing therapy practices we can heal all these and so we can make a kind of inner make-up on the energy level. Through this, all the inner phenomena of our body and mind, including the bacteria and subtle beings which live within us become very happy and so we can increase our energy level. This inner make-up through using all these therapies is like a kind of energetic surgery because we are touching all these subtle phenomena like the channels, chakras, winds and drops through the power of our mind. Our body accepts this kind of inner healing through the power of our mind and so it is very important to do this.

Rinpoche

Now beginning read this. Some kind of transmission. I am reading Tibetan. Repeat me.

Lama Caroline

This Tantric Self-Healing practice is a condensed form containing many Self-Healing and purification therapies of body, speech and mind as well as for the environment and the inner and outer five elements. These therapies include colour therapy, sound therapy, opening blockages therapy, gesture or mudra therapy, seed syllable therapy, symbol therapy, visualisation therapy, breathing therapy. During this practice whilst exhaling we should expel all our accumulated negativities and illnesses and as we breathe in we should inhale all the pure healing energies of the five elements, the essence of medicine and the Five Supreme Healers.

Rinpoche

Next part is Self-Healing I. **namo gurubye, namo buddhaya** and the seven limitless, here in Tibetan is five. This way I started with Self-Healing I. When I came to Europe I was not teaching at all what I know. I was learning how much suitable just some teachings for modern society, this society, different society, different mentally. The five limitless, four limitless at that time and **om muni muni maha muni shakjamuniye soha**. Now I put there peace, health and environment way of dedication. Three wishing path eco-morality. So, because in this modern society we have everything: flying, scientist way, technology way, many high developments - someone reached the moon and so on. But originally, what we necessary, physical and mental is missing. Missing is love and compassion and joy, harmony, physical and mental good health. Environment need good, this is missing. Inner and world peace is missing. These little bit we make contribution for this world otherwise you have everything. Lamas, healers, we are together to do something for this part which is missing part. If missing part we develop then really our land coming really holy land.

Lama Caroline

So, the first part on page 4, this is Self-Healing I. This is a summary of Rinpoche's original teachings when he came to the west from 1982-1992. In that time he was teaching through the practice of refuge, recognising our potential, and through one mantra **om muni muni maha muni shakjamuniye soha** and what are called the four limitless meditations. These are developing limitless love, limitless compassion, limitless joy and limitless equanimity. Later on in 1994 he added these last three limitless meditations. Developing unlimited physical and mental health, unlimited ecological regeneration and unlimited peace. These are what we call the seven common moralities or the seven eco-moralities. We say it is the path of wishes, the wishing path because this is what is missing from our modern society. In the east and west, in all parts of our planet these seven energies are very low. On the material level we are very highly developed in terms of science and technology but these seven energies are lacking. The job of the lama healer these days is to try and regenerate these seven energies because if we had these in conjunction with all our technological developments then our society would really become a pure-land, even more than in previous generations.

Rinpoche
So repeat.

[Transmission of refuge and limitless prayer]

Rinpoche

Many chakra systems, maybe seven system using great yogis, four system using, three system using - like you know **om ah hum**, body, mind and speech way. Many different way possible, twenty-four and twenty but here now we are using five chakra system. Main, principal. Because there are five principal delusions, sometimes these delusions we conclude in three points and sometimes five. Sometimes we making more like one hundred or a thousand, so all these hundred or thousand we can conclude into five. These five to sometimes three, three to one, this one means ignorance. The three means ignorance, attachment and hatred. The five means on top of that jealousy and proud mind, miserly mind - this kind of thing putting then five coming. So, this five points are living junction, one important junction crown chakra, speech chakra, heart place, navel place and secret. So these have to need make clean, like I tell you make-up. Clean and clear. So that reason we make visualisation, visualisation means we need deeply looking ourself. Always busy outer way - I need to go somewhere this and that so we forget to look inside, what exists here. Our precious chakras who is using? Until today our precious chakras, channels, whatever we have bodhicitta and winds all using five delusions. We have no power. We say I have liberty, I am freedom, this my country, this and this and that - not really like this. We have to make liberation, we have to need to check who is using our brain or not using. For example our brain, this crown chakra mostly nobody is using, very useful space but nobody using because ignorance or using wrong way because we are getting wrong information, wrong energy. Means our precious white brain and mental information place using all covered by ignorance. So whatever we do follow thinking me. Me thinking with ignorance mixed so no separate, no freedom mind. This is the problem, so this why we have to need to make separate. Original is what kind of I and what here this chakra and so on for example. Have to make this clear. Then this today someone using now breathing, breathing one method, one concentration, one mudra to liberate and separate to our original energy. What original we make pure. We are very used to do something mixed, so we have to mix spiritual Supreme Healers energy immediately. Otherwise we are no relaxed. For example, white energy we relax then wonderful, no need to mix some other things but we are used to do always something, habit. We have no power, so we mix Supreme Healers energy seed syllables. Before that we all blockage. For example this chakra, the crown chakra, we have to need open. Similarly for all other chakras. For this to open it is not easy, we have three channels, two channels making a lot of interference to the central channel. Lot of need to channels because principal mind, principal energy is buried inside very deep somewhere, buried deep inside, very deep not moving. So our original mind a lot of suffering. Someone use all the time so deep suffering. We have to make our original and very subtle mind liberation. Then is coming relax, really happiness and joy coming. So this is difficult, we don't know how we do. So all experience, how to take care physically and mentally the great yogis, lamas, lineages to teach

health system. So they said if you use the five chakra, you do this and this, own experience way, then all blockages opening. Five Guru Buddha's open to chakras.

Lama Caroline

We are always busy externally. Now we need to go more inside of ourselves in order to practice Self-Healing to all the phenomena of our subtle body and mind: our channels, chakras, winds and drops. Their original nature is pure but up until now we have mixed them with the five delusions of ignorance, attachment, anger, pride and jealousy. We always think that we are free, we can do whatever we want but actually we are controlled by these five main negative mental states. We need to check out who is actually controlling our brain. For example, our brain is mainly controlled by our ignorance. The inner space of our mind which is actually bigger than the entire universe is blocked and dominated by our ignorance and so we use this in the wrong way. We are drunk with our ignorance. According to buddhism ignorance is not just not knowing something, ignorance is also our strong egotistic self identification - our "I" sense which makes us very separate from the world. This is the basis of our delusions as we can say that ignorance is the principal delusion and it is from this that come the three delusions. From ignorance comes our attachment and hatred, either we want to possess things or we want to reject things that we don't like. From these three come the five mental poisons of ignorance, attachment, hatred, pride and jealousy. We can say that we are concentrating on healing the five main chakras because these are the locations of our jealousy which is in our secret chakra, our pride in our navel chakra, our anger which is in our heart chakra, our attachment in our throat chakra and our ignorance in the crown chakra. We can also say that there are many other chakra systems according to which other mental states are been healed like there is a seven chakra system or a twenty-four system or a thirty-two system. All these are methods to heal the different mental states. In the Self-Healing practice we are concentrating on healing the five principal delusion. If we can do this, we can liberate our original energy and this causes a very deep sense of healing and relaxation. How do we do this? First we need to open the energy of our central channel because in the centre of our body we have a subtle energy channel, which we cannot see with a microscope or an x-ray. There are two flanking channels called the left and right channels which go from our nostrils and flank the central channel and join into it below the navel chakra. As we breathe, the energy of the two side channels - the energies of attachment and hatred dominate us. Our original energy, our pure energy is the energy in our central channel, our wisdom energy. At the moment our energy is very weak because we use the two side channels, we never use the central energy. Our central original energy which is our principal mind is very weak because it is blocked inside us. This energy is not moving. Because of this our original mind, our original nature is suffering because it thinks that it is the principal one and that nobody takes care of it. What we need to do through the Self-Healing practice is to liberate our original energy. We can do this by opening the channels, by opening the lotus at our five principal chakras. Then we clean the chakras by using the seed syllable therapy, the symbol therapy and by the generation of the energy of the Five Supreme Healers at the chakras. All this is cleaning and opening the energy of our central channel, our wisdom energy, the energy of our original mind. This is not something invented, this is the experience of many generations of great yogis and

mahasiddhas. They suggested this method of healing the five principal chakras is one of the most effective ways to awaken our central energy which is both very important for the healing of daily life and for enlightenment.

Rinpoche

First we need these kind of things, we need request guru to make this kind of permission to practice. Buddhist or not buddhist never mind, believe or not, anyway I am giving permission to use this practice. So first we need to do **lo chok sang po**, meaning is there. Then this mantra for three times or five times or one time. Sorry five times or three times or one time we practising. Now we do one time, then we learning to our mudra, how concentrate, how feeling to permission getting to Guru Buddha's Root Gurus.

Lama Caroline

Before we can open the energy in the central channel we need to request the guru for permission. It does not matter if you are buddhist or not buddhist, for this kind of tantric practice to work you need a wisdom key - which is the guru's permission. So, we call the guru and request his permission to practice the tantric exercises, mantras and mudras to achieve powerful self-healing realisations. It is a kind of chakra to chakra transmission.

Rinpoche

Like preparation of chakra opening, so blessing experience. For example Root Guru experience. So this experience meeting to energy level to you.

Lama Caroline

When we recite the guru mantra Lama Gangchen is generated into the form of the tantric Buddha Vajradhara which is the form of a white pure crystal being, a fully energetic being. We are going to recite this mantra one time and we are going to receive all the energies of the five chakras. From his crown chakra pure crystal white lights and nectars flow into your crown chakra healing and blessing it. Then at the same time red pure crystal lights and nectars come from his throat chakra to your throat chakra, giving permission to open it. From his heart chakra blue pure crystal lights and nectars come to your heart chakra. As you get all these lights and nectars you should feel your mind expanding and a very blissful kind of sensation. From his navel chakra yellow pure crystal lights flow into you entering at your navel chakra and from his secret chakra green pure crystal lights and nectars enter and bless you which means the possibility of transformation of our secret chakra. All his energy and experience he is sharing with us on the energy level.

Rinpoche

So, **lo chok sang po** we already finished at the beginning. Now you need feeling the transmission. To you also come spiritual, come to healer, for that reason we are making this transmission.

Lama Caroline

Through these kinds of transmissions and energetic blessings it is possible that you too in the future can become a tantric healer of the Self-Healing practice, if you develop all these energies and learn the practice well.

Rinpoche

Same time learning all these mudra, beginning look.

[Transmission of: **lo chok sangpo / om ah guru vajradhara**]

Lama Caroline

As we bring our arms out it is like a kind of auric surgery, we are putting out all the negative energies from our aura and chakras and we are dispelling them into absolute space. By doing this we are cleaning our aura, our subtle energy body. As we bring our arms in it is like we are gathering all the pure energies of the universe, all the holy beings' blessing, all the pure elemental energies, all the essence of medicines, all these positive energies we are bringing into our subtle energy body, into our chakras, into our central channel.

Rinpoche

Then we make the next one **om ah guru buddha siddhi hum**, one short mantra. This time making Guru Buddha's blessing to the crown chakra, speech chakra, heart chakra, navel chakra and secret chakra. Blessing to five different colours, Guru Buddha coming to make blessing. This means possible to use tantric system, taking care of our health physical and mental in the right way. This means the perfect way.

Lama Caroline

Next we are going to do page 10 - Requesting the Guru Buddha's blessings to deeply heal our five chakras. So again we are going to make this mudra and touch our crown, throat, heart, navel and secret chakras to gather all the gurus and the buddhas and pure crystal beings' energies into our chakras. This is also a wisdom key, giving us permission to use this Tantric medical system

[Transmission of: **om ah guru buddha siddhi hum**]

Rinpoche

Next one is five element purification, inner and outer. Five elements on relative gross level and subtle level or material and spiritual, everything very important to take care. This impure we need to make pure. Means **eh**, space seed syllable at crown chakra. **yam**, means seed syllable of wind at secret chakra. Then navel chakra fire, heart chakra earth, water is throat chakra. Even you understand from our physical body if you look down, this feet wind symbol. You know this shape have our feet just little bit down exactly both sides, wind mandala similar. Then if you are sitting this way, then exactly this shape is coming. Nature way. Then here navel chakra is like triangle, exactly you look nature of triangle. Then here we have like the earth, square. Then here is water, lot of what you know water going up and down and so on. Space our brain, lot of different way working. Anyhow in tantric system we say inner offering time. You know inner offering time, we have

some symbol then make some bowls, inside black tea and so on making. This system using to inner offering teaching. This is exactly the same but we have both. Inner offering means, inner means our body, so have to need make inner offering. East means somewhere holy beings offering but first we have to need purification. So five element purifications is very, very important particularly in this time, this degeneration time because too much polluted. Even our food, drinking water, everywhere is some problems so have to need purification by this method then it is easy to life saving.

Lama Caroline

So next we are going to do the purification of the outer and inner five elements on the gross, subtle and very subtle levels. Whatever we want to do in life, if we want material wealth and success and happiness or spiritual healing and development all this is based on the purity of our five elements. We are going to purify the five elements based on the visualisation of the element mandala within our body. We have to visualise the blue circular mandala at our crown chakra, then pull out all the pollution of that and expel it into absolute space. We have to visualise the green hemispherical wind mandala at our secret chakra and then the red triangular fire mandala at our navel chakra, the yellow square earth mandala at our heart chakra and white circular water mandala at our throat chakra. When we say **shudde shudde soha** we should pull out all the pollution of those elements and we should visualise the elements as very clean and pure. You might wonder why we put these shapes with the visualisation. Even within our physical body the elemental shapes are reflected. For example our heels are half circles and the shape of a wind mandala. When we sit cross legged the shape of our crossed legs is a half circle. Our groin makes a triangular shape which is where the fire mandala is located, the abdomen is a square shape which is symbolic of the earth mandala and then the neck is kind of circular shape which represents the water mandala. Our skull is a similar shape to the circular shape of the space mandala. There is a traditional practice in the highest yoga tantra called the inner offering whereby you have to visualise in a skull-cup the transformation of various meats and various nectars which are symbolic of the five elements and the five consciousnesses. Traditionally this is done in a little metal bowl in front of you which has tea or wine inside. This symbolises the transformation of the five elements and consciousnesses within our own body and mind and then we offer this pure energy to the holy beings. The traditional way of doing this is very complicated and very difficult for people to understand and so Lama Gangchen is presenting this in a very easy and simple way. He is giving the key to the essence of all the tantras. This is not just something esoteric, it is something very useful for our daily life. For example we can do this practice on our food, we can imagine our dinner and imagine these elemental mandalas are coming within it and blessing our food. If we do this then there is a lot less chance of us getting allergies and sickness due to our food. This five elemental purification is very useful as a healing system even within our daily life.

Rinpoche

So learning one together or separate practicing. Together then separate then again together coming.



Lama Caroline

In this practice first we do the purification of each of the elements individually then we do the combined elemental practice as a conclusion.

Rinpoche

This is very short way explanation of five element purification because you are new so we just need something conclude, something very short way. Anyway long one is coming automatic, slowly.

Lama Caroline

I am just giving a very basic outline of these practices so you just gain some familiarity with them. Actually there is one whole book about purifying these five elements which Lama Gangchen has written called Making Peace with the Environment. Now we are just learning very basic things so that we can apply it after this weekend.

Rinpoche

We have five points, inside we have very beautiful things but now blockage. Secret chakra blockage and like that, all energy. The navel chakra, heart chakra, speech chakra, everything inside all energy is blocked, too much knot similar so these we have to need open. Open knot coming Five Buddhas. Need open by concentration, by mantra and by lineage power. At secret chakra we have green lotus; green energy this blockage opens to make green lotus. I think 32 petals. Then navel chakra we have yellow energy. You know all physical way bile and everything related so this energy blockage open to make container like yellow 64 lotus. Then make heart chakra open to make beautiful blue lotus. Then we make speech chakra, very beautiful 16 petal red one. Then 32 white one. By mudra, by concentration means all our blockage open. Many different ways we have blockage. By ignorance way, by sickness way, by influence way, reject way: *no no no, me I don't want, I don't like*. Many different way so we have to need opening. Container very beautiful need. Like you know environment container is very important for spiritually. So five principal containers make very beautiful then inside energy exists, this energy again we make very beautiful powerful one which is Five Supreme Healers energy we mixed.

Lama Caroline

Inside our five chakras we have very beautiful things but at present all our energy is blocked. The side channels are knotted and are constricting our five principal chakras so we need to open and release these energies through using mudra, concentration, visualisation and mantra therapy and by the power of the Self-Healing lineage. When we repeat for example **pam le pema jangku** with this mudra, we visualise that a very beautiful green lotus with 32 petals opens at our secret chakra. The petals represent our energy channels which are flowing from the central channel to other parts of our body. At the navel chakra we visualise that a very beautiful yellow 64 petalled lotus opens and so on. The lotus colours are representative of the energies within our body. For example, at our navel chakra which is related to our digestive system and to the energy of bile there is yellow colour. Then at our heart chakra we visualise that a very beautiful 8 petalled lotus opens, fully opens so that the energy is flowing freely. At our throat

chakra a very beautiful red 16 petalled lotus and then at our crown chakra is a very beautiful 32 petalled lotus. This is a very important therapy because we have many different energetic blockages which are causing us many problems in our daily life. For example, we have many different kinds of rejection and blockages, many things that we do not agree with and that we do not accept. This is actually due to the blockages in our channels. Through the opening of our chakras our mind and energy becomes much more open and we also transform our chakras into very beautiful containers which can hold our pure crystal energies.

Rinpoche

Many different way blockages, religion or custom, culture - many different way we have blockages: *yes this is my, this I don't know, this I don't like*. So have to need open. Buddhism is most big open mind, so have to need open mind inside.

Lama Caroline

There are many different blockages which are kind of dominating our daily life. For example, we have many different religious, cultural and habit blockages and although we think this is something innate it is actually due to some energetic blockage within our chakra. For example we feel this is my culture, this is my religion, this is my lifestyle and we are opposed to other people's customs, religions and lifestyles. By opening our chakras we become much more tolerant, much more accepting. One of the main points of buddhism is to develop the open mind, the open energy system.

Rinpoche

We are singing different mantras such as **pam le pema jangku** and so on. Why? Sound. Sound therapy. It is very necessary because our body and mind everywhere we have sound. Not only sound speaking, you know there is computer noise, we listen and hear sound but no problem. This small paper making like waving some noise is there. We are making, we say in Italian, pee pee and kaka. When we are going to toilet we have noise. Going to eating we have noise. Going to sleep, we are relaxing there is another noise. We need sound. So with everything we have sound related. Everywhere. Just moving this sound, everywhere. All the energy is related with sound. If you not take care of this sound then sound is terrible, now too much exploited sound. Sound if you use taking care way then very positive. Beautiful sound possible everything what we listen everything possible to make positive. Now we are listening some positive, some negative, some we don't want. We are never taking care sound, never holding. We need take care of sound so that way very important, with the singing taking care of sound then slowly coming happy and positive or holding all positive sound. So we have Tibetan buddhism tantric system, hindu and buddhism a lot of singing you know. Hindu singing a lot **om shanti**. There is a point, not just making some kind of noise in morning, calling someone - calling Allah, morning very early morning, many people noise is difficult. Begin ancient time so meaning something. Anyhow now we all negative sound transform make positive, so for that reason using a lot with sound also a lot with mudra, gestures. I don't know how many mudras you have here in United States, in Italy we have a lot of mudra. Anyhow in tantra we also have a lot of mudra.

