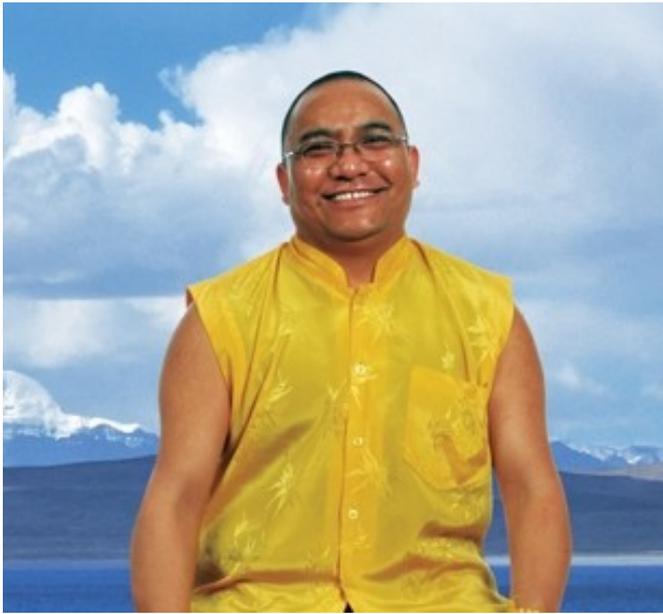


*Welcome to the online tsa-lung continuation course
with tsa-lung yogin Drubpon Kunsang, 20/2, 2021, kḷ. 9 - 17*



Tsa-lung: Tibetan Breathing and Yoga Exercises in the framework of the Fivefold Path of Mahamudra

Tsa-lung is an important method within the Drikung Kagyu lineage to harmonize body and mind. Through this practice, we balance the elements, the channels, energy centers (chakras), winds and vital essences. Tsa-lung is a natural Tibetan healing system to prevent the three basic disorders and the four hundred and four disease types. It consists of numerous stress management and calming exercises. The main practice has various yoga and breathing exercises together with visualization, meditation and mantra recitation. Yogi Milarepa said, "Tsa-lung is the best self-healing exercise, both physically and mentally."

‘Tsa’ are the subtle channels found in the physical body of every human being, while ‘lung’ means the wind that should flow in them. So tsa-lung is a technique of working with both the body and the breath (and with its retention) together with visualization, meditation and mantra recitation. There are many practices that develop our body and unlock energy in the chakras, but they do not go as deep as tsa-lung. The philosophy of tsa-lung assumes that there are two types of winds: the wisdom wind and the karmic wind. When the wind flows freely in the system, we call it the wisdom wind, but when something blocks its flow, we speak of it as the karmic wind. In fact, we are dealing with the same wind, but one is of limited flow (karmic wind) and one is of free flow (wisdom wind). When you stop the wind and use special techniques to direct it to other chakras, you will be able to open all these chakras. Just movement itself is insufficient; in order to reach the subtle places in our body we have to apply something really subtle, the breath. This means that with special techniques, we have the opportunity to transform all our karmic winds into winds of wisdom.

It is very advantageous to combine meditation with tsa-lung practice since when the body and mind are harmonized, mind becomes clearer; meditation can then help to concentrate the mind and gather enough power to purify and transform our mind, to change our negative habitual pattern, and kindle the wisdom fire that burns away our ignorance and regain our primordial wisdom which enable us to directly see reality as it is. The great yogi Milarepa said, "Through meditation, you gain all wisdom." Meditation is also the key to love and compassion. It can naturally relieve mental illnesses such as depression as well as reduce anxiety and stress. Meditation can be compared to a lasso that captures the mind.

For Dharma practitioners, tsa-lung practice is most effective when it is done within the framework of Lord Jigten Sumgön’s Fivefold Path of Mahamudra. That is, the generation of bodhicitta, yidam practice (Vajrayogini), guru yoga, mahamudra and dedication. In this way, not only can tsa-lung practice improve health and cure illnesses, we can at the same time accumulate merits and wisdom as well as making progress on the Dharma path and benefit all sentient beings.

