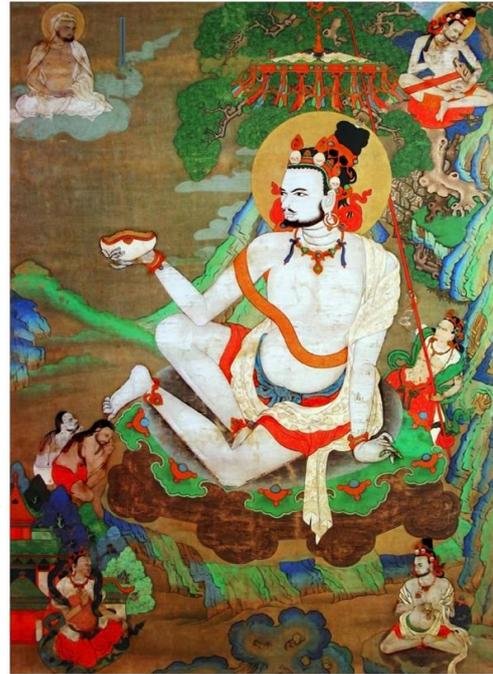


Hjärtligt välkomna till online tsa lung introduktionskurs våren 2022



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

Tsa lung is an important method in 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 the 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 meditation can help us to transform our mind, to change our negative habitual pattern, to awake us from ignorance and attain primordial wisdom. The great yogi Milarepa said, "Through meditation, you gain all knowledge." Meditation is the key to love and compassion. It can 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 has authorized his student Zabrina Leung to teach this introduction course. Upon successful completion of this course, students can join Drubpon Kunsang's advanced tsa lung course August 6-7, 2022. The course will be taught within the framework of the Fivefold Path of Mahamudra. It emphasizes both on the theoretic background to the exercises and the exercises themselves. There will be six meetings for the course and the following topics will be covered:

1. Nine breathings and vase breathing exercises
2. Opening chakras downward and upward, and wind breaking exercises
3. Seven harmonizing exercises
4. Exercises that balance the three humors
5. Exercises that balance the five elements
6. Wind healing exercises
7. Marpa wind protection exercises
8. Wind balancing exercises
9. Opening eyes exercises
10. Heart protection exercises

Virtual Meeting Dates: (Saturdays) March 12, 26; April 16, 30; May 14, 21.

Time: 09:00 – 12:00

Every meeting begins with the practice of the concise fivefold mahamudra practice composed by His Holiness Drikung Kyabgön Chetsang Rinpoche.

Text: Tsa lung texts are required. They can be purchased at <https://drikung.ch/zentrum/angebote/tsa-lung-tibetisches-yoga/>

Prerequisite: All participants have already taken refuge in the Three Jewels (Buddha, Dharma and Sangha).

Fee: 1 000 SEK for the entire course (texts above are not included) OR
150 SEK for each of the first two sessions in advance and then pay the rest if you decide to continue.

Registration: Write to info@ratnashri.se AND transfer fee to PG 1287806-2 before March 11. Zoom-link will be sent to all registered participants on March 10.

Please send all inquiries to info@ratnashri.se.

Organized by Ratnashri Meditation Center, Sweden

Website: <https://www.ratnashri.se> Email: info@ratnashri.se Facebook: fb.me/ratnashri.sweden