Lama Caroline

In the Self-Healing practice you might wonder why we are singing mantras, this is actually a very important sound therapy. It is something very important because all our actions of body and mind are related to sound. All the functions of our body have sound, for example sex, eating, sleeping, defecating - all these have sound. All our energy is related to sound. Sound carries the energy of our body and mind. Until now we have not taken very much care of the sound energy and so in these modern times we have a lot of problems with noise pollution. Through tantric methods we can transform the sound energy in our outer and inner environment and make it positive so all the sounds in our outer and inner world become something very beautiful. Now there are many noises which we find very unpleasant and offensive. By singing mantras we can transform our inner sounds and our inner energy, this means our perception of sounds in the outer world transform. Tantra is all about transforming our energy and transforming our perception of reality. For example in hinduism, buddhism and other tantric systems they use a lot of mantra singing, there is really a deep point to all this. The point is to transform all our personal sounds in the inner and outer worlds into something positive. We also use a lot of mudra, physical gestures, these are something which channel the energy in a positive way within our body and mind. For example, in Italy we use a lot of physical gestures but often these are quite unconscious and they are expressing energy in a negative way. Through tantra we are consciously using our physical gestures to express energy in a positive way. Through tantra we are taking everything that we have naturally and transforming it to use it in a positive way.

Rinpoche

Now we are doing outside body, but originally need to open inside!

Lama Caroline

For example when we do the lotus opening mudra we are doing this physically outside of our body but the effect of this is inside of our body within the central channel.

Rinpoche

For example this bud very beginning is like that - closed, complete blockage then very slowly, slowly open coming, like that. Really. Then inside some kind of seed syllable inside.

Lama Caroline

First we have to visualise a kind of lotus bud which is closed and as we do this physical gesture, the lotus opening mudra outside of our body the petals of this lotus within our central channel open and become fully open. Inside of this lotus is the seed of our pure crystal life energy.

Rinpoche

There are many different ways. Long way and short way but now we do it one time. Short one because we have one day so we do with feeling. Learning, transmission, healing, everything together. We have some problems - solved this open time.

Lama Caroline

Now we are just going to do this part of the practice one time at each of our five chakras because we have to go through the whole of the practice in these two days. While we are doing this we are learning both how to do it and we are getting an energetic transmission and a very kind of deep healing. Just opening the chakras is enough to heal many kinds of physical and mental sickness.

[Transmission of: **pam le pema**]

Rinpoche

All the time the Root Guru is manifest as action lama, action vajra. Help you like one Supreme Healer to guide to you all the time.

Lama Caroline

So throughout all the Self-Healing practice we have to be aware that there are 2 levels of spiritual guide. There is the Root Guru called Vajradhara, which means a fully developed tantric buddha, and he stands at the centre of the mandala. He is like on a kind of astral level. In the human world we have the physical lama which is called the action vajra because he is here in this world with us transmitting his pure crystal energy. We have to understand that a physical guru like Lama Gangchen is a channel of the absolute energy of the pure crystal world, bringing it into our world.

Rinpoche

After opening the lotus then we have five very beautiful open lotus, five different colours but we also have negative colour everywhere we have colour. For example, you have different colour, I have different colour. You look this world everywhere there is different colour, which ever way you look different colour. Without colour not exist. So have to need colour take care. Colour therapy. So this kind of system we don't have other, what call, modern way. Colour therapy taking care is very important. Now we have seed syllable which means our original energy exists inside five chakras. These until today are mixed with five delusions. Now we open lotus, then centre immediately mix Five Supreme Healers' seed syllables. Like seed, mama and papa seed make children similar seed make **om ah hum so ha** or **om ah hum tram hri**, two different way seed syllables. So very important, so then fixed.

Lama Caroline

Why do the 5 lotuses within our chakras have colours? Well, everything in the outer and inner world has colour, we all have different skin colours and in the natural and artificial worlds everything has a different colour. Phenomena without colour do not exist. It is very important for us to take care of the colours in the outer and inner world so we need colour therapy. Once we have opened the lotuses we are going to do the seed syllable therapy. We are going to bless the energy inside our chakras with the seed letters of the Five Supreme Healers. This is because inside our chakras we have pure crystal energies but now these are mixed with the five mental poisons, the five delusions. We need to put in the seeds which will then grow into the pure crystal energy of the Five Supreme

Healers. It is like during conception, we have the semen and egg of our parents which join together and grow our physical body. The seed letters **om ah hum tram hri** or **om ah hum so ha** (depending on which energy system we want to use), are like the fertilised egg which grow into the energies of the Five Supreme Healers at the five chakras.

Repeat: **om ah hum tram hri / om ah hum so ha**

Rinpoche

Now Lama Supreme Healer, Lama Action Vajra, is putting inside your open channel, putting energy to mix a white **om**, red **ah**, blue **hum**, yellow **tram**, green **hri**. Lama Action Vajra mixing energy, making preparation for Supreme Healers.

Lama Caroline

We have to visualise that from the five chakras of Lama Action Vajra, which is Lama Gangchen in a pure crystal form, that his pure energies enter our chakras and mix with our impure energies because he has got very pure crystal energies in his five chakras. For example, from his crown chakra white lights and nectars flow into our crown chakra and the white seed syllable **om** appears at our crown chakra. You can see the Sanskrit letters on page12. **om ah hum tram hri** or **om ah hum so ha**. Then we continue at all the chakras, for example yellow lights and nectars beam into our navel chakra and this yellow letter **tram** or **so** appears. Then from his secret chakra a green **tram** or **ha** appears. There are two energy systems this is something very traditional. **om ah hum so ha** is more on the female tantra side and **tram hri** is more on the male tantra side.

[Transmission of: **om ah hum tram hri**]

Rinpoche

These letters, sounds. We are believing at very, very beginning exist these five sounds. After that make many different, a thousand different languages, a thousand different writing, sound come many now - too much sound. Ancient originally these sounds, originally this much sound existed so that way very important. Pure sound.

Lama Caroline

According to the tantric world view there were five original sounds in the universe **om ah hum tram hri**, five pure crystal sounds. From these arose all the sounds which are now in our world. For example the many different languages developed from these and now perhaps there are even too many sounds in our world.

Rinpoche

The **om ah hum** is design, like mama papa union making some kind of design in very beginning. So maybe someone making **om** similar, someone **ah** similar, someone **hum** similar, someone **tram** similar, someone **hri** similar. After that developing to little bit different design like coming after a little bit similar to double dorje, jewel, dorje or wheel, each developing to something a little bit different. Symbol coming, like during the nine month different way our shape coming,

similar. However this is nine month human being, our system is miracle way - *tak* - suddenly. If you good meditation then suddenly coming, if no meditation like that.

Lama Caroline

When we get these pure five crystal letters in our five chakras, this is like after conception. In the first few weeks the fertilised egg makes different kinds of shapes. For example, the female and male foetus develop into different shapes, this shape might be similar to an **om** or **ah**. If you look, through ultra sound scans at this kind of design, of the babies shape, when growing up inside the womb then they make many different shapes as the body forms and develops. First there is a very kind of simple shape then a more complex form comes as the body develops. So our practice is similar to the embryo development. The white letter **om** grows into a white wheel, it is a manifestation of a certain kind of energy. The red letter **ah** grows up into a red lotus and so on, many different symbols come as a manifestation of the five energies. It takes nine months for a body to form and mature within the womb before entering into the external world. During Self-Healing we are working within the energy level so it is like the bodies of the Five Supreme Healers are growing up inside our chakras in a miraculous way, they grow very quickly through the power of meditation.

Rinpoche

So now, next one is symbol coming. Little bit grow up from seed syllable. So these are dorje and jewel and double dorje and so on.

Lama Caroline

We have the seed syllables of the Five Supreme Healers which transform into their symbols (page 13). From the symbol **hri** in the secret chakra arises a green double dorje. Then in the navel chakra from the letter **tram** appears a yellow jewel, a flaming jewel. Then at the heart chakra from the letter **hum** appears a blue dorje, a symbol of indestructibility. Then at the throat chakra from the letter **ah** appears a red lotus flower. In the crown chakra from a white **om** appears a white wheel.

[Transmission of: **hri le natso dorje jangku hri** and so on]

Rinpoche

hri le, the first letter **hri** exist here, down chakra, this appear then disappears to manifest double dorje. Double dorje centre there again one letter **hri** which is our mind, subtle mind. Gross is coming manifest a double dorje. The subtle one coming again one letter seed. Then similar all chakras.

Lama Caroline

For example, in the secret chakra **hri le natso dorje jangku hri** means that within our secret chakra is the pure crystal letter **hri**. This **hri** dissolves into absolute space and out of that absolute space appears like a hologram a green double dorje, this is the transformation of our energy. In the centre of this double dorje is another very small **hri**. This is like the subtle seed energy which is holding our subtle mind energy which is related to the secret chakra. For all the other chakras it is the same, the seed letter is always inside. In the jewel there is a letter **tram**,

within the Dorje there is a letter **hum**, within the lotus there is a letter **ah**, within the wheel there is a letter **om**, a very small seed holding what is going to be the essence of the enlightened mind in its five principal aspects.

Rinpoche

Need to mudra learning. This mudra we are doing first time, this mudra is no-fear mudra - fear protection mudra. At **hri le natso** time we are doing this one, the no-fear mudra. The second one is generosity mudra. The third one is stable mudra - Akshobya. Fourth one is Amitabha meditation mudra, fifth one is Vairochana who has many mudra but one mudra is this, another is this and another mudra this and another this - many. In our practice we do this. This is no-fear mudra, the fear protection mudra of Amoghasiddhi, calling Buddha Amoghasiddhi. Then Buddha Ratnasambhava generosity. Then Buddha Akshobya, stable mudra so sometimes touching earth. Then Buddha Amitabha, one point concentration, meditation Buddha. Then this is Buddha Vairochana, OK mudra. I teach you all perfect way and you all also follow perfect way. This way.

Lama Caroline

Then we also need to learn how to do the physical gestures relating to these five pure energies. In the secret chakra is the energy of Buddha Supreme Healer Amoghasiddhi which means infallible realisation. We have to make the no-fear mudra which is a kind of pushing back of negative energies with the right hand. The left hand is always here, four fingers below the navel. Then at the navel chakra we have to make the gesture of Buddha Ratnasambhava, Ratnasambhava is the jewel bestower so we are making the open hand giving mudra. Then at the heart chakra we are making the stable mudra of Buddha Akshobya which means like the unshakable. When we touch the earth it is very stable, so we are invoking that stable energy. Then at our throat chakra we are making the mudra relating to Buddha Amitabha and so we make a kind of triangle and we touch our fingers together and this symbolises one pointedness, a focused concentration of the mind which we achieve through meditation. Then at the crown chakra we make what is called the OK mudra of Buddha Vairochana. Vairochana is the illuminator, so this is illuminating all the darkness of our ignorance.

Rinpoche

What are we doing? Why? Nowadays actually grow up the symbols, in future realising like that. We have tantra result of path. What we want in future now we try to make exercise, result path.

Lama Caroline

You might wonder why we are doing these mudras, when we are generating the symbols. It is like the Buddha is not grown up yet but example is very important in the practice of tantra. It is like creating by imagination, it is called *taking the result into the path* because we imagine now what we are going to achieve in the future. It is like positive thinking. We imagine right now that we are Buddha Akshobya and that we have a completely pure stable energy and by these kinds of mental exercises we create the possibility for this pure crystal energy to grow up inside us.

Rinpoche

At **hri le natso** time we grow up the five symbols. Through this symbol we understand in the future how these seed symbols will manifest which Supreme Healers like Amoghasiddhi and so on. We can understand the family by this symbol way. Like doctors looking: *ah son coming, daughter coming*, this kind of way.

Lama Caroline

We do this during the practice of the generation of the five symbols within our chakras. From these symbols we can understand what the future energetic result will be. From the double dorje inside our secret chakra we can understand the energy, this double dorje means completely fixed. It is not possible for any negative energies to penetrate so this is a symbol showing that we are going to develop the energy of the Supreme Healer Amoghasiddhi within our secret chakra. The symbols are like signs of our future energetic development.

Rinpoche

Like **om ah hum tram hri** seed syllable appear at beginning from up to down. Then symbol going to slowly, slowly, miracle way born from down to up. Now born appear first Vairochana up, then moving down Amitabha appear, then Akshobya, Ratnasambhava, then Amoghasiddhi appear coming. We are always busy up and down in this practice.

Lama Caroline

So during the generation of the symbols we are going from the lower chakras up to the higher chakras but now when we generate the Five Supreme Healers, the five pure crystal energies within our five chakras, we are visualising that first Supreme Healer Vairochana appears in our crown chakra then at our throat, heart, navel and secret chakra. It is like we are alternately going up and then down the central channel.

[Transmission of: **om korlo namze dorje**]

Rinpoche

In the centre letter **om**, symbol means wheel side. Around wheel Vairochana, inside **om**. These two to appear in your Vairochana and so on.

Lama Caroline

So the mantra **om korlo namze dorje** means that the wheel with the seed of the enlightened mind **om** inside our crown chakra dissolves into absolute space and in that space appears the white pure crystal being Vairochana who you can see on page 14. This pure crystal being appears in our crown chakra and is in the form of **yab-yum** (the male and female consorts). Then at the throat chakra the red lotus with **ah** dissolves into absolute space and there appears the red Supreme Healer Amitabha **yab-yum**. Then in our heart chakra the blue dorje dissolves into absolute space and there appears a blue Akshobya Supreme Healer. In our navel chakra the yellow jewel dissolves into absolute space and there appears a yellow Supreme Healer Ratnasambhava. Then the green double

dorje at our secret chakra dissolves into absolute space and in its place appears a green Supreme Healer Amoghasiddhi, which you can see in those pictures.

Rinpoche

Now our body is pure crystal Vajrasattva, then there is the central channel and five energies. Five energy manifest like first in seed syllable then symbols then now manifest original Supreme Healer Buddhas. So five buddhas with us Supreme Healers we living now with body mandala.

Lama Caroline

We have to remember that throughout this practice we have this pure crystal body, like Vajrasattva who is a pure crystal being. It is like we have a white transparent holographic inner mental image of our body because we are working on the subtle energies and so we don't have any organs or bones we just have this pure light body. In the centre of this is the central channel and within this there are five energies which have developed through this practice. First they developed as letters and symbols and now they fully develop as the Five Supreme Healers which are in the five chakras within our central channel. We say that this is the body mandala because we say that mandala is an environment so our body is an environment for the Five Supreme Healers.

Rinpoche

Generally speaking all the sadhanas which are Tibetan buddhism, they are principally speaking about healing. Generation stage now we speaking this both together practising. Now practising completion stage now one by one.

Lama Caroline

So if anybody is familiar with Tibetan buddhism there are many different tantric sadhanas but these are all emphasising what we call the generation stage. That means developing creative visualisations to develop concentration by imagining, for example, that we are buddha. On top of this there is a more advanced practice which is called the completion stage. This means learning how to use the channels, chakras, winds and drops positively and this is not explicit within traditional sadhanas, it is something very secret. Lama Gangchen out of his kindness has put this stage directly into this practice because we do not have time to go into retreats and so on. We need to know what is the real point and use that in our daily life. So that is why the Self-Healing practice is very special because it shows not only how to awaken our energy but how to use it within our daily lives.

Rinpoche

So we have related to Amoghasiddhi in secret chakra the bell initiation. Means symbol is there to give initiation, then making many healing systems, both physical and mental healing system. Making many positive develop. Now we are reading, this is enough.

Lama Caroline

Now we are going to start the completion stage. There are four parts of the completion stage which are the vase, secret, wisdom and word empowerments. So now we are going to start the vase empowerment and this empowerment is

like a purification empowerment of our five energies. We are going to start from the lower chakra energies and move up to the higher chakra energies. So we start with the bell empowerment of the Supreme Healer Amoghasiddhi and the symbol of this is the bell. I will just read what it says in the sadhana. It is based on an energetic transmission from Lama Gangchen the Action Vajra's chakras to ours. So we visualise all our negativities of body, speech and mind, particularly our jealousy and fear leaving our body in the form of green garudas, dark smoke and dirt as we breathe out and perform the mudras. We have to imagine thousands of these eagles flying out of our secret chakra and dissolving into absolute space and this dispels the emotion of jealousy.

[Reading: Supreme Healer Amoghasiddhi at secret chakra from the sadhana]

Rinpoche

Negative time breathe out, we putting out all negativities. Bringing in time breathing all positive in.

Lama Caroline

Wrathful power does not mean aggression it means fully integrated power. It means using all the energies of our five chakras in a very integrated and completed way. Why is fear related to our secret chakra? Because we have many sexual fears. For example, we would like to have a relationship with somebody but then when we get to the point where we make love and we often get many sexual blockages which kind of destroys the energy of enjoyment. By healing our secret chakra we can overcome all these blockages.

Rinpoche

Now next one is **Lama Rinchen Dorje Khyen.**

[Reading: Supreme Healer Ratnasambhava from the sadhana]

Lama Caroline

Now we are going to do the water empowerment of Supreme Healer Akshobya at the heart chakra.

[Reading: Supreme Healer Akshobya from the sadhana]

As we do the empowerment we have to remember that the heart chakra is filling with blue light which fills our whole body. It is coming directly from Lama Gangchen. Now we are going to do the vajra empowerment of Amitabha which is healing the throat chakra through these red pure crystal lights and nectars.

[Reading: Supreme Healer Amitabha from the sadhana]

Now we are going to do the name empowerment of Supreme Healer Vairochana which is healing the crown chakra with white lights and nectars.

[Reading: Supreme Healer Vairochana from the sadhana]

So next is the Vajra Master empowerment given through the power of meditative concentration. With this initiation the Guru Vajra Master Lama Gangchen gives recognition to the disciple as a potential teacher. So this is the final part of the vase empowerment which has six parts and this simultaneously purifies all the five delusions, transforms our five aggregates, manifests the mahamudra wisdom of bliss and emptiness and causes the five exalted wisdoms and Five Supreme Healers to fully manifest at our five chakras.