Drubpon Kunsang will continue to teach us online in English this profound tsa-lung in detail in the framework of the Fivefold Path of Mahamudra. Drubpon Kunsang continues to guide us to proceed further on the path. When the pandemic is under control in the future, we will arrange to meet physically and even start new session for beginners.

Drubpon Kunsang has been the resident lama of Drikung Kagyu Dorje Ling center in Switzerland since 2005. He was born in Ngari near the sacred Mount Kailash in Tibet in 1976. He became a monk when he was six at the Gyangdrak Monastery where his older brother, Venerable Dhunchu Tulku is the head. There he learned Dharma, rituals, prayers and Tibetan culture for six years.

In 1989, he traveled with his brother to Dharamsala where he learned mandala and thangka painting. Then, he joined the Drikung Kagyu Monastery in Dehra Dun, India and studied philosophy for seven years. He deepened his knowledge by studying *The Five Great Treatises* (the Classic Texts of Buddhist Study), as well as Tibetan poetry and grammar. In 1997 he got the title of Shastri (Kachospa or Dharma teacher). Subsequently, he taught young monks in Tibetan grammar and Buddhist philosophy.

Afterwards he went into a three-year retreat in Amora, India during which he completed the Six Yogas of Naropa and the Fivefold Path of Mahamudra. He received the title Drubpon (Retreat Master). He had the fortune to learn Mahamudra from the Mahasiddha Drubwang Konchok Norbu Rinpoche. During his retreat, Drubpon Kunsang received from his retreat master healing mantras for the consecration of water and oils, as well as for opening up mental blockages and overcoming obstacles and difficulties. Then his main teacher His Holiness Chetsang sent him to Nepal for another retreat lasting four years.

After that, under the direction of His Holiness Dalai Lama, a group of representatives from all different religions came together and met with scientists for exchange. Drubpon Kunsang was sent by the Tibetan Government in Dharamsala, India to Switzerland to take part in the project "Science Meets Dharma". From 2001 to 2005, he stayed as a representative of the Kagyu tradition in the Tibet Institute Rikon in Switzerland. There he trained in science and intercultural relations. During that time, he met many people from Switzerland who were interested in the Dharma. His Eminence Garchen Rinpoche encouraged him to start a center in Switzerland to teach the Dharma.

In 2005, the Drikung Kagyu Dorje Ling center with Drubpon Kunsang as chief lama was inaugurated by his Eminence Garchen with the blessing of His Holiness Chetsang Rinpoche. For the sake of relieving pain and suffering of sentient beings, His Holiness Chetsang Rinpoche urged Drubpon Kunsang to promote the ancient art of Tibetan healing techniques to Dharma centers. Since then, tsa-lung yogin, Drubpon Kunsang teaches regularly in various Dharma centers in Europe including our center in Sweden.

More about Drubpon Kunsang's activities can be found at <https://www.facebook.com/drikung.kunsang>.

Prerequisite: All participants have already taken refuge in the Three Jewels (Buddha, Dharma and Sangha). This course is for those who have taken the previous course with Drubpon Kunsang or its equivalent.

Review sessions: Jan. 30 and Feb. 13, kl. 10-12

Participation is optional. However, it is good to participate at least one session to prepare ourselves for the group demonstration to Drubpon Kunsang prior to his teaching. More information will be sent to participants.

Fee: 300 SEK. [in support of Drubpon Kunsang's charity projects]. There is no fee for attending the review session, any donation to support our center's Dharma work and activities is welcome.

Registration: The link to each review session on 30/1 and on 13/2, as well as, the course itself will be sent after your registration to info@ratnashri.se and payment to pg 1287806-2. Once the link is sent, no refund will be given.

Schedule

kl. 8-9	Group meditation on <i>Concise Fivefold Path Mahamudra</i> prior to teaching
9-12	Group demonstration to Drubpon Kunsang and then teaching of new exercises
14-15:40	Teaching on the <i>Fivefold Path of Mahamudra</i>
16-17	Review of newly learned exercises

Please send all inquiries to info@ratnashri.se.