Rinpoche

Next one is the speech initiation, I think there is written **om mani padme hum**. We say kundalini, we say bodhicitta, this is important to both our health mental and physical energy. We have to need take care of this by positive way develop. So this way we say method father tantra side, mother tantra side is wisdom, this yin and yang, right and left, sun and moon and so on. Self-Healing develops first the father tantra or white bodhicitta seed, then the red one by repeating mantra **om mani padme hum**. **mani** means method, **padme** means lotus which is like other side - feminine side, so this union develop. Our secret which is union, always try to making secret or tantra way or normal way. So it is very important energy level to develop chakra to chakra. Then we are sometimes repeating direct **om ah hum**, sometimes not direct **om ah hum** but blessing to making develop.

Lama Caroline

Now we are going to do the secret empowerment so this is working with the energies of the kundalini or tummo and it is using the bodhicittas or the sexual essences, the masculine and feminine sexual essences within our body. All people whether male or female have these two energies.

The male energy is related to the moon energy in tantric buddhism and the female energy is like the sun, the red blood energy within the subtle channels of our body. This is the wisdom energy or the space energy or solar energy. We need to learn how to use both these subtle male and female sexual essences positively and to gather them within our central channel. To do this we are using the mantra **om mani padme hum** which is the mantra of Chenrezig, because on the very kind of secret way **mani** means like jewel which is symbolic of the male energy and **padme** means lotus which is symbolic of the female energy. So it is showing that we need to internally integrate and unify the male and female energies. Union, sexual union is something which according to both tantra or normal life is something secret, so this is called the secret empowerment. We have these energies within our central channel and our chakras but now they are impure and polluted and for this reason we need to do what is called the **om ah hum** blessing. We need to purify these sexual essences before we can use them positively. We are doing that in this part of the practice so we have to visualise ourself as a pure crystal being, a white holographic image of ourself, we are sat on a throne and we have to visualise (whether we are a man or a woman) that we are the male and that we are embracing the female wisdom consort. This is just a kind of creative visualisation to wake up the energies. First we do the **om ah hum** blessing of the white bodhicitta to wake up and develop the energy of method, male energy and great bliss. So this is similar to when in a great empowerment, if anybody has taken one of those - a high tantric empowerment, that we taste the white bodhicitta blessed with **om ah hum**. In this self-recognition therapy we use the

mantra **om mani padme hum** like vajra recitation to wake up our inner tummo fire, that means our kundalini energy. By clapping our hands at our crown, throat, heart, navel and secret chakras we cause the white bodhicitta, this white essence of male energy at our crown chakra to melt and drip down our central channel. The point of clapping is to keep the energy at our throat chakra then at our heart, navel and secret chakra and if we keep this sexual energy at our chakras then we have the experience of great bliss which increases as it goes down our central channel. This develops our masculine energy of great bliss. Then we do the **om ah hum** blessing of the red bodhicitta to develop the female energy of warmth, wisdom and emptiness, the energy of space. This is similar to when in a great empowerment we taste the red bodhicitta blessed with **om ah hum**. In this self-recognition therapy we use the mantra of **om mani padme hum** from the lower chakras up to the higher chakras while snapping our fingers. Snapping our fingers opens the doors of our central channel to increase the space energy there and to develop our tummo fire or our kundalini. Kundalini is actually the pure essence of our female energy which is mainly concentrated within our navel chakra. As a result we experience the four joys in reverse, this means that all this blissful energy flows up our central channel and it concentrates in our crown chakra, before it flows back down and concentrates in our sexual region. Now it is going back up to our crown chakra and this time we have not only this incredible bliss experience which is more than an orgasm, but we also have that unified with the space experience, i.e. the realisation of the false dualistic sense of ourselves. The view that we are separate from the world does not exist anymore. So we experience the absolute space of our bodies, our minds and all phenomena.

[Transmission of: **om ah hum**]

Rinpoche

Next is wisdom initiation.

Lama Caroline

So now we are going to do what is called the wisdom consort empowerment into the mandala of wisdom or absolute bodhicitta. This is helping us to connect to the space experience, that is why it is called the mandala of wisdom, the environment of space. This is NgalSo, the relaxation of the Self-Healing meditation on absorbing the pure crystal energies of the Five Supreme Healers into the five chakras to experience the union of great bliss and emptiness. Before we imagined that we were a white pure crystal being made of light and now for this empowerment we have to imagine that we are a blue crystal being called Vajradhara, the holder of the vajra, who symbolises the highest form of enlightenment. This is a progressive practice and so you build up the experience of enlightenment as you go through the ten levels of the Self-Healing practice. **om mama sukkha** means we are absorbing the subtle energy currents, which are called the winds and the sexual essences (the drops) into our channels and chakras on the gross, subtle and very subtle levels. We have to imagine that we have a white Vairochana in union at our crown chakra. We have to feel that all the drops and winds from this part of our body absorb into the Vairochana Buddha at our crown chakra so we have all this energy gathering and stabilising inside our

crown chakra. Then we have to feel that all the energy from our throat and this region absorbs into our throat chakra, into Amitabha **yab-yum** at our throat chakra. We can also visualise that the Buddha shrinks and dissolves into emptiness and the purpose of this visualisation is to gather all these energies inside our central channel. This is gathering all the energies from the top part of the body into the central channel. When we visualise the green Amoghasiddhi, all the energy winds and energy currents in the lower part of our body absorb into our sexual region then the green Buddha dissolve and all this energy goes up the central channel. Then all the energy from our abdomen region absorbs into the yellow buddha at our navel chakra and then this buddha absorbs into the central channel. Now we have got two energy currents, one is going upwards and one is going downwards and they are meeting together at our heart chakra, so all the energy from all over our body absorbs into our heart chakra, into Supreme Healer Buddha Akshobya. This blue Buddha then dissolves into space. This causes all the energies to gather into our heart chakra, this is important because this helps us to wake up the energy of our subtle mind. First we experience a series of elemental visions as all the element winds absorb. Then our subtle and very subtle mind wakes up and this is a very blissful subtle mind, if we use this mind which is usually asleep to meditate on no-self then this is the real path to enlightenment.

Rinpoche

Also we are doing this mudra, the **maha sukkha** mudra, in buddhism this is a very important mudra. Means no more enemy, near your heart, near your mother and father and we hug children, so there are many buddha statue making with this hugging mudra. There is one side union meaning but this is one practice more than that we have no more enemy this world, everything one family.

Lama Caroline

We are making this hugging mudra whilst we do these visualisations. It does not mean this is only a union energy practice more than that it means this open hearted feeling of compassion and love that we have towards our lover, our parents, to our family. Through this practice we can develop this energy and so feel equal and close to all sentient beings.

[Transmission of: **om maha sukkha hum**]

Rinpoche

Next one initiation of speech, means **om bishwa shanti hum**. We try to give explanation at initiation time but there is peace, there is bliss, there is not possible to give explanation - so we do without explanation.

Lama Caroline

Now we are going to do the fourth empowerment, the concluding empowerment, which is called the speech empowerment because we are trying to explain things like bliss, emptiness and peace but these are not possible to explain through words, we need to have experience on the energy level or the experiential level. When we get the point through experience then this is the actual empowerment. We get a kind of energetic transmission of this by reciting the mantra **om bishwa**

shanti hum means world and **shanti** means peace so it means creating the energy of world peace.

Rinpoche

Means by the power of the truth peace and bliss forever. Through the power, peace power.

Lama Caroline

These are what we call truth words, they are not just normal speech. Even though the words are in English they are not just normal English speech. It is something empowered with energy so it has much more power so that is why it is a speech empowerment.

Rinpoche

That is why at this time we are doing the mudra of touching heart. Means originally that heart very warm. We have lost the warmth and so now it is very cold. We have to need to develop, recover again our heart, come back warm heart. So like love and compassion originally.

Lama Caroline

Whilst we are doing the speech empowerment we touch our heart. This helps us to recall the fact that our original heart energy is warm but that over the generations we seem to have lost this warm hearted energy. Nowadays people are very cold to each other. There is not much positive interaction so we need to regenerate these energies, these open hearted energies of love and compassion for our family, friends and in society in general.

[Transmission of: **om bishwa shanti hum**]

Rinpoche

So now we do short practice, very five minutes with singing and without sound way, we try to do it very short - maybe finish in five minutes. We have morning session this much then questions and answers. If you have any write and give it to her then we later give you answers.

Lama Caroline

So please if anybody has got any particular questions write them down and we will look at them either this afternoon or between the teachings. Anything you want to ask.

Rinpoche

Answer at teaching time so everything beneficial. I like to show one mantra, Buddha Shakyamuni mantra to all the exercises.

Caroline

In the next session we are going to do the Self-Healing practice based on the Supreme Healer Shakyamuni Buddha. This practice includes mudra therapy, colour therapy, symbol therapy, seed syllable therapy and so on. All these healing practices are useful in our life, for our social life, our energies and so on.

[Saturday 22nd March 1996 - afternoon session]

Rinpoche

We have in this world a breathing problem, lot of breathing problem so have to need make breathing come well. We are doing many breathing exercises but normal breathing we have to make like natural holy beings body, mind and speech. So from Guru Vajra Master, Vajrasattva, is coming maybe just like thinking **om ah hum**. One essence of light there coming, **om** time **om** coming, **ah** repeating time **ah** coming, **hum** repeating **hum** come to. **om** time come **om**, many many **oms** coming and going into our two channels - right and left channels **om** going to inside. **om om om** in, then continue to go down there central channel. This makes purification to all the negativity of our breathing of our central channel. Making space very well **om** white, then this letter energy absorbing. Second one **ah**. From big **ah** coming this holy light to many red **ah** coming, bring to two lights. Bring to go down inside two channels, these channels going down and joining to central channel. Many red letter **ah** going until here, then again many one other absorbing to heart chakra place into one red letter **ah** which we keeping there. Some meditation. Then **hum**, **om ah hum**, last **hum**, many **hums** coming to light, two channels going in, go down to central channel moving all, **hum** blue energy everywhere absorbing with the central channel. Central channel too influenced by our other channels, other chakras everywhere. Anyway last one is **phet**. Which is all interference generally, but in particular breathing interferences send away with **phet**. This is one **om ah hum phet**. We write there somewhere.

Lama Caroline

First we did the Self-Healing practice with one mantra, one Supreme Healer, Shakyamuni Buddha, and then we did the other side of the tape which is Self-Healing practice but a more kind of dance style and at the end of that we just finished with page 25 of this booklet.

The method for purifying inner interferences and vase breathing for long life (reading from sadhana)

This is a very special high level tantric practice which we can use in our daily life. We need to heal our breathing system and once it is healed we can develop our pure crystal energies. All we need to do is mix our breath energy, our subtle energy, with the pure crystal energies. We have to visualise that when we say **om** white lights and nectars come from Lama Vajradhara's crown chakra and enter our nostrils and go up and down our central channel until it absorbs into a letter **om** at our heart. The subtle atoms of white life and nectars are in the form of letter **om**. We imagine a letter **om** very radiant in our heart chakra. Then again we imagine that from Guru Vajradhara's throat chakra come millions of pure crystal subtle energy in the form of red letter **ahs**, which are symbolic of the pure speech energy of all holy beings. We breathe all this in through our nostrils and again this goes up and down our central channel opening all the blockages until finally all the pure crystal speech energy of the holy beings is absorbed into our heart chakra. We then visualise a very brilliant red letter **ah** either as an english letter or if you

can imagine it as a Tibetan letter at our heart chakra. Then from the heart chakra of Guru Vajradhara come millions of pure crystal subtle energy letters **hums**. We breathe those in and they again go up and down our central channel, it is like our whole central channel is a kind of neon tube, very bright blue and all this absorbs into our heart chakra. We then have this letter **hum** at our heart and this is purifying inner interferences and creating equilibrium. Then with the letter **phet** we cut all interferences and we expel them into space. We throw them all away, very far away and that is why we do this kind of mudra, it means dispelling all kinds of negative interferences.

Rinpoche

Second one **om hum ah**. Same explanation.

Lama Caroline

That was the first breathing exercise, the purpose of it is to create equilibrium and to open the blockages in the central channel as well as absorbing pure energy. The second exercise uses the sequence **om hum ah**. This exercise is to stabilise the energy in our heart, because in our heart we have the very subtle life energy. If this energy is strong we can live for a very long time however, if it is weak we will die for little reason. By using this visualisation, i.e. breathing in the white letter **om** and imagining that we are holding all this life energy in our central channel with a blue letter **hum** at our heart, we expel all the negativities with a letter **ah**, a red letter **ah** when we breathe out. This is stabilising the life energy and so this creates the cause for us to live longer.

Rinpoche

This way breathing very important with vajra recitation with long-life vase meditation and so on, but we need to use now daily life. Daily life becomes habit then possible we practice higher tantra - use many secret meditation way, recitation way, many breathing way. You know breathing is very important for life energy, for our life and for other life. So it is very important, we need learning a little bit, some base.

Lama Caroline

These two are actually highest tantric meditations but now we are just kind of doing a preparation meditation which we can use in our daily life. This is to create the habit of using our breath positively and mixing it with the aural energy, the pure crystal energy of the enlightened body, speech and mind. Once we have established this habit then the higher tantric practices become easy for us even within our normal daily lifestyle. We have to gain the experience of how the breathing is carrying our life energy.

Rinpoche

For example in each moment we are breathing in and out. This is just naturally going on so we have to use this, the vajra recitation meditation is similar. Breathing out time all the negativities we are breathing out, breathing in time all the positive going in - try to keep long breathing. Then anything we say, anything absorbing, breathing and so on we need meditation way learn.

Lama Caroline

In our daily life we are naturally breathing in and out, this is automatic. Through vajra recitation and the vase breathing practice we can transform even our breathing into a spiritual practice. Through developing this habit we can get to the point where we automatically dispel negative energies from our energy system as we breathe out, when we breathe in we are holding and keeping positive energies. Through developing this tantric practice we can also learn to keep our breath inside our body longer and make it slower. This is increasing our life span because according to the Tibetan system we have a certain number of breaths during our life and once they are all used up we die. Through the yogic practice of extending our breathing we can extend our life span by many years.

Rinpoche

Even illusory body time we need breathing. How are we holding? Illusory body breathing we are holding together with the seed syllables. All these essence of breathing way holding like - maybe holding letter **ah** together, **hum** together, **om** together holding to keeping in illusory body. This practice working very well.

Lama Caroline

One of the points of tantric buddhism is to develop something called the illusory body. This is when our subtle life wind at our heart, transforms into a very pure astral body which we can live in from life to life. However even when we develop that body we still need to breathe and so then we need to keep the energy inside through these mantric syllables **om ah hum**.

Rinpoche

Because Self-Healing we link all. Like I told you yesterday linking with astrological part, linking with medicine part, linking with tantric - all linking. For example, why are we linking to astrological part? We are doing many life best job, many things but sometime - for example we have beautiful house, many things, but we are never happy, never peaceful. Maybe we miss this, we never take care of astrological part, maybe position wrong, maybe starting foundation time date wrong, something. In ancient times very important, everything astrological follow but this time difficult problem because we renting house and so on. First we need follow personal self taking care, this possible through astrological part. I write here astrological part, how we taking care. There are many different mantras, twelve links and so on. Different interdependent way of positive and negative how works.

Lama Caroline

Self-Healing is a kind of integrated practice of the essence of Tibetan buddhism, the essence of the tantric buddhist tradition of ancient India. It is like a combination of the sutras, the philosophical teachings, the tantras, the energy transformation teachings, together with the health care systems and the astrological teachings. You might wonder why astrology is included in that package. Well everyone in the world wants the best for their lives but sometimes no matter how hard we try we do not get success in our life. That sometimes is because although we took care of other factors we did not take care of the astrological influences. For example we did not take care of the directional energies or the elemental energies or we started a project on the wrong day of the

week. Each day is linked to a certain energy and to a certain planet and certain energies and so it is important to be aware of all these different energies if we want to be successful. It is like certain planets and elements and directions link certain things. Like some days are good to start a business, some days are good to move to a new house and so on. If we do not follow that then we might move into a house and we might always feel uncomfortable there.

Rinpoche

So that is why we are writing mantras and all the astrological things. There are many different astrological parts, generally but in particular there is you know inner and outer Kalachakra.

Lama Caroline

Within the book *Tantric Self-Healing II, Linking this World to Shambala*, there is one section on the astrological purification practices to heal all the different kinds of negative astrological influences. It is from two points of view because in Tibetan buddhism we have two kinds of astrology, we have black astrology which means the elemental astrological system. This is the same as the Chinese astrology with twelve animals, five elements, and a sixty year cycle. In Tibetan buddhism we have that system and that is in there together with the mantras about how to purify the elemental energies. Then we have what is called the white astrological path which is the Kalachakra or the Wheel of Time Tantra which was taught by Shakyamuni Buddha, 2500 years ago. On one level the outer Kalachakra is dealing with all the celestial phenomena. So it is like western astrology dealing with the twelve houses and the zodiac, but they have ten planets because they do not have Pluto, Uranus or Neptune. All those energies are called the outer Kalachakra and it is the understanding of how to use them in a positive way. The Kalachakra Tantra is linking the inner world of our body and mind with the outer world of the universe. By understanding the energetic relationship between those two we find a path to enlightenment - that is the basis of the Kalachakra Tantra. It touches a little bit of this in *Self-Healing II* in terms of how to purify misfortunes with astrological practice.

Rinpoche

At our practice time we have the Five Supreme Healers related more. Astrological time more practicing doing to three. Means three Supreme Healers like Chenrezig, Vajrapani, Manjushri linking to all these purification making. Many practice doing three: compassion, wisdom and power. Sometime all five conclude to three point. Like you know Amoghasiddhi where we make conclude at Amitabha place this means Chenrezig. Ratnasambhava absorbs and concludes in heart chakra. So it is making three. Means Manjushri, Vajrapani and Chenrezig all this manifest way or say inside quality way compassion, love and compassion, wisdom and power. So this kind of thing many different mantra, many different manifesting, many different way of healing.

Lama Caroline

In the astrological section of the *Self-Healing practice* we are invoking the energy of Three Supreme Healers: Manjushri who embodies enlightened wisdom, Chenrezig who embodies enlightened compassion and Vajrapani who embodies

enlightened power. These are the particular healers of the astrological phenomena. There is no contradiction with that from the main practice itself. When we do the Self-Healing body mandala we have the Five Supreme Healers. We have Vairochana, Amitabha, Akshobya, Ratnasambhava and Amoghasiddhi. We can say Chenrezig is the nature of Amitabha, Vajrapani is the nature of Akshobhya and Manjushri is the nature of Vairochana. We can say that the Supreme Healer Akshobya is absorbed into Amitabha at the throat chakra and Ratnasambhava the Supreme Healer of the navel chakra is absorbed into the heart chakra. Then we have just three principal energies. In astrology we are dealing with the solar, lunar and eclipse energies which are symbolised by the Three Supreme Healers who make a balance between those.

Rinpoche

Our Self-Healing practice, the Five Dhyani Buddhas, we show you some short practice last night and today morning many different way. Now we have little bit many, but other way possible to practice. We have to learn a little bit more. First of all we practice then we understand naturally because this is transmission giving. So understand many things practising time. Many things need explanation, many things we need experience.

Lama Caroline

During this weekend workshop I would like to explain to you many different ways of practising Self-Healing. Some of this I will give you through some kind of commentary but the rest you can understand through experience, through the practice. You get a kind of natural understanding through doing the exercises.

Rinpoche

Now, I like to show how practising like all Ratnasambhava. Rest of Supreme Healers short but at one point need for example maybe Amoghasiddhi so we make long sadhana. We listen to the practice so you learning another way.

Lama Caroline

For example, if you are a person who has a particular fear or jealousy perhaps you have some kind of kidney sickness or some particular problem - you might be thinking how you can deal with it? Whatever your problem is you can use this as a very particular healing method. For example, if you have a kidney sickness then you can do Self-Healing, most of the practice is kind of normal but you can really emphasise the practice of Amoghasiddhi and tune into the healing energy because that is what you at that time particularly need. So now Rinpoche is going to demonstrate how to do that.

Rinpoche

Maybe another friend or maybe someone sick. We can use this practice not only ourself - we can use to healing for some friend or any your patient. Also possible to healing, Self-Healing way, your patients and friend, anyhow hospital dedication!

Lama Caroline

Just because we call this practice Self-Healing it does not mean that we can just apply it to ourself, for example if any of our friends or somebody we know is sick

or if we are a therapist we can use this on our patients. Instead of doing this on ourself we can visualise that the person is in front of us and we are doing all the healing on them. We are taking energy, negative energy, out of their elements and we are waking up all the energy of their chakras and so on. We do all the visualisations inside their body and not ours.

Rinpoche

Now we show you. Something repeating together, also learning, also breathing, also colour - everything try to do. What we told you a little bit try to remember.

Lama Caroline

Now I am going to demonstrate how to go through the Self-Healing practice. Most of it we will do in a kind of short way. We are going to do a longer meditation on Amoghasiddhi, Supreme Healer of the secret chakra.

Rinpoche

For example if you have some kind of down wind problem or problem in any of these chakras today you have to need make it pure healing then tomorrow better condition.

Lama Caroline

You can also check up in your own experience how this is working. For example if you have a problem with your downward moving wind which controls menstruation, excretion, ejaculation and so on. If this wind is not working very well then we get many blockages which cause period pains, constipation and so on. If you have this particular problem then tomorrow after this practice you can check how it is working, if there is any improvement or not.

[Practice: reading Supreme Healer Amoghasiddhi from Self-Healing 2]

Lama Caroline

That is from the long book but for example in regards to the short sadhana which we have here we could just use the meditation on page 17. We can use the Akshobya empowerment to heal the stress and nervousness of city life and we could just do the mantras of the other Four Supreme Healers. We could just say **lama rinchen dorje khyen** and **om ah ratnasambhava hum** and then concentrate on the reading of the Akshobya meditation and repeat the mantra of Akshobya many times to try and effect the healing of the heart chakra.

Rinpoche

The Five Supreme Healers means Yamantaka, Kalachakra, Guyusamajha and so on, all these names are manifestations of the different kinds of tantras of the Five Supreme Healers. So Five Supreme Healers is main then is manifesting Kalachakra and so on. It is very important to know practising the Five Supreme Healers who are the Five Dhyani Buddhas.

Lama Caroline

For those of you who are familiar with Tibetan tantric buddhism there are many of what we call yidams which means meditational deities that we have to identify

ourselves with during tantric practice. For example there are Yamantaka, Kalachakra, Guyusamajha, Heruka, Vajrayogini and so on, there are many different possible yidams. Actually there are thousands of yidams which provide solutions to different energetic problems. We have to understand that all these thousands and thousands of yidams are grouped into the five families of the Five Supreme Healers. There is one class of yidams dealing with the problems of ignorance, one group dealing with the problems of attachment such as Heruka, one dealing with the problems of anger and so on. The basis of all these thousands of tantric practices that we see around with all the heads and arms and colours and so on is the Five Supreme Healers or we can say like the Five Dhyani Buddhas. The practice of the Five Supreme Healers is the real essence of the tantric practice.

Rinpoche

The five element purification I talked a little bit yesterday and today. Anyway main point is, for example this tea, if we need purification or if we doubt too much chemical or too much problem then we need to purify. First we need to make purification of **eh yam ram lam bam**, image thinking seed syllable. The wind down there bottom, this wind letter **yam** manifesting wind - pure wind to make impure negative wind purification. This pure wind makes condition to make fire burning. Here in the practice like that so the reason we are repeating like that. Anyway wind is down so we make pure wind to develop fire burning. This fire burning makes impure fire purification, makes real fire develop. Real fire reach to hot, this hot reach to earth at heart chakra or little bit up here centre. Then this earth, impure earth purification to develop pure earth. This pure earth all make to water hot. Impure water purification makes water pure, this water pure going up to space. Then this water going up to space then coming raining on our body or this cup or our medicine tablet our this medicine to make nectar, to all purification. Then eating is very wonderful, you are inner body and outer and sustain.

Lama Caroline

Rinpoche promised yesterday to explain how to use the five element purification to purify our food, if we take for example a cup of tea. Many times we are presented with something to eat or drink and we think that maybe it is poisonous or there are chemicals or something. Through visualising the element mandalas we can purify that. First we need to visualise the elements **eh yam ram lam bam**. If it is a cup of tea, space is at the top, wind is down there. So first you would visualise the wind element at the bottom of the cup of tea then above it is the fire element, then above that is the earth element, then there is the water element and above that is the space element. You visualise that this wind mandala is moving and it is purifying all the negative wind element and then this wind goes up and creates a kind of fire and this fire goes up and is burning all the fire element impurity in the tea. The fire goes up and is burning all the impurities in the earth element and the water element. The water element goes up into the space and creates a rain of nectars which are completely purifying our cup of tea. Simultaneously we can also feel that this is happening within our own body. The wind mandala here at the secret chakra is creating a pure wind which is increasing our kundalini power in our navel fire element, this is burning the earth element at our heart chakra purifying it and this goes up and boils the water

element in our throat. This is the relative purification, then this goes up to the space of our crown chakra which is the absolute purification and then nectars flow through our entire body. If we like we can do both at the same time. If that is too difficult we can just imagine that this is happening in the cup of tea or apple or whatever we are going to eat. Also we can use this to purify any kind of chemical medicines such as antibiotics or aspirin, we can do exactly the same thing with our bottle of medicine. Then we can be much more confident when we take it that it is going to help us.

Rinpoche

Maybe we need a few minutes relax or maybe continue. Few minutes tea or something.

[Self-Healing practice]

Rinpoche

We are doing now like that **shudde shudde soha, yam ho shudde shudde soha, ram ho shudde shudde soha, bam ho shudde shudde soha, lam ho shudde shudde soha**. We can do all like that if we particular sick. Particular like some people you don't know, you don't remember many mantra so you doing one mantra to doing all the time for example kidney. Result coming very well. So you have to do this way. Now we are doing this way because Self-Healing but for them doing this way. Like me, I'm doing this but really to you with my friend. Or maybe you near special or far away, if you say I am doing this you are changing not changing you experience. Someone hospital, someone difficulties, any situations do it and then it is changing because need experience, no experience then difficult to explanation give. Too much. So have to need experience. Then even you know cities, polluted cities we have experience Milano, after better. So this way.

Lama Caroline

So if you are trying to heal somebody else you can either be physically present or just imagine that they are in front of you. For all the Self-Healing practice, like visualising channels and chakras and opening blockages, cleaning the elements and so on, you do on them rather than on you. Like their wind element, you are pulling out the pollution from their wind element at their secret chakra, their heart chakra and so on. You generate the Five Supreme Healers at their chakras and all the energies are focused on them rather than on you. This is what Lama Gangchen is doing when he is doing the Self-Healing practice with us. It looks like he's doing the practice but he is doing to all of us rather than to himself. Also you can do the Self-Healing practice just concentrating on the sick part of the body, like we do all the element purification, everything focusing on that sick part of the body. All the energy is dedicated to the sick organ or part, whether it is yours or somebody else. Many people have been healed by this method. Also levels of environmental pollution have been reduced. In 1993 in Milan when we first started doing this Tantric Self-Healing practice as a group soon after we started (it's like one of these coincidences), the local government decided to make the air pollution blocks. When the pollution reaches a certain level then all the cars are blocked from the city so that was all simultaneous with the Self-Healing practice. Maybe it is a reflection in the outer environment - we don't know exactly but there are many

signs like this. When Rinpoche made the Self-Healing practice, I was there and there were many special signs like comets, rainbows and many different special astrological signs. Many people had special dreams and visions and there was this traffic block in Milan, there were many different signs that this was going to be something useful for sick people and the environment.

Comment: *I have an experience about this - how to help people, that I learned from Lama Gangchen beside this mudra on the patient or friend who needs help and so on. You develop yourself in a new and fresh way so you are much more capable to help people even if you do not do the real practice because you open up your mind, you are much more generous, you are more relaxed. So you are capable of understanding other people's needs much better. You are calmer, so you don't create continuous friction, you don't create this war which is constant in every minute of our life. The way we behave is always anger, always answering badly, it is always friction. We are full of nervousness so it really helps a lot to open that way, you are developing in such a new, fresh and beautiful way that it helps a lot. I have been able to help so many people around me. So this is my experience.*

Rinpoche

Mudra power I tell you. We do it this kind of - something a little bit strange, no? So in Dharamsala in India and in Tibet one animal which is sometimes at night many together crying sound. This means some kind of in our tradition somebody sick, somebody died, many people dying, this kind of this way our thinking. For example, we have to know direction east, west, where this animal. Then we one mudra you know, this mudra showing for this position nothing need to say mantra. This mudra show this direction, we show this then one second quiet. You know these shoes, we say *japal*, in English how you say? Sandals, slippers. So this one shoes on, so all this just shoes this normal shoes like that no, this like that, they very quiet. For example, you know this Europe, now we have garage open, this one metal we have car and so garage opening and closing. So you have seen this you know, this *japal* this like that immediately gone everything sound.

Lama Caroline

So I will give you an example of the power of mudra, physical gesture. In Dharamsala which is the seat of the exiled Tibetan community in North India, around there in that mountainous area there are jackals. Sometimes these jackals howl all night. In Tibetan buddhism (Tibetan culture) this is considered an inauspicious omen of sickness, of death and of misfortune and so people are very concerned to stop this noise. They call the lamas and as soon as they know the direction, the lama kind of focuses on the direction, and the lama makes this mudra and he just points it and immediately all the dogs are silent. It is the energy of the gesture which blocks the dogs. This is not just theoretical, it is what they actually do in Dharamsala. Another thing they do is they get their plastic sandal and they just bend it like that and point it and it also stops them. It is the energy of the gesture that is blocking the negativity.

Rinpoche

Not only this much. You know a lot of what you call blood coming from the nose, lot of like suddenly. We call doctors, ambulance sometimes. So need this stop just we do mudra - same, same mudra then this stop.

Lama Caroline

According to one of these Asian healing systems, if you have a nose bleed, if you do this mudra it is stopping it. Try it for yourself the next time you have a nose bleed.

Rinpoche

Sometimes we have no time to call ambulance, doctor calling sometime so we have to need stop.

Lama Caroline

Also if you have a wound this mudra is stopping the bleeding.

[People share their experiences of Self-Healing]

Rinpoche

For example Chenrezig we have a thousand arms buddha, this is not just artist make this is not possible, not true. Anyway I think this is true because for example we say I am too fat, one side true but other side not true, we have in one day many face - yes, no, angry, negative, jealous, green, red, yellow, blue, dark blue many colour we have. Nice way, medium way - many different face, maybe you show one hundred faces. Then two hands, these two hands make a thousand different positive or negative. Use in many different way.

[Sunday 23rd March 1996 - morning session]

Rinpoche

Good morning, so second day we starting Self-Healing. One side give some explanation, other side we are giving transmission, other side how we do exercise, we do body and mind training, colour and all this together. Outside what you have sicknesses both physical and mental we try to cure to better, to solution, to next however much our life. This way we have different way our these two days together.

Lama Caroline

Today is the second day of the Self-Healing workshop here at the Open Centre and during these two days we are looking at the essence of the commentary and an explanation of how to do the Self-Healing practice. We are also receiving an energetic transmission directly from the Lama Healer. We are also practising the Self-Healing exercise so we know how to practise and we are also learning how to integrate many different therapy systems together such as colour therapy, breathing therapy, sound therapy, visualisation therapy and so on. This is also an

opportunity for healing and an opportunity for us to improve the quality of our life in a different way.

Rinpoche

Self-Healing is very important because maybe, I would like for you listen to one second, listen to this what I am thinking so there is this foreword speaking to way I am thinking so maybe understand more, different way.

Caroline

Perhaps to get more of a perspective on what I am thinking we could look at the foreword, this part of Rinpoche's book Ngalso Self Healing III, Guide to the Good Thought Supermarket. This is how to develop precious energy, pure and healthy. Page 38 for the people who have this book.

Rinpoche

Of course someone believing different way, anyhow I think we need to give message all essence of important message give through education, through information way - believe or not believe doesn't matter. This is very important because until today everyone getting education, you writing English and Italian and different languages and many different subject. We have businesses and many doctors, astrologers, many different way knowledge. All this grateful but the learning system is with fear, all from beginning until what you have now, everything knowledge with fear learning with all knowledge. This is our time problem, I tell you how with fear means.

Lama Caroline

There are many different ways in which these Self-Healing practices are healing. It is healing our body and mind on the gross and subtle level, it is also healing the outer world, our environment but we have to understand that all these healing methods are based on the experience of inner peace. Inner peace is very important for our own physical and mental health and world peace is very important for our society and our environment and our planet. We have to understand that inner peace is the basis, the most important foundation of world peace. So it is up to us individually to contribute towards world peace by changing our own attitude and our own behaviour. What we need in our society as well as an individual change, we need a peace education system because that is missing now from our education system. In ancient times this kind of peace education system was taught through the practice of different religions. Now people are not so much interested in following religious traditions, many people don't believe. Anyway that is not important but what is important is that peace education is integrated into our regular education system in the schools and universities. Not only that we have classes and so on but that we also take all our education with the attitude of peace, because nowadays from when we begin our education as children until the end when we finish school or university we are learning with a fearful attitude. We are very stressed and competitive and competing with the other people and so we grow up with a culture of fear. A culture of self-preservation and this is causing a big psychological problem for us individually and as a society.

Rinpoche

For example, morning very small children we send to school. Something father and mother says like you have to learning very well otherwise this and that - making fear. Then going to road they have a lot of fear you know. There is many cars and many trucks and many, many motorcycles and many strange things. Children have many big fears in life, many difficulties such as police, dogs, terrible different other things, many different colours and strange things see beginning. Eyes listening, moving around, they get a lot of fear, they reach the school then the teacher is very big and tall and many different way telling to many, many subject: *now after this we do, after this, after this, after this and that, many, many this to small one, very small.* When they are small children, together somebody with good memory and somebody poor memory so many strange way getting problem to mind. Then need to write, they need packing, they need go away, then many, many. Then teacher says have to study otherwise this and that. Sometimes making fear. This kind of learning ABCD what they learning, they learn with fear. All knowledge, all knowledge with fear: *ah my examination, this and that, mother and father and brother and sister and all your examination what happened and this and that.* All with fear. Even pass, good knowledge, good but all with fear. After you this fear knowledge, you like to do something. After university finished going to job but this fear makes always company. *Now I do this, maybe good, maybe not good, maybe danger, maybe I am success, maybe this and that.* All life making problem because education give with fear. So get lot of problem for life, now very big business doing, now university working or something, many things but a lot of fear everyday. So this is our education way of problem. So what we need to do now, maybe possible future and maybe now. United Nations, UNESCO, everyone, both city and private schools and personal thinking everyone have to need get education, Inner Peace Education first. Example these small children going to school they reach somewhere but this room teacher needs to first say: *OK you need not worry, you relax, no worry to me, teacher no fear to me, no fear to one and other children, no fear with your subject what you are learning, you don't want to each other friend then no need to worry.* Have to need give to them peace education. You cannot say meditation, meditation means people thinking this is religion, this is spiritually, then other excuse possible. So we have to give to Inner Peace Education first few seconds. First this time relax and this education then any other subject what kind of ABC and whatever there and this way knowledge getting without fear, with relax, with comfortable, peace to get knowledge, all this continue then grow up future any knowledge with peace. Very useful for life so I think this way have to Inner Peace Education need to develop for this world. So that's why I write for this kind of paper, write to give to you, already give to you so have to need something this world do everyone something. Not only for children.

Lama Caroline

As we were saying about this cultural fear that we get as children, children are educated in fear in many ways. Through parental pressure, through been exposed to many different kinds of stressful situations like traffic, city life, other people's negative behaviour, negative information. They feel intimidated by teachers, they feel stressed because they have to work at many difficult complicated things. There is a lot of competition between the children and then there is the pressure

to succeed in the exam system, social pressure to succeed. Even if they pass the exams they are doing so with an attitude of fear. So after all these many years of education, after we finish school or university then it is like we are habituated to this mental attitude of fear and competitiveness so we are always living that way and with the attitude of self-preservation. Our whole life is reflecting these kind of problems. For example we are running our business but we always have a lot of fear and so this is partly a problem of the way that we were educated. I was thinking that perhaps at the local level or at the state government level or through the UN or UNESCO (United Nations Education Cultural Organisation) that they could develop many different levels of peace education programmes. This is of course not only for children but also for adults, it is very important that children get the habit when they are young, in their formative years. I suggest that in the first part of the school day before they start they just have a few minutes of peace education where they just relax, just to get the information not to be stressed and not to be scared. You cannot suggest that they have to meditate or something with religious connotations it has to be something non-religious. If in the schools they produced a non-religious peace education at the start of the school days then the other subjects would go much better. The children would learn without fear and pressure and so that would be something positive which we would develop in society. For this reason I made this proposal which is called the United Nations Spiritual Forum for World Peace. This suggests that all the religious traditions unite around the issue of peace in order to create a non-sectarian system of peace education for the world. I am promoting this proposal around the United Nations in many different countries.

Rinpoche

Not only children, you know other people like business people, everyday morning, any kind of job first morning wake up to no need hurry: *ah I have to do now I need running, need this and that*, then making one more coffee which is making more nervous. Better first to make peace meditation because inner peace, Inner Peace Education do something. Many different level with meditation, without meditation. Many different way inner peace something then whole day is working, any kind of business working, any kind of coming very relaxed to working everyone together. Morning something wrong then whole day something is difficulty. One other together. So it is very important to education. Not only business people but younger generation, medium, older, sick people, particular sick people Inner Peace Education is very useful. At sickness time lot of fear, lot of painful but this Inner Peace Education makes no suffering. Yes pain but no suffering. Then very useful, not only sick people, when we die finally this inner peace without fear. This inner peace company makes really dying very peaceful way. You have pain, lot of pain, a lot of around physical way problem but we are inner peace mind going to very peaceful way. Then who is believing in next life, intermediate state or another life always need with peace. Inner peace is really one important Self-Healing base. Self-Healing like negative gross level or physical any problem or subtle level, mental level, any moment very powerful inner peace company. Inner peace is most beautiful one company. We are looking all the time beautiful things, make-up things, this is wonderful but most make-up is mind make-up. Mind make-up is inner peace to make-up is most beautiful one so is very important to little bit learning inner peace. How we develop? This I write in Clear Moon Peace

Message books I and II. Please develop inner peace. Then is really working some key, important key, important inner life, important company, important knowledge, very powerful. It is very useful to develop, there is nothing you believe or no believe, inner peace is no problem any religion. Maybe someone different way of explanation, different way possible but slowly understand, for example what I am say. There is no problem develop what we are speaking Self-Healing same time have to develop inner peace. Not only mudra, not only breathing, not only colour, this is of course but have to need develop inner peace really.

Lama Caroline

For example, if we are running a business then normally when we wake up in the morning we are immediately thinking about work and we rush around, we drink coffee and so we feel nervous and stressed right from the moment we wake up. It would be much better if instead of waking with that automatic stress reaction that we wake up thinking thinking about peace, in whatever way is appropriate for us. Then our whole day, including our business will go much better. If we relax, the way that we relate to people is much better and so our business will be much more successful. If we wake up with a wrong negative attitude in the morning then the whole day will have this kind of energy going through it so we will get many different kinds of negative interactions with people. We will not achieve what we want in the day. Inner Peace Education is something appropriate for all the different groups in our society: the young, old, teenagers, business people, the sick, dying, prisoners - for every social group in our society. Everybody regardless of their other needs, all need Inner Peace Education. For example sick people, when we are really sick we have a lot of fear, stress and pain so Inner Peace Education helps us to overcome the mental stress and suffering that goes with those painful physical experiences. Then we can feel that peaceful experience also when we finally come to die. Inner Peace Education helps us to die in a very relaxed and comfortable way. People have different views about what happens when you die and after death but according to the buddhist tradition after death our mind continues into the intermediate state and the next life. From the buddhist perspective it is very important to die with a peaceful mind, because we have the process of the mind separating from the body and if we have a lot of negative emotions, mental disturbance and fear at that point then we will have a difficult time after death and so not such a good rebirth. If we die peacefully then that process is much more comfortable and successful for us. We have to understand that now we are doing the Self-Healing workshop but the actual basis of Self-Healing is the development of inner peace, the pacification of all our negative mental states. This is the basis of healing both our physical and mental problems and is a very powerful company which can help us in any day and in any situation. We can also say that it is the best make-up. To make-up the mind with inner peace actually makes us more beautiful so we get less wrinkles and we need less plastic surgery! For many different reasons, for every reason in our life we need Inner Peace Education. For this reason I have written two books called Clear Moon Light Messenger of World Peace, explaining in more detail about the system of Inner Peace Education as well as this spiritual UN proposal which I am going around promoting. We have to really get the feeling for what inner peace is because it is really a very important inner light. It is our most important company, the most important knowledge we can have, the most important power. People

these days have the wrong idea, they think that peace makes us weak but this is not true it actually makes us much more powerful. Whether we are religious or not it absolutely does not matter, everybody needs inner peace. Inner peace is the essence and basis of all religious and spiritual movements. While we are doing this Self-Healing workshop this weekend we have to remember that what we are trying to do is to develop inner peace as well as understanding how to integrate the various therapeutic systems.

Rinpoche

Many people thinking we need to make peace. They try to make world peace by fighting. Nuclear bomb and all these things try to make to world peace, I think that this is a wrong way thinking, wrong way practising. If you really like to make world peace then need to develop inner peace to make world peace. This is most powerful solution. We need Inner Peace Education. Then this world balance, balance need really small and big and everything, now is very difficult, very dangerous. So how possible we stop bomb and small gun - everything we stop in one country, in other country they make because they don't have inside peace. Not possible to stop this kind of business but one chance is if you giving Inner Peace Education all the countries, by television, radio, newspaper, city and school - give everyone Inner Peace Education. Then possible to stop one day. Automatic, mind change. I try to change good then it is possible to stop to this kind of danger things. So very useful Inner Peace Education for even this world. Very important one side. Another way if you practising Inner Peace many different level of concentration you know tantra and mantra, many different way concentration if you learning. Now some countries like United States and so on they make something button, button like that pressing to another country destroying. Like that powerful methods exist but I think if you spiritual way concentration, tantric method concentration then possible to stop to this button, not possible to move. Concentration is very powerful. You making concentration, we are doing these things, making many concentration together then working this concentration if you use then this button nobody move - not possible use then really useful. Anyhow inner peace not only personal, this is of course personal but generally very, very useful for this world. Need to give information to personally develop everyday. This is really, really. I think all the holy beings message is making peace. All the teachings, all religions message is peace. All we are doing United Nations try to make peace. Developing inner peace is best one so have to need a little bit learning inner peace. Need to develop everyone please.

Lama Caroline

Most people think that we need deterrents such as nuclear weapons and so on in order to maintain world peace, but I personally think that this is a wrong way of thinking. It is much better for us all to develop inner peace if we really want to create a situation of world peace. If we all develop the peace mind, for example now we just have a small percentage of the peace mind like we can say that it is first moon, we need to increase the percentage of the peace energy in our life. First moon to the full moon which is the completely peaceful and enlightened mind. If we all do this individually and collectively then automatically all the problems of violence which we have on a personal level and social level disappear. If we all have a peaceful attitude then we would no longer be

threatened by hand bombs and atomic weapons and so on. Unilateral disarmament and so on are not enough because there will always be another country with the attitude of violence ready to use them. The only hope for our planet is if we on a global level develop the Inner Peace Education system and spread this through the global media, in the schools and so on. If there is a change in people's attitudes, so people do not feel threatened by others then automatically the danger of violence and destruction automatically disappears. From the tantric point of view if we develop inner peace through concentration then we develop incredible mental powers. Nowadays they develop these electronic weapons to knock out computer systems and to cancel the nuclear command system. They are thinking to stop the danger of nuclear weapons like that but from the spiritual point of view through the concentration of yogis and meditators they can do exactly the same thing through their mental power. This is to make you understand that inner peace is not something weak it is an incredibly powerful energy. It could even knock out the energy of war. Developing inner peace is not something which is only personally useful, it is something useful for our whole planet. What we need to do is we need to develop inner peace and share this with our friends and workmates and so on. We need to take responsibility for sharing peace with others in the world on whatever level we can do that. I believe that the real essence of the message of all the holy beings like Jesus, Krishna, Buddha is peace. Also if we look at the United Nations, the essence of what they are trying to do is create world peace. I believe that Inner Peace Education, personally and collectively is the best method to achieve world peace.

Rinpoche

Now we are going to continue our Self-Healing subject. Mainly we need learning by experience this Tantric Self-Healing. So in beginning we need three channels something understand. We have central channel and two channels inside exist. We right and left channels understand because breathing here and there. Central channel is very weak, even difficult to watching exist and very difficult to understand. Centre we have one channel very weak, very thin and so we have to need develop this. Try to develop medium one. There are many interferences, many knots so have to need open these. Central channel many different level way explanation giving. I am thinking it is this size and we have to need beginning develop, maybe originally space. So original space, absolute space, in original space with us we have subtle mind together. This subtle mind space is very difficult to recognise. Very subtle but exists. This we need to open by mudra, by concentration, by recitation, by tantric power, open to making bigger. What you call possible to thinking only central channel, mind-space, this much meditation, rest we need at **om sobhawa shuddho sarwa** time, emptiness of all phenomena. After the phenomena something exists which is space but outer space thinking is too far too big, so personally thinking. Mind keeping with space, this space looks small inside. If you are meditating then slowly, slowly grow up from beginning thin like that, then grow up this much then some kind of five similar, then grow up and grow up with the mind grow up like space. Then inseparate, our mind and space together inseparate like union. Space like consort. Mind make union with space consort similar then it is really very interesting meditation, very interesting incredible beneficial both physical and mental way of enlightenment. Central

channel need to develop, need to recognise to more and more develop, is most important for this subject Self-Healing.

Lama Caroline

Now let us go back to the subject of Self-Healing because we need to get more experience about how the process of Self-Healing is working. Within our subtle energy body we have three energy channels. We have the central channel which runs in the centre of our body between our two eyes like an umbrella handle around our skull and straight down the centre of our body and there are energy chakras there. Flanked by that on the left and the right starting in the nostrils we have the right and left channels. At the moment in our normal daily life because we never took care of our central channel we are just unconscious of it so now our central channel is very weak and thin and it is difficult for us to have any sensation of it, any sensation of the energy in there. What we need to do, the main kind of spiritual practice is to develop the energy of our central channel. Now it is as if the right and left channels are wrapped around it and they are kind of choking the central channel so the life energy cannot flow through properly. Through the opening lotus therapy we need to open the knots in the central channel. There are many different kinds of explanations about what this central channel is and how it works and how big it is. There is one very important meditation we can do to find the energy of the central channel and that is to use the central channel like the original space of our subtle mind, our subtle mind is within the central channel. This is a very kind of subtle thing but through the Self-Healing practice of mudra, mantra, concentration and recitation we can open the central channel and make it clear. For example at the beginning of the Self-Healing practice we are dissolving everything into space, we are dissolving New York, the room, everything into space and at that part we do **om sobhawa shuddho sarwa dharma swabhawa shuddho ham** (the emptiness mantra). What we need to concentrate on at that point is the central channel, just the energy channel and the feeling that everything else has disappeared and that just this energy channel in the centre of our body is left. Inside there is our mind and our space energy. Instead of tuning into outer space which is a bit too much for us we need to tune into inner space which is actually much more important. The space inside our own mind is bigger than the space inside the whole universe but we need to feel that. We need to experience it. When we do the central channel meditation we just feel that we are a pipe of bright light and at first this pipe is very thin like a thread and then it starts to expand and become bigger and bigger, then it becomes like a straw and then it expands until it becomes about the size of this room. Finally the energy channel is the size of the universe. Inside is only space and our mind, so we get this very strong feeling of mental expansion by linking our mind and energy with universal space. If we get this experience it is like our mind and our energy become unified with space. Space is the consort of our mind. We often see tantric images of male buddhas in sexual union with female buddhas. The female buddha actually represents this experience of the mind unifying with space and so this is a very interesting meditation and it has incredible health benefits for our body and mind as well as for our spiritual development and the way of enlightenment. It is most important to develop our central channel and to recognise it in order to do Self-Healing and to develop inner peace because space is the actual nature of inner peace.

Rinpoche

Space. Actually need this world space training. For example maybe easy to understand space training. Example these days we use a lot of computers, people very interested, everyone computer, computer, many different computer buying to using. This small computer disc there recording many thousands of words. Lot of things. This disc is too small, so space how much holding and recording, everybody knows! You look this small mirror, this small mirror is holding my big face with the beard and everything. If you hold up everyone looking together it is holding everyone like that, but other side is glass, all people is holding this glass. This is the quality of space. Also photographs, photographs are small but making hundred or thousand people together in photos, this is the quality of space relative way. This computer recording then sometime printing so everything coming from inside coming out. Space training is very meaningful for this modern society, which is actually ancient system. Ancient we are calling karma, but karma maybe people thinking is buddhism or hinduism, so that excuse we have. Computer recording like telephone bill, one month after we need to pay. Coming this bill, what we did - *tak, tak, tak*, then paper come nice way, send you by post but still need to pay because all recording computer. So karma means our actions both good and bad, all these actions recording space. There is two kinds of computer like what we call - collectively one mirror space and personal one space. Collectively we have you know Tibetan tradition *Yama Radza*, recording to holding one mirror, he is living like that one mirror. That mirror how much beings have, all actions recording there. Means one mirror, space mirror holding. This computer how much working we know. We need to learning our computer, each day in each moment how we moving mind to negative side or positive side. Just moving. All recording in our space. So need attention, because negative way too much recording then one day we will need to pay and this is too expensive. We need to have attention, not so much recording negative. Life reason something positive making, sometimes nothing reason we making a lot of negative recording. No sense. Making big recording then this need to pay one day because our mind make too expensive. So we need space training, our computer absolute space training and relative space training, more or less same. Self-taking care way very important. Self-purification, we don't want any negativity. It is very important to take care of our space to self-take care. Thinking negative way then recording very bad. Karma is not buddhism, it is recording. Karma is not hinduism, it is nature recording. Karma giving one answer like telephone bill, we use telephone we have to pay. This is why space training is very useful for modern society, you understand dharma and karma and action, our positive and negative actions this and that. Very useful. So I speak little bit for this way for self-taking care, self-protection, self-healing, self-recognise what you are doing, good and bad.

Lama Caroline

We all need space training and we can understand that through the example of computers. Now we are all completely into computers. We can record many thousands of different bits of data either within the hard disc or the soft disc of the computer. I believe that this disc is using the quality of space. Another example is a mirror. If we take a mirror on top of the Empire State Building we can see the image of the whole of New York. That means that the mirror is using the quality of

relative space. We can in a photograph record a whole crowd of thousands of people, this is another example of using space on the relative level. We record all the things which we have done within our computer, within our inner mental computer and then one day we get a print out. This is like when we are using the telephone, the phone company records everything that we do on their computer and one day they send us the bill. We can understand this as what is traditionally called karma in hinduism and buddhism. I do not like using the word karma because basically people feel that it is something very distant from their reality. Actually karma just means the recording of the good and bad things we do in our inner mental computer. We have two different types of inner mental computer, we have a personal inner mental computer which is recording all our personal actions and one day this will give to us a print out - we have either a cheap or expensive bill or a good or bad life. This depends on what actions we did. We also have a collective, a global computer, which is recording all our collective actions and that is going to be printed out in our society and environment. Traditionally in buddhism we have one divinity called *Yama Radza*, the Lord of Death, and he is holding a big mirror which is like a CD-ROM. Inside that mirror are all the different states of consciousness which are possible for us to experience. This is the symbol of our collective karma that we need to experience together so it is very important that both individually and collectively as a society we take care of what we do. We need to learn how this inner computer is working, how it is recording all the actions of our body, speech and mind. Sometimes it is inevitable that we are going to do something bad because of our lifestyle or something that we cannot avoid but we need to minimise our negative actions, we need to cut down on our bill and find a way to economise. We should not just do destructive things for no reason. We need to always think that we should cut down on our bill otherwise one day our life will be too expensive economically, physically, environmentally and so on. We can see the results of people not taking care of their bill already in our society. We have to understand that self-healing means self-protection, self-recognition and to do this it is very important for us to take care of the space energy, we need to link our minds with that. We should not think our karma is something weird or something foreign it is just a reflection of what is happening with our lives. We can forget the word karma and we can use the word action - taking care of our action, taking care of our telephone bill, because karma is just a Sanskrit word which means that.

Rinpoche

Now we always need our body, mind and speech busy, looking here to busy. If we control our body, mind and speech everyday there is automatic coming, holding our world. If you holding your body, mind, speech, holding to taking care very well then automatic sickness is less, mind is more peaceful. Everything what you do is suitable, everyone nothing reaction because you are taking care of the mind. Everywhere you go mind is peaceful, so it is no problem. Self-taking care is very important for personal life and social life. So now we do Self-Healing practice. Once we learning because you are interesting buddhism, Tibetan buddhism Tantric Self-Healing, so need learning how we singing, how we doing mudra, breathing, how we mix together colour and so on. Everything need to do together then really very useful for in particular America people, very useful! Maybe all of you coming very great teacher in future because few people, so you need learning

very well. I am here temporary here, not living here so very useful Self-Healing method. It is one system coming panacea this world. It is very important, please learn very well. Then we are linking together to continue, do something by Self-Healing how much beneficial, I think incredible beneficial this world. We have now around eleven or twelve people so we have to learning very well so we can share this kind of information, because people a lot of suffering. Always excuse way of out, inside self need to taking care.

Lama Caroline

So we are always looking outside of ourselves, we always look externally for the solutions to our problems of our body, speech and mind. We are always searching for external solutions so instead of this or as well as this we also need to look inwards and learn how to heal ourselves, how to control and hold our energy. Then automatically we will get less sickness, we will get a peaceful mind with less reaction and problems. This is a much less expensive method than all these therapies and courses and all the external things to take care of our life. Through Self-Healing, through dealing with our own mind and energy we improve our social life because we get much less reaction and other people like us a lot more. Now we are going to find out practically how to develop those energies by doing Tantric Self-Healing practice. We need to learn first how to sing it and do the mudras and also how to integrate the therapies. If anybody feels that this is complicated and they can't remember there is no need to worry because we have a video here. If anybody would like to buy that afterwards to help you remember how to the mudras and so on there is Lama Gangchen demonstrating the whole practice. Self-Healing is something very useful for American society and I hope that in the future you can all become, if you like, great teachers of Self-Healing therapy which is really one panacea for modern society. I hope that we can now link together and continue this relationship and join together to do something positive for society to spread the messages of peace and Self-Healing. Now we need to learn Self-Healing the direct way and then after you can share it because not only do we have problems but here in U.S. society people have incredible problems and a lot of suffering. We can do something positive to help them through this therapy. An important point of Self-Healing is that we are always projecting our excuses of why things are wrong outwards onto society, onto other people. Through the Self-Healing practice we learn to take responsibility and to heal on the internal level and through this we become beacons of hope for society itself rather than always waiting for somebody else to do something.

Rinpoche

We have page number 9 we look **lo chok sang po** then continue Tantric Self-Healing. Then maybe today morning you relax and sitting then we do some questions and answers before lunch.

[Practice]

Question

During the Self-Healing prayer exercise when you collect light and you take out your negativities what does this movement mean?

Rinpoche

This movement making like preparing garuda wings, means wisdom-method. We are believing for anything we need two method. We need wisdom and need method - joined. So wisdom-method to like flying so this two make all the positive from all the negative. It is very important to this symbolism. So like bird is flying we are saying ancient symbol this is deep mind subtle level, need to join energy of wisdom and method.

Lama Caroline

This movement symbolises the flight of the garuda which has two wings kind of like an eagle's wings. In buddhism this symbolises the two energies which we call method and wisdom. Method means the development of the body energy, the male energy. The other wing symbolises what we call wisdom which means the female energy and the space energy. Whatever we want to do in life, whether material things or spiritual development and healing we need to join these two energies of male and female, bliss and space, method and wisdom, body and mind. In this way we can overcome all our negativities and develop all our positive qualities. It is creating a sense of balance. For a bird to fly it needs two wings so it symbolises that to heal ourselves on the subtle and very subtle levels, to heal our body and mind and environment we need to make a balance between the two energies on both the external and internal levels. The symbolism is this but moving the two arms together is also physically creating a sense of balance.

Rinpoche

Generally our body is limited this much. You know our speech is more than this going further away. Now I am speaking, you are listening, Caroline is listening, far away sound listening - this sound is much more than our body for this. This house is this much which you see but far away this speech is much more, then our mind more than that. Speech is reaching somewhere, mind is reaching everywhere. So this body movement make space, inner practising need to make some kind of space. Two methods. Even with other body very subtle level we need to make so only mind is left, that time we also need space. All life just for nothing we sleeping, body is sleeping. Mind moving to making with space, many things doing so it is very important to make space.

Lama Caroline

The garuda mudra is also showing the expansion of our energy. Physically our energy is expanding about 2 metres but our speech energy is expanding throughout this room or maybe 50 or 100 metres at the maximum, whereas our mind energy can expand to the limits of the universe. It is this sense of expansion of our energy towards the universe, so the mudra symbolises the linking of our energy of body, speech and mind with space. This is a very important way to develop our energy. For example when we are sleeping our minds become more subtle and we need to mix our dreaming mind with space. When we die our very subtle mind separates from our body and at that time we need to link our mind in a positive way with space of the universe. It is all about this connection with space. So that is why we are always making this mudra.

Question

First of all I am fascinated with this idea of the spiritual forum, I am a student of comparative religions here in New York and what seems to be the great thing between religions is that the most understandable one with the highest sky of knowledge is buddhism. Actually there are a whole group of teachers, many scholars, many books around this town. It is very understanding and very natural that such a forum takes place in the United Nations. I have some questions about your dedication of note B of systems, how and what are the next steps in this forum. As soon as it starts to grow up then many people, many scholars, many spiritual leaders will ask how they can manage to put all this knowledge together. Relaxation and meditation would make their minds free, no fear means more freedom, they would understand the world with more colour and they would enjoy but I can't see how you can explain to them. What can we do to make the Inner Peace Education system work?

Rinpoche

This is our problem, I told you so these days. We do everything with fear or: *have to do otherwise I will lose my job...* I have to do something otherwise I lose something. In very beginning education we put to fear so anything is with fear grow up. We follow people everywhere, even if someone lot of power is more fear because fear that one day what happen for me is all lost and so on. That means that our education is completely wrong. So have to need thinking to spiritual forum to develop inner peace. Inner Peace most solid foundation to world peace means have to need learning. Everyone idea put not only my idea. Everyone have wisdom, everyone many different idea so put all. Have to need different way because we coming now next century. Now people are bored with books, people many things say, maybe true, maybe sometime need something, but anyway different mentality coming something. So need to teach to essence of all information. Like internet. Internet means not possible to say all. So need to put essence of information. Have to need join together who is interested and likes my spiritual forum. Interested we contact continue what I am doing, everyday trying to make something whatever, even small like this course I am giving this paper. I go one country I make some kind of big conference, make to talking.

Comment: *You gave the paper on the first night and it is amazing how many people and how many organisations. I have never heard of so many organisations that you have already contacted and you've got already a positive response and that is really wonderful. I am curious to be a part of it actually. I think everyone will be interested there will be a lot to do. This is practice also.*

Rinpoche

Yes, Inner Peace Education means altogether united, how much how we do, this next century we need to do something different.

Comment: *I believe that this inner peace which I am searching - I cannot be really peaceful with the whole world in a mess out there. I can't close my eyes to it, we see it on television - I have got to do something. What I am really curious about is to how we can contact all these scholars and spiritual leader and educators who will help us to construct this system.*

Rinpoche

Even one year make one conference, it is one. I am even making small things, here we have Open Centre small course, small teaching, small education of Self-Healing because local. Each person thinking to develop. I make photocopy to give to you, we have to give this to another friend, to give it to another friend. Give this people. Many people doing then your group coming your spiritual forum coming local lot of good. You say another friend: *ah this paper is good, this idea is good*, they join then they another photocopy make give to another. This is first step to make others interested. All these people join to this organisation what we need to do - we do it! For example I am coming next month to New York, maybe spiritual forum reason make some kind of conference. Big or small never mind. Very big, two hundreds people, twenty people, Jewish, Catholic or Buddhist never mind. All these religion, some different church come together so we say something. Something make to your friends then these people who like to join together, we make twenty, thirty, fifty, hundred people together we make like centre. First I make proposal to Chile United Nations - why? I thought if I talk local, maybe one day lost because people say many different things so maybe one day tired. So first I talk to United nations direct, this paper send Chile to here and everywhere, France and everywhere so I thought not lost. This fight keep continue maybe useful one day this idea. Now we do United Nations side, UNESCO side or different country, different local people, everyone. Now we are tired of all this separating, so we need to put together because Inner Peace Education there is no border. If you say I am Catholic, you Buddhist then there is border many different way. Generally religion no border, politics is border, American politics is different, different way of border but our religion no border. Our attitude making border, we say: *this is mine and this is your, this good, this no good, Gelugpa is no good, Nyingmapa is good*. Inner Peace people they follow religion, no religion, scientists, for everybody but in particular scientists together join with everybody. Spiritual and meditation what to do something. So difficult to join also exactly religion, exactly spiritual way of thinking, way of doing is little bit difficult. If you say like that they thinking that these people are crazy - little bit strange no?

Comment: *But if they opened their minds there would be less problems, like for example the terrorism that we have in Israel. The latest problems are really fundamental in religious problems so if they really opened their minds to see what was going on and that this is impressive, really powerful to move people towards a conversation. We are not trying to make a revolution or fighting religions or like you say not trying to become a leader, a world leader. Just try to put movements together considering their identities. We have the Buddhists, Christians, the Serbs, we have the Arabs and everything. They will come together linked by the single truth, the single wish of peace power actually. Because they are looking for power to activate the work of peace. I guess this promise of peace means power would be a really good slogan.*

Rinpoche

Yes. Until today most religions have a lot of power which they use personally to develop their religion, develop way using this and that. They are not so much busy to world peace dedication. Not so much making world peace job. If you put

spiritual forum together then all the big leaders put at the table, in the chair - everybody together make world peace. How make inner peace to develop, need very busy. Instead they are fighting other religion so this no time, they are too busy. Really by religion make peace. Then also people interested: *oh religion something useful, religion is something useful life, spiritual is useful*, then even taking care of religion, taking care of spiritually saving it for many other centuries. If not take care of world peace and inner peace, then religion and spiritual lost. Very danger now. If we lose, our science and technology is not enough. Not enough for our mind peace and happiness so this is a big problem. We must take care, don't lose to essence of religion. Not possible all the traditions, all the moralities this different. Now we need one morality - Inner Peace Morality. This is the one that we need to take care. Hundred thousand moralities but personally what to do, don't do, this is different. We have to do inner peace morality everyone. Then it is beautiful so that way you make many friend. Here coming just Self-Healing teaching, I'm giving this because I am working continue and I give conference big one, small one if you are interested now. You and many friend to reading proposal then I am very happy because then it is grow up local way. Locally there is no powerful then even when exists something - nothing. Have to look local more than someone powerful. So both sides I need to balance so I am giving this proposal, also talking for that, I send to all the religion leaders. Many, many answers not here, I have like file, very big file with answer positive. I need more local people. Please you make photocopy, you make copy. If you know local people please give it. Then they perhaps: *oh what to do*. There is no problem, we are not making new religion, not making one religion, everybody can continue own way. Everybody is personally doing something but do something formal things.

Lama Caroline

So in case anybody didn't catch all of that. What we are doing we are always doing with fear, we are always scared to lose our job or something is going to happen to us. This is due to our fear education which we have internalised. In the workplace everybody has some kind of fear but actually the person with the most fear is the boss. Generally the people with the power have more fear than anybody else and this shows that there is something wrong with our education system. We need to develop a peace education system, so for this reason I proposed this spiritual forum to develop world peace. This should work both on the superstructure level like the United Nations, governments and so on, as well as at the grass-root level. This is an idea that we all need to share in the 21st century. We can see now and in the next and future generations people's mentalities changing. Now people are not so much interested in all the details of issues like they were before, people just want the essence, they want to get to the point quickly. For example, on the internet when you read an home page, you just get the point you don't get hundreds of pages on the subject. You just go to the point. We are moving more and more towards a society where we are just dealing with the essence of things rather than all the details. I am suggesting that all the religious and spiritual traditions unite around the concept of Inner Peace Education. They need to extract from their own tradition the essence, the point and use that to create an Inner Peace Education system. Inner Peace Education means that we will all try to be united in the 21st and successive centuries. I am continuously throughout the year travelling around many different countries and

societies. It is not enough for me to just go around personally making conferences and giving out this paper when I am teaching. Personally I am developing this idea within the United Nations but we also need grass-root support. More networking. For example, if you are interested you can copy this paper and distribute it to your friends - start networking it. Put it on the internet, spread the idea. Maybe when I come back to New York in September we can make a free conference to develop the spiritual forum idea. We can make a big conference in September when I am here for longer. I first presented this idea last year at ECLAC (the economic commission of the United Nations in Latin America, Chile). I felt it was better to first present this idea to the United Nations rather than just going around at the grass-roots level. Now that is working but it also seems like we need to work more on the grass-roots level. Today all the religions have a lot of power but for many centuries they have had this power and they have mainly used this power to promote their own tradition to the exclusion of other traditions. The spiritual forum concept is a good idea because they could use their power to work for peace, to create world peace. Also now we have a lot of inter-religious conflict so if they spent more time working for world peace they would not have so much time for fighting. There is also a big danger now that people are just not interested in religion anymore. About 10% of the people go to church now compared with how many used to do. It looks as though, if we do not do something, that religion is going to disappear in the 21st century. If that happens then the power of science and technology won't be enough to heal ourselves, to create happiness, to save the environment. Within the religious traditions there are many important ideas of healthcare, environmental care, mind and so on which we need to preserve. It is not something which we can discard. In the future it will not be possible for us to keep all the detailed traditions all the customs, all the moralities of all the religious traditions. Everybody now has got their own world view, their own morality and it is not possible to say that this is right or wrong. We need to accept other people's lifestyles but at least we can take care of one morality which is the morality of inner peace. I think that it is very good if here in New York we work more at the grass-roots level to develop the spiritual forum concept. I have already sent this proposal to many different spiritual leaders around the world and I have got files full of answers but we need people on the grass-roots level to make it work. It is not like we are trying to create a new religion or that one group is going to dominate another, we are just trying to work together and be united around the concept of peace.

Rinpoche

So now maybe we go to lunch.

Making peace with the environment, mentally healthy, physically healthy, inner peace, world peace, now and forever by all the human beings' attention, by all the holy beings' blessing.

[Sunday 23rd March 1996 - afternoon session]

Rinpoche

Good afternoon. So we need continue something, understand the more deeper Self-Healing. Means one side Tantric Self-Healing there is many mudra, concentration, recitation, colours, breathing - many, many way of Self-Healing therapy system. Another way Self-Healing is very easy. Self-thinking go away, not useful if you just need interesting to take care yourself. Then maybe thinking this Tantric Self-Healing complicated, difficult to remember, difficult to do. So you do everyday simple Self-Healing, taking care to do one more good thing everyday, do more positive things, good things, beneficial things. Everyday one bad thing less. This is the best, make easy Self-Healing practice for everyone. So Self-Healing practice no need to feel tired or this difficulty, this is not possible, because it is possible even one everyday to good things more, physical and mental help. Harmful things physical and mental harmful things less. This is main point of Self-Healing.

Lama Caroline

Now we will continue with the explanation of the Self-Healing practice. On one level we need to understand deeply the meaning of Self-Healing, all these tantric therapy methods the mudra therapy, the mantra therapy, concentration therapy, breathing therapy and so on and how to integrate those to maximise the energy of our body, speech and mind. We can also look at it from another very simple way. Self-Healing just means taking care of ourself. So if you think that this is really complicated: *I don't have time, I'm too busy*, then we can just do the essence of Self-Healing practice. This means that everyday in our daily lives, when we are working or with our family, then we just try and do one more positive and constructive thing and we try and do one less negative thing. This is the essence of Self-Healing.

Rinpoche

Today morning we speaking a little bit channels, chakras, and central channel. Then this central channel, if we thinking this our breathing, right and left we know this is working all the time. This breathing right and left, one side making attachment the other side making pushing out of other reject. Many things, on one side: *I want this, I want this, I want this*, other side many things reject. Right and left this energy is more or less breathing way. All yogis experience thinking way is more or less like that. So have to need follow to what we need to do central channel to breathing all. Not only way of thinking, way of life, all the time we need to follow the medium way, central way. Much more powerful, much more easier, much more stable, much more personally and many other friends easy to join to medium way. Beginning looks like right and left side more interesting, but really this central one is much more deeper and more beneficial. Many things speaking high beings but high beings before reaching this need to do this, need to do everyday, daily life we anything do, any subject. Anything do, need medium way follow. This do then is coming easy high level practice.. Not possible use to usually daily life, then you try to reach somewhere it is little bit difficulty. Everything need to do medium way. This becomes habit then even this high level view is not so far, not so difficult because used to do. Everyday do good things more. Bad

things less. This really reach to somewhere. Never doing, never take care physically, never take care mental, never, nothing doing then one day something shocked. Then it is all blockage, all fear, all difficulty, all complicated. So have to do everyday, anything we do need to do medium way. This is practice high view space because our mind used to do. Then is high view is not difficulty.

Lama Caroline

This morning we were talking about how to develop the energy of the central channel of the subtle body and how to increase the space inside there. Normally we have three inner channels which we use, the central channel and the right and left channels. We use the right and left channels for breathing continuously, but using the right and left channels creates the energy of attachment or rejection. These are the two energies. Instead what we want to do is develop the central energy the wisdom mind. This is our problem in our daily life, we are always using these two side channels. It is like we don't have a choice because we need to breathe and so automatically we are generating these states of attachment and hatred. What we need to do through the tantric yoga exercise is to open the central channel and get our breathing and life energy flowing through there and create a middle energy but not only through the tantric yogas which is a kind of very high practice. We need to start to build that habit of a central way of life within our normal lifestyle and in buddhism we have many very high practices like *madhyamika*, the middle way. That means the view which is really touching reality. This is what they spend twenty years in the monasteries studying, trying to reach this philosophical view. This is a very high thing when we start to build the middle habit in our daily life. Once we have established this balanced habit without too much attachment, too much hatred then it is much easier for us to try and achieve those states of inner peace, those states of the middle way. If everyday we try to do at least one more positive, constructive thing and one less destructive thing. Otherwise if we continue not to take care of our energy, to spend our energy in an expensive way then one day we will hit a problem and we will get shocked and our energy will become blocked and we will get physically sick. It is much better to live our life and expend our energy in the middle way and then we avoid these problems of sickness and extreme emotions.

Rinpoche

So same time we speak people little bit morality. Morality we have many, each religion say this and this and that. They say: *do this and don't do this and do this and this*, many, many different thousand rules each practitioners. How we say - rules? All normal personal rule, city rules, family rules, many moralities, man and woman, many, many. So difficult to say now that this is right, this is wrong, difficult. Difficult because people like much more freedom, what we need to do is more important. Something need morality, need inner peace morality. This is very, very important. It means inner peace in future, then people not believing war, not believing something negative but inner peace is something they got similar like their lover - they are very interested. Nearby future only people interested in peace. Many different ways of making peace with the environment people need. Inner peace need, world peace need, any job, any family, any school, any business they need peace otherwise this material view how much you reach. With this much more angry, much more fear, more difficulty so if they understand

everyone even reaching poor. Everybody need understand that we really need peace, inner peace. Inner peace is really our final goal, small to big everything need dealing with inner peace. Inner peace is like everybody same wish but we have to need explanation more detail than what we say in a few minutes or a few hours, people need to understand in a very detailed way. I am speaking about this many months in Milano, every night my centre talking about peace, little peace. Daniela is here, she has this kind of recording all. So who is more interested inner peace information she has. Everyday people ask if you are ok. We answer: *yes I am ok*, but something we have problem each moment, *yes I am ok* but something wrong! Everybody you meet rich and poor same, everybody same. If you have Inner Peace Education, knowledge and information then some company always with you. If you are very rich, if peace then use very enjoy way your money without fear. All these dollars what you have, everything use very good with bliss and enjoy way. Or if you very poor you have nothing but inner peace, very easy to live or you very much sick or very much painful, this inner peace makes no suffering. You like to make boyfriend and girlfriend need dealing with inner peace, then coming more beautiful. One side you like each other; but boyfriend and girlfriend very much looking each other outer beautiful but if inside beautiful then make both side good relation. Inside not peaceful then this not working. One day many people break very quickly relationship because they don't have inner peace so something say other react. So it is very important to develop Inner Peace Education. This makes self-taking care a reality. Relative way, absolute way, both taking care inner peace. Peace, inner peace, is the most powerful method for our life not a weak point. So it is for this why we really self develop inner peace to develop self and way of enlightenment. It is very important to do something more, we need more discussions, more information, more everything, so there is really also no need dealing with one religion or one lineage. Nothing need mind something particular such as mantra or something like sadhana, something nothing. Just inside our precious energy we can use with nervous way or with peaceful way. Peaceful way is much more good. Particularly for city life, if you have inner peace then city life is very easy. No inner peace then city life is too much, on top of that means inside unstable and this is really, really danger. Maybe one day mind coming really difficult, so have to need this city life with inner peace company. You living many people together then inner peace company is wonderful, or if you living alone also. Many people living alone some kind of suffering, lot of difficulty to be alone, nobody is there sometimes alone problem. If alone living life then inner peace company. Really make something, really make beautiful, really make company, really lover. Our lover today, tomorrow we change. One something problem we say: *bye bye*. Maybe one kiss - relationship finish. So this inner peace company whole life never change, tomorrow it will never show you something wrong face. It will always show good face for you. Buddha's teachings people are interested - why? Because they are speaking Inner Peace Education but we never say Inner Peace Education we say something different name like bodhichittas, absolute bodhichittas, relative bodhichittas and so on. Another way speaking, a philosophical way, but we have to need all this essence bring for everyone. Buddha dedication is everyone not only practitioners or buddhism people. Siddhartha researched birth, ageing, sickness and dying. This he researched to find out how everyone can overcome. After that maybe going enlightenment and so on, many, many quality speaking.

This is a different way of speaking but really Buddha only for human beings really looked this point, he did for research for us. But after we forget this view we began to say this is buddhism, this is Asia, this is different way. This is our interference. All things coming from Asia, from eastern side; morning sunlight, all the religions, Muslim, Buddhism, Hinduism, acupuncture, tai chi, yoga, kundalini method. Many different things come from the east side even Jesus, Jesus was not Roman, not Italian, now we are thinking that this is Jesus and our religion, our God. We say buddhism is at the other side this and that. I don't think so. Even Jesus I don't think his hair like this, I think different hair, I think Jesus hair is black - after they make this image - no? This transforming slowly coming, automatically slowly, slowly different - no? Like Marco Polo bring spaghetti, before this is Chinese but now we say Italian. Anyway, what I like to say in essence is that our mind rejects things which are different way. East is coming everything, west side need to go down the sun and everything. Now coming more and more and more this side even you know our buddhism. For example, Panchen Lama, not this one before one, before before lets say. He brought all this Kalachakra, all information bring to Tibet, to Mongolia, to China, other side Japan. Many, many Kalachakra initiations make, many, many, many eastern side. Now his Holiness Dalai Lama coming to westerner side. You know everywhere giving Kalachakra, buddhism, tantra and mantra and so on. Anyhow view is same - everybody, all sentient beings benefit. So I like to say all these religions, all these philosophy making something for this world, some beneficial. So this essence all bring together to make Inner Peace Education - one panacea. Self-Healing now we have Tantric Self-Healing, maybe another one. We need Self-Healing because people no more believing in doctors, someone follow doctor but say: *I do this and that*, but really not believe. They don't know other so just some kind of follow. What kind of you sickness you have, you don't know, doctor tells medicine and people follow. Not really believe doctor. So we don't know what medicine eating, medicine is nothing because no interest in doctor, not believing. You don't know, the doctor says you have to do this and you do not really test. If you more believe doctor: *ah this is wonderful doctor, very good doctor medicine beautiful, wonderful, work much more good*. So there is no point to this medicine it is just material what you call substance, maybe some power painkiller, temporary but not really deep. Really we need to join to doctor, to who is doctor, to who is healer, who is guiding, we need to join to believe in them then this material what kind of take then really coming something. Like feeling sensations, different way. Anyway nobody believing each other so need Self-Healing, not believe one and other, not believe doctors and so on. Just doing but no believing. So have to need develop Self-Healing. Also best.

[Lama Caroline](#)

[So before this morning we were speaking a bit about morality, so within all the religious systems and the different nation states, cities...](#)

Rinpoche

Sorry. I am not against, I am not against religion, I am not against what you are doing, what your group, I told you yesterday no need guru me, you have own guru what you have what you like. I am just your friend speaking information. So not against, even supporting for them but reality of this world is now like that.

Lama Caroline

We have all these different moralities in the world but now it is difficult to say what is the right or wrong lifestyle. We cannot judge as now there is freedom everywhere but at least we can all try to agree around one morality, the morality of inner peace. In the 21st century this will be the main thing which we need to unite around, the morality of inner peace. We can say that in the future inner peace will be our god, our religion and we can feel for example that inner peace is our lover, a very reliable lover who never betrays us. We all need to unite around the issues of inner peace, world peace and making peace with the environment. Otherwise just developing materially is not enough and sooner or later we will just become fed up and depressed. Inner peace and world peace is something that everybody, regardless of their lifestyle or wealth needs. We can say that inner peace is both the method and the final goal that we are all seeking to achieve. It is what everybody, regardless of anything else, on the planet wants. Everybody wants inner peace and world peace on some level. We need to understand inner peace in a kind of more detailed way. Daniela who lives part of the time in Milan was there when Lama Gangchen was giving many explanations about Inner Peace Education to develop world peace and she has recorded most of that on her laptop. So if anyone is interested please see Daniela.

For example, when we greet people we always say we are fine, we are ok, but underneath there is always something wrong either physically or mentally, we are never satisfied with our life. We need this permanent company of inner peace. No matter of our lifestyle, if we are rich there is no need to feel guilty. If we have inner peace we can have much more fun, we can spend all our money in a very blissful enjoyable way. Spend your money with peace. If we are poor and don't have anything, no dollars at all, then we can still have inner peace and have a relaxed life. If we have inner peace then even if we are sick and in pain, having a physically very painful experience, we don't have mental suffering. It is therefore much easier to deal with that situation. If you are trying to make a relationship with somebody, a boyfriend or girlfriend, with inner peace the relationship goes much better, even the sex goes much better. Most relationships are destroyed by people fighting each other. People who like long relationships need to develop inner peace. We can say that Inner Peace Education is taking care of ourselves in both the relative and absolute way, peace is the most powerful thing to make our life successful. People mistakenly think that peace makes us weak and that we should be aggressive and fight for what we want but this is completely wrong, it is actually much more clever to use peace to get what we want. It is very important to understand the power of inner peace more. We don't need to follow a particular religion or do a particular prayer or sadhana to get inner peace we just need to practically in our daily life start transforming our negative reactions into peaceful reactions. Instead of getting nervous we should try and check that process, and try to become more peaceful in our daily life. This is very important if you live in a big city because otherwise life is just too difficult, too dangerous and unstable. Then maybe one day we will just get completely tired of living in the city and get some kind of mental depression. If we have inner peace then we can live well in the city and whether we are with many people or living alone that is ok. For example our lover is always changing - we might give just one kiss to somebody else and that is it, the end of the relationship. Inner peace never shows us this kind of reaction. It is always ok. It is very reliable and very faithful. People are very

interested these days in Buddhist teachings and this is what they are talking about in the teachings - Inner Peace Education. Before they were using the word nirvana, this means the state of inner peace. In the traditional books it is put in a different way, in a more philosophical way. Now Lama Gangchen is taking this out, he is extracting the essence and applying this to our busy city lives. All this essence is not just for monks and yogis and people who want to renounce the world it is actually dedicated to all the people living normal lives in the world. Buddha's main point was to overcome human suffering, so that we can deal better with our lives. Later people forgot this and started to say that it is buddhism, that it is Asia and they began to see it in a different way. This is a kind of mental interference towards understanding inner peace. It is like the sun rising, the sun rises in the east and journeys to the west and most of the great religious traditions, as well as many of the great therapy systems were made in Asia and then came over here to the west, even Christianity. We think it is a western religion, that it has nothing to do with Asia, but actually Jesus was not an Italian or a European with a white skin, blue eyes and blonde hair as now depicted. He actually came from the middle east and I think that Jesus had black curly hair and so on, but we portrayed him in our own image because it suits us. For example in the 13th century Marco Polo the Italian explorer, who was the first westerner to go to China, brought back many things from there, he brought back spaghetti but now the Italians have completely integrated that into their own culture. The trouble with our mind is that we reject anything that we don't identify with our own culture. All these things are rising in Asia and then moving to the west. In the 20th century we have had all these therapies such as tai chi, hatha yoga, acupuncture and we have people like Alessandra David-Neal who have opened our minds to these things and so now we have the possibility to understand the Tantric Self-Healing system. These things have come to the West in our generation, but in the previous centuries the same things were happening around Asia. There are two very important lamas in Tibet; one is the Dalai Lama and the other is the Panchen Lama. A few hundred years ago the 6th Panchen Lama, Palden Yeshe, was spreading the Kalachakra Tantra which is about the creation of inner and world peace, all around Asia, Mongolia and China. He was spreading these teachings throughout the Asian minds. Now in our generation His Holiness the fourteenth Dalai Lama who got the Nobel Peace Prize a few years ago, is spreading the Kalachakra Tantra around the west. This is because the point of buddhism is to benefit all sentient beings, it is not only for Asian people. It is a universal thing and in our generation it is actually spreading globally. What we need to do is not take the cultural part, we need to take the essence of the teachings and to try to create a panacea for our planet. Nowadays we need Self-Healing because we have lost faith in priests and doctors and people like that, and so this means that we need to heal ourselves. We need to concentrate on our own health, our own spirituality, on our enlightenment. Unfortunately for this generation it is very difficult for people to really believe in each other and to trust each other. At least we should trust ourselves, believe in ourselves. For this reason we need Self-Healing and self-development.

Rinpoche

Yesterday we doing the practice many different ways. Maybe now we show the Self-Healing very short practice, then practice without sound. Then if you do daily

life way need five minutes, if you like to do Self-Healing also useful, or long one with the cassette or with movie cassette also alright. Wonderful! I like to teach the five minute Self-Healing which possible to do practice beginning to end. End of practice there is some prayer that maybe I never explain. There is six session guru yoga, then we have the dedication Shambala and three jewels blessing. Also this is very important to six session guru yoga means six times we have to do practice. This ancient way but too many difficulties to wake up early morning and so on, so little bit difficult. So I believe that any time is precious, use to right way. Taking care ourself, this way any moment do practice. I think that is the base do practice any moment for example car - by car way using cassette to listen something then no nervous, forget nervous then no crash bang, bang, bang. Listen to relax. Anyway need play cassette to learning.

Lama Caroline

Now we are going to demonstrate an essential, very short five minute Self-Healing practice and then we are going to do the Self-Healing practice without sound. When we do it without sound we have to try and internalise all those mantras and all those visualisations. It is actually a more advance kind of practice, it is also very good, for example, if our family doesn't like our singing! Of course we can also practice with the audio cassette or with the video cassette. We can put the video tape on the television and follow the exercises through that. There are many different ways of doing Self-Healing. Just before we do that I am going to give a bit more explanation. On page 23 of this booklet, we have some bits that we did not explain yesterday. There is the short six session guru yoga, this is about keeping all the healing energies of the Five Supreme Healers in every moment of our daily life. The reason it is called the six session guru yoga is because traditionally we are supposed to do this six times a day, every four hours. This does not mean that we have to do it but there is a particular reason why it was done in the past like that. There is an energy cycle flowing through the day and the night when there are different energies arising, for example at midnight and midday the energy of what we call bile is at its maximum. At dusk and dawn the energy of wind, which is the energy of attachment is at its strongest. In mid-morning and afternoon the energy of what we call phlegm or the energy of ignorance is stronger. Because we have these six different energy periods in the day and the night then we have different physical reactions happening within our body. For example, if we have a circulation problem then that would manifest more at midday and midnight as we get more stress around those periods in our heart. If we are nervous this will often manifest more in the early evening or when we wake up. For this reason the prayer was done six times, it was used to heal these energy flows. However you need to do it at the right time, like we need to water flowers in the morning because that's when the plants are absorbing better. Actually for most of us if we are realistic it is difficult to do six times in the day and night. This is what they used to do in the monasteries in Tibet because they were totally focused on the meditative lifestyle. For us anytime will do for this generation of healing energy, it is good, we need to use any time we have in the right way. We need to take care of ourselves at every moment. For example, if we are going to work and we are stuck in a traffic jam, instead of becoming uptight and nervous it is much better that we put on the Self-Healing tape or mantra and relax. Whatever we are doing we should try to use our time positively. The five minute

practice you can follow from this book, it is just the mantras that we are reading out and not all the long explanations or anything it is just the mantra part of the practice.

[Practice]

Rinpoche

This is a very short way of making the Self-Healing practice, the five minute way. Now we do a different way, so again you follow some part of this book. Some part of short way. This means you learning another way.

Lama Caroline

So we have just finished the five minute Self-Healing practice both with and without sound so now we are going to do a different way. We are going to refer again to this book and we are going to do a part of the sadhana, look at one part in more detail.

Rinpoche

Before that maybe some new friends arrive so perhaps need say few words. Self-Healing means Tantric Self-Healing, we do many mudras, many colours, many symbols, many breathing exercise, many different way taking care of ourself method. We have many kinds of taking care, health taking care, many doctors and therapy systems but these are not enough so we need more detail about our inside what we have, for example how we are taking care of all these colour with us. Colours and sounds are naturally with us. Also many bacterias with us, many, many bacterias with us. All these bacterias very sensitive if we doing something wrong then they are very much suffering, if we do something good they are very much feeling it so it is very important to take care by Tantric Self-Healing way. Tantric Self-Healing means medical system, Tantric medical system. All this is difficult to understand or no time. Essence is do everyday one good thing more, everyday one bad thing, harmful thing less, this particular practice is really practical and beneficial.

Lama Caroline

For the benefit of our new friends who have just come and the old friends who have just arrived. Self-Healing means that we are using many different mudras, many physical gestures, many different colour therapies, symbol therapies, breathing therapy, visualisation therapy and so on and we are integrating those to make an integrated therapy system in order to take care of our life and of our energy on the gross subtle and very subtle levels. You might ask why are we doing all that. Well in modern society we have many different medical and therapy systems, indigenous ones from the west and the imported Asian ones but all these are not enough to deeply heal our energy and health on the gross, subtle and very subtle levels. In essence what the Tantric Self-Healing practice is doing is transforming what we already have inside us. For example, we have many colours within our body, many facial colours, our bodies are making many different sounds, we are using many physical gestures, we are breathing, we are using many visualisations, we have many fantasies and images and inside we have many subtle energy forms such as bacterias. Rather that reject all these, what

Self-Healing is doing is using all these in a positive way. We can say that the Tantric Self-Healing practice is the tantric medical system and there are many different facets to that. We can go into that very deeply. If we want to know what is the essence of Self-Healing we can say that everyday it is to do one good thing more and everyday to do one less destructive harmful thing in, that is the essence of Self-Healing.

Rinpoche

We were speaking also beginning a little bit Inner Peace Education. This is most solid and beneficial foundation for this world, general world and personal world because this is the permanent friend of inner peace. Always beginning to end never change, today and tomorrow, good day and bad day like weather similar, inner peace quality never change. Inner peace company always help you at business time, working time, busy city time, alone time, many people together, dying time or sickness time, any moment giving help. It helps your relations at any moment so important inner peace develop everyone. Believe or not believe never mind, for everyone it is very important for temporary to permanent, now and forever help you. You need develop inner peace. Means we need to make-up our minds, not make-up here and there, but make-up in the mind. The most beautiful make-up is mind make-up. If the mind is beautiful then even if you have very much physical pain if your mind is peaceful then no suffering. Pain but no suffering very useful. This practice is most necessary - no suffering method. It is very useful to have peace company all the time.

Lama Caroline

As I was saying earlier inner peace is the most solid foundation of world peace. Inner peace is our permanent friend, like a friend who never let's us down, who never changes unlike the weather. Inner peace is our best company, our best friend because it will always help us no matter what life experience we have. Whether we are religious or not, it absolutely does not matter because everybody can benefit from inner peace as it is something that can always help us both now and in the future. We can say that inner peace is like make-up for our mind because it is always making our mind and energy very beautiful. With the inner peace experience even if we have physical pain and sickness we do not have mental suffering so we can deal with that in a much easier way.

Rinpoche

This much I like to say now so we practise like long one and short one both mixed.

Lama Caroline

So now we are going to refer to this book here and we are going to do some parts of the practice very quickly, just the mantras and some we are going to do a longer, deeper way.

[Practice]

Rinpoche

We need many different ways learning to healing self or your friend. Also like Claudio Cipullo who for many years was my translator, nothing speaking time, so

he has all the information if you need to discussion something around here - possible with him. When I am speaking different maybe you thinking I am the Himalayan Tibetan lama so different way. If you are Italian speaking maybe near Europe and Asia different mind way, explanation way different.

Lama Caroline

We have showed the Self-Healing practice in many different ways over the weekend workshop so you can use these practices according to whether you need to heal either yourself or your friends. There is Claudio Cipullo over there for anybody who hasn't met him. For many years he was Rinpoche's Tibetan to English translator and travelled around many different places so he knows all about Self-Healing very well as well as many other tantras. If anybody is interested to learn more about Self-Healing they can ask him. Rinpoche feels that perhaps because he is from a different culture, from Asia, that sometimes he is not exactly reaching the point and so if you ask somebody from your own culture, like Claudio, he can explain in a way that is more suitable for your mentality.

Rinpoche

Space, similar to Guru is everywhere, so we have to need to make space in our mind. Don't make to blockage for this and that: *this is yes, this is no*, this kind of blockage forget. Open mind, our mind open all blockage then all open to make similar space. Similar space make then respect guru, means all this lineage holding and gave to us permission to give. I like to make my space open, so guru similar you. You need blessing me this and that. We have many buddhist ways anyway the essence I think is this way.

Lama Caroline

There are two levels of guru, the absolute guru on what we call the astral level and the relative guru in our world. We can say that the energy of the absolute guru is universal, it is everywhere, it is pervading space. We always have the possibility to contact that energy but first we need to unblock our mind. First we need to unblock our mind and make it similar to space. When we are doing this we make a request to receive the absolute guru's energy, the universal guru's energy. The guru means our spiritual guide and the guru is the lineage holder. The one who has got both the intellectual knowledge of these teachings and also the experiential lineage of these teachings. He or she has completely developed all the energies of their chakras, channels, winds and drops and for that reason they can transmit this energy to others and that is why we need to request their permission before we start the Self-Healing practice. It is a wisdom key that unlocks our mind to the energy of this practice. What we are requesting is that we get the same energy that they have got, that they have already developed - they have already achieved the full results of the Self-Healing practice and that is what we want for ourself so we request that wisdom key. We open our body, speech and mind or five chakras in order to get that.

Rinpoche

Any other questions.

Question

Throughout the weekend you have used the word enlightenment, I have my own conception of what that is but I would like you to explain what it is. For example is it a state that one achieves and stays in or is it something that comes and goes?

Rinpoche

You have to need thinking two enlightenment; being and enlighten. There are two different ways of thinking. Full enlightenment means similar like the Buddha and all the other holy beings. We lot of things need to develop to reach full enlightenment but even now enlightenment is possible. Ignorance stop to disappear. One understands the way to make positive, beneficial way of something. Example these days a lot of airlines no smoking. Before smoking is everywhere, now smoking something different way, this positive thinking! Now is different we negative thinking. Big way, small way, personally one good thing develop. Like weekend usually we enjoy maybe dancing, maybe somewhere movie, something, now we enjoy different way two days we are here, together with poor lama we listen different things. This is enlightened something different way. This makes really east-west exchange, this makes all united, all the knowledge exists this world, spiritual energy everything coming slowly everywhere. Like Marco Polo bring spaghetti, now everywhere spaghetti calling Italian, now different way. So also spiritual energy beginning is difficult. Little bit far away. Maybe Lobsang Rampa says something, little bit Tibetan things, third eye, and a little bit different way. Now really we meet lamas, geshe, rinpoche, tulku, teachers, guiding our normal friends, books, cassettes really now we are used to this. This makes slowly united all positive knowledge so we making something enlightenment. Everyone understand something: *ah yes, yes*. Like Tibetan tradition we have lot of commitment: *you repeat one hundred thousand mantras and you repeat this sadhana, you do that*, this is maybe not possible. Possible for someone like monks but essence of this is Peace Education, Self-Healing. Tantric Self-Healing means like panacea something everybody enlightened to enlightenment.

Lama Caroline

Full enlightenment means the complete development of our inner light. The complete purification and unification of the energies of our body and mind on the gross, subtle and very subtle levels. This is something that every human being can achieve if they make the effort. There is the full enlightenment of the highest holy beings like Shakyamuni Buddha and other holy beings. We can also understand enlightenment right now within our daily lives. For example every time we do one less destructive thing, and every time we do more one positive thing it is like we are increasing our percentage of inner enlightenment, our percentage of inner light. We have to increase that from the first moon, like now maybe we just have a small light, a small crescent moon of enlightenment in our mind and we need to increase that until finally by doing more positive things and less destructive things we achieve the full moon of enlightenment. This is not just personally, also as a society we can achieve enlightenment. For example in a lot of airlines, restaurants and public places they have now banned smoking so this is showing - this is like one step towards enlightenment on the social level. Usually at the weekend we spend our time doing different things but this weekend we are

choosing to stay here to learn about these Self-Healing practices. This is reflecting our percentage of enlightenment. In the past thirty years it has been possible for all these spiritual things to spread globally, so now we have a much better chance for global enlightenment than we had before. Fifty or sixty years ago all we had in the west was Lobsang Rampa, the guy who wrote opening the third eye and all these kind of funny books. He is actually a postman in London and he's never been to Tibet, but anyway he wrote all these books and that created a lot interest in Tibetan buddhism but now we have got the possibility to get the real thing. Before we just heard about all these weird and wonderful things but now we can really find out the reality through actually meeting reincarnated lamas, tulkus, gurus, yogis, right here in our own cities in the west. So we can experiment and do these enlightenment practices for ourselves. In this particular time in history we have a chance to gain many different kinds of positive knowledge, spiritual material, healing knowledge and so on. If we united this we could create a kind of global enlightened society. This is not coming in a traditional way it is coming in a new way, in an accessible essential way. For example, through the systems of Inner Peace Education, Self-Healing, Making Peace with the Environment, Spiritual Forum to Develop World Peace, these will bring a new way for global enlightenment.

Rinpoche

People think that enlightenment is not possible. People's minds are guilty and low, there is absolutely no need for this. We have the capacity because we have pure mind, just we acquire anger and ignorance and so on, we little bit mix with mind negative and follow to that way. Just this far away mistake, anger for example, our mind few. Every new morning, when just wake up don't think: *oh I have to go*. First wake up to make mind relax to peaceful. Make mind make-up. Same time in bathroom make-up face, at the same time make-up the mind. Mind make-up, after that then: *ah now I need to go this and that*, and you make programme for day. It is much more successful with peaceful way. Very early morning, very hurried then maybe something forget, maybe accident, maybe even if people say good things you react bad way, all is possible. So this way we should start everyday with a little peace, morning mantra, mudra for example wonderful. Just wake-up bed little bit thinking now: *my mind is my mind, don't want to mix to someone make anger or negative or tired, my mind I want to keep peaceful and beautiful way*. We see all time me, me, me, my body, my mind, we taking care way always wrong. My, my, my, we have but taking care way always wrong, we need my, my enlightenment. Buddha taking care way right way, medium way or perfect way, exactly perfect means enlightenment, full enlightenment time, but possible to do things everyday. This mind makes everyday something then really full enlightenment is also automatic coming. Nothing need to do just practitioner is different, anyway normal people different way need to develop enlightenment.

Lama Caroline

Most people have this wrong kind of conception. We have a kind of guilty, heavy mind and so we feel it is not possible to get enlightened. Actually everybody has the same human potential because our true nature, the original nature of our mind, of our consciousness is pure. We have just mixed it with different negative emotions, different delusions, we are drunken with negative emotions. What we

need to do is detoxify our mind from these different negative mental states and then automatically our enlightenment percentage increases. Every morning when we wake and as we put on our make-up, when we wash ourselves and put on our lipstick or whatever, we also need to think that: *I need to make-up my mind, I need to mix my mind with peace.* Instead of getting straight into what we need to do in the day and feeling stressed from when we wake up it is better first to create that space, that peace and make-up our mind and then after that get into what we have to do during the day. If we start the day badly then there are too many negative reactions coming in the day, like maybe we fight with people, maybe things go wrong or we break things, it is just not successful so it is much better that we make-up our mind and energy with peace first thing in the day. That peace meditation which we do in the day is increasing our percentage of enlightenment. When we are in bed in the morning, when we first wake up, we should think and remember that the original nature of the mind is pure like a pure crystal and that we don't want to mix our pure crystal mind anymore with anger, jealousy, ignorance, unlimited attachment. This is the best thing that we can do for ourselves first thing in the morning. Nowadays people are so ego-identified, so self-centred and so obsessed with doing the best thing for ourselves but because we have these delusions even though we are really trying and we spend all of our energy trying to take care of ourselves we always do it in the wrong way, so we are never successful. If we do this kind of peace meditation, this mind make-up we really discover how to take care of our body, our mind, our health and the environment in the best way, in the perfect way.

Rinpoche

This way if you really look spiritually is much more easier, less expensive. Material things are much more expensive, much more difficult but now we used to do materials so seems easy, spiritual is little bit difficult, this is because we don't have the habit. If your habit is spiritual then just mind change back, nothing need so it is not so much difficult. There is: *ah maybe difficult this not possible*, this is our excuse. If you really do it then this is very easy.

Lama Caroline

So actually to develop the inner light of our enlightenment, to develop our inner spiritual healing energies it is much easier and much less expensive than developing the external world. In the past one hundred and fifty years our society has become very materialistic. Now we are educated and we have this belief that succeeding materially is much easier, we have got this habit. This we need to reverse through experience. To be successful spiritually all you need to do is change the position of your mind, it is very easy, you need to develop the inner peace experience, the inner light. All this is, is to change your mind. Actually it is not so difficult.

Question

Why do we have so many delusions?

Rinpoche

Actually I tell you delusion not exist but we creating everyday. If you creating today all positive, this coming positive with mind. If you creating today all day negative

then day coming negative. Then this cause and condition tomorrow more negative. So this is not exist in the beginning, we create everyday.

Lama Caroline

We have this strong belief that our negative emotions, our negative states really exist but actually they do not exist just like everything else does not exist, they are projections of our mind that we grasp at and so we believe that they are real. It is all about interdependent cause and condition, if we create positive causes and conditions we generate positive minds and we are nice to people and this kind of thing then the result is that we experience the day in a very positive way. So delusions on the absolute level do not exist. We should stop identifying with them so much.

Rinpoche

So example I tell you, Inner Peace Education then all day coming good. That means even all day working like materially, like business, family or other things but if in morning this peace base then all is going positive. We have buddhism way of enlightenment or way of beneficial positive side because this morning make very beautiful base, we calling motivation. In morning make negative base, then even all day doing something which looks positive but going wrong because seed is wrong. Seed mixed with poison so it is very important we create good motivation, working normal going to positive. This is possible.

Lama Caroline

If we do this inner peace meditation first thing in the day then because we create a basis of peace our whole day goes well, for example our work is more successful. That is the way that we transform our daily life and our work into the way of enlightenment. Traditionally this is what we call motivation, we need to programme our mind and energy for the day. We need to think: *ok I am going to be peaceful I am not going to react, I am going to do good things today.* We have to programme our day in that way. It is important because if we wake up and we feel stressed, nervous and angry then even if we want to do something positive and beneficial for others we cannot because we have created that negative motivation and unpeaceful base so we will not be successful and we will not achieve what we want. This process of creating a good peace basis is very important, it means a good motivation and creating positive dependent arising causes and conditions so that our daily life and whole life goes well and positive.

Comment: *I understand and I deeply feel the value of the work that you are doing with inner peace, how if each person develops inner peace and the influences and impacts other people. What I think about the world, peace throughout the world, peace on the planet, is that it is something that inspires me and I would love for that to happen but I don't see it happening. I find that I go from hope and like a wish that to feeling that it is such a nice vision that it will never happen.*

Rinpoche

I think possible to happen because for example, Tibetan buddhism education, I told you 30 years ago was far away. Now we have this information everywhere, this teaching and this and Kalachakra, but for example in ancient time it was little

bit difficult because we have far away information. So sometime that way fighting, one and other religion, one and other country, lot of fear *what this and what that* a lot of different way mind. Even there nothing! Now these days everybody has computer; how much people there, how much knowledge, how much money, how much danger, how much rich country, poor country, how many people, how many people die in one day, how many people born, everything we can find by computer information. Technology help so get very quickly information. Before I thought Inner Peace Education, Spiritual Forum and so on a little bit long. Then I thought again, now is possible very quickly because medium - newspaper, television, government, non-government, local, information possible to give in one day. We local people don't have this power. Have to need to join to religious leaders and political leaders that is why I say to United Nations because someone need to interesting to say: *yes we do something*. Just we talk friend to friend, or leader to leader everyone accepting because their friends, mother, father, children, wife, if there is something fighting world all destroy. We like to take care, we are very much taking care of money - why? Because people like to live to enjoy so there is a lot of interest in money. Money is god time, but I like to make god is peace, not money. Anyhow I think it is possible because ancient century information time is listening way and understand way, so always different. Some religion person say something: *no this is not our religion*. Many different. Now just I am trying, joining all the local people together. Like education everybody accepting education. UNESCO, United Nations are different way: *yes we do something like that* and finished education is there. Until today we are money interested, money, money, money interesting, people coming. Similarly if we make competition of Inner Peace Education, we make educator, teacher, then teaching, then make competition knowledge then we make something different way taking care. Everybody interesting. Money is what - everything else boring! So one day it is possible to make peace. We say Shambala is coming, we say future Buddha, Maitreya Buddha energy coming, we say something coming good to this world. Then we explanation giving, century maybe one hundred, two hundred, three hundred maybe after this and that. Maybe if you tell everyone no need to wait, no need kaliyuga difficulty, forget to join and we can have everything now. Shambala no need to go away we realise this world something, then changing mind, *tak*. Third millennium what will happen we don't know. I hope positive way happen because people are tired of all this education, all this material, now generation not so much interested money. If some money ok I use, if use ok they use. Beginning century people is money, money, money, something different mind. Young people little bit different. So it is changing to interesting. So I hope, I am sure one day coming true Inner Peace Education and interest to develop world peace. This is I think my vision and my hope. I am Tibetan lama, I am not possible things like politician interested to Tibetan freedom, this is not my job, this is politician people job. They Dharamsala living, His Holiness together, they have to fight for freedom Tibet. I like to fight peace education to develop to world, develop everywhere. Even if I am Tibetan I am thinking different. We say my country. Where? My country no exist now. Now I am Italian. Calling Lama Marco Polo, because I am living Marco Polo 13. I write my name is Lama so they writing Lama Marco Polo. After that I write, Lama Marco Polo I write western buddhism develop.

Lama Caroline

I don't think that it is impossible to develop world peace. For example within the last thirty years many healing methods have come out of Tibet, for example the Kalachakra Tantra to develop world peace is spreading worldwide. This is just an example of how things are spreading, many positive trends are emerging in the global society. In previous centuries there were a lot of cultural and religious blockages and people were very suspicious of each other and had very stereotyped images of other cultures. It was very difficult for things to change because the spreading of information was very slow but now we have got such highly developed communication systems, through satellites, internet and so on that we have got almost all the information on other societies, other cultures. This is one of the great developments in technology. Personally when I first started this spiritual forum concept, I thought maybe it would take many years and decades for this thing to get known. Now I feel more optimistic because I understood that the media can spread all these things, even in one day, if the right people get interested. That is why I have been working to spread these ideas amongst the UN, amongst religious and political leaders. If they start to promote this idea and it gets into the media then it can spread in global society very, very easily. Then perhaps people will take up the idea of the Inner Peace Education system not just as a theory but in reality, especially if some really big and important religious figures endorsed it. In previous generations, people have been mainly concerned with materialism and getting money and our period is like the period of the money god. Before we had god and now money has replaced god, so we have got a money god. I hope that we can now develop peace as our god. I hope that the spiritual forum concept will spread to the grass-roots level and that enough people will say that this is what we want so there will be a change in public opinion. If that is what people really want, then the governments, UN and so on will be forced to do something. I really believe that there is some positive changes in society because although we see all these bad things in the media it is not actually the whole story. Generally the media only represents the bad side of what is happening. They believe that only bad news is sensational and that is what people want to see. There is also a lot of good news happening, many people all over the world are becoming interested in peace, ecology and so on.

Comment: *It is like when you put the television on, it's like the news in the States especially, it is all like the disgrace of everywhere in the world that is happening. Could you imagine if there was only good news, you put the t.v. on and there were only good things! You wouldn't have so many wars I wouldn't think.*

Lama Caroline

That is what Rinpoche is saying. We have this idea that Shambala, the enlightened society, is coming but according to Buddha's prediction that is actually coming in 300 years from now. After a kind of healing crisis of our planet. We also say that Maitreya, the future love Buddha is coming, who we can say is like the saviour or messiah and so on. This is a myth which is common to all religious traditions. We don't need to wait for that to happen, we can integrate right now those positive energies into our daily life. Now we are at the beginning of the third millennium and it is really possible that things might change because now the new generation is basically bored with materialism, bored with money. OK we need

that to live but people are looking much more to spiritual things to heal themselves. I am sure that if through the media these things spread then one day Inner Peace Education to develop world peace will become true. I hope this and I also have the vision that this will happen. Personally I am a Tibetan lama healer. I am not interested, and I don't have the power to get involved in politics but many of my compatriots and Tibetan government are working for Tibetan freedom and so on. Personally what I am working for is to develop Inner Peace Education and for all religions to unite around peace for healing. I am Tibetan but I seem to have a different mentality, you can say that Tibet is my country but in one sense my country does not exist anymore and me personally I have taken Italian citizenship so now I am Italian. I am a citizen of this world. I am trying to work for the development of this planet rather than just my country. I am Lama Marco Polo, I bring things from Asia into global society.

Rinpoche

Marco Polo bring spaghetti, I bring peace education.

Lama Caroline

He is working for the development of western buddhism, not for the development of Tibetan buddhism - the development of the new wisdom vehicle of western buddhism.

Rinpoche

Everybody please if you like spiritual forum please make photocopies give it around. All join together. We make some new friends today morning they told me very happy, we try to make something. Small conference, big conference, never mind, anything, do something for this world. We are born this world, make something together. Good energy, good information, good message, good beneficial. This is our responsibility, we are born human being this earth.

Lama Caroline

If you are interested in the spiritual forum concept then please photocopy the proposal and give it around to anybody who might be interested. We will try to work together to make a conference here in New York to promote that idea. We were born human so it is our responsibility to do something positive for the world and leave something for our children, for the future generations rather than just consuming everything and leaving them to pay our bill. We need to leave a good message, a good image and leave something positive for the future generations. One of the ways to do this is by promoting the Inner Peace Education system.

Rinpoche

I make this idea then manifest something different, nothing, this is my idea. Always all my friend around, Caroline is doing good translation because she is everyday my books writing. Caroline is writing my books so everything my speaking specialist English for her. She knows what I like to say. Also Lhakhan. What I am doing everybody clear, everybody knows, all my friends we are working together. I am living very friendly way, very open way. There is nothing. I am sitting with everybody together just here like that, everybody together. I don't know, where I get this my mind, I don't know who teach me - nobody teach me! My mind

is something different. When I came Europe what I thought is different, when I'm learning is different way, a lot of tradition, a lot of secret, a lot of secret, secret, secret, anything we say we have to need secret. What I am speaking, what I am living life is different way. So I have a lot of friends in this world, everybody knows, so I am very happy to many different mentality linking together. Like we are two days together, someone like to join me, *I like to do this kind of job this and that*, this always happens. I'm happy. That is because I'm believing something, Buddha and God and pure mind and truth power exist.

Lama Caroline

Actually this spiritual forum concept, this Inner Peace Education to develop world peace is my idea and for the past year I have been producing all these proposals and sending this everywhere. Now from many important religious leaders, many governments and university leaders I have received positive answers to this concept. All the people helping around, for example I work with Rinpoche's books, also Claudio. All the people who are helping Rinpoche we see what he is doing and how he is working. Rinpoche is a very open and friendly person with a different mentality from other Tibetan buddhist lamas. They are all educated in a certain way but Rinpoche has a completely open mentality and so perhaps this is a little bit too *avant garde* for the tradition. He is promoting things which they have never even thought of in the tradition. He is interpreting the tradition in a modern way. Because of that he has a tremendous response worldwide, people of all different cultures and mentalities are interested in his message. Always people are offering help, support and want to meet him. This is showing that Buddha, God, pure mind, pure energy and the power of the truth really does exist even now in our present times.

Rinpoche

I like to conclude now. So I like to say thank you very much to Tibet House who told me last year to come this year. Then they manage to Open Centre, I don't know who is Open Centre but anyway I am here. During the Friday night, Saturday and Sunday all day, came here many new friends to see poor lama, so we are together some time. I appreciate together because it is not so easy to make people happy, people relax, people together. One second react, even all family, all life living together something say then there is lot of reaction but during the two days we are together joined. I am learning something. You also listen something so this makes together one computer. Our computer, ancient time calling karma now computer recording action. This makes something way result for one day. Like to say thank you very much for coming everyone here to see me, we have Self-Healing, something Inner Peace Education, mudra powers, colours, other things. Thank you very much for new friends and organisation all. Then also like to say thank you very much to all my friends because very kind, his own way, she is England, she is Canada, she is Swiss, he is Italian - many different mentality to helping me all the time. Daniela also Italian. We have from whole world friend come to see me we have been together to Borobudur, Indonesia. I am going every year. There is big mandala, people calling stupa but really mandala. How going like *bhumi* path you know like ten *bhumis*, first *bhumi* to second to enlightenment going - symbol is showing. Purification **eh ho shudde, pam le pema**, you know four directions - blue, yellow, red, green, white one another step

coming. Buddha also how we **om ah hum** seed syllables, symbols then Supreme Healers, everything coming in this stupa together. **om mani padme hum** practice, **maha sukkha** how, **bishwa shanti** how, everything showing there. So meet many friend. Anyway please bring all your many friends to meet me. I need to develop this paper bring around. Someone read, someone understand, someone connect then really interesting possible. Like I am doing here this course, also giving here this paper. I hope one day find out some other friend to join to when exist spiritual forum this world. So I like to say thank you very much, see you another time, direct or see you mentally everyday, you know image. Now you have image me without hair, here, strange way beard grow up here. We have papers so now we have image contact. Without television, we have mind this way contact possible. Another contact possible direct telephone, telefax, e-mail, so on and so on. Another time. This much. Now I like to do dedication.

INNER PEACE WORLD PEACE NOW AND FOREVER