



SECRET TANTRIC YOGAS OF TIBET

Tibet - unique and mystical, the original Shangri-La. For centuries this remote and secluded province, high in the Himalayas, was the laboratory and archive for the most advanced spiritual disciplines on this planet.

Few of us will be able to go to the Himalayas, to sit with the masters and learn these arts. We are grateful to those, such as Sunyata, who have undertaken such an adventure and brought the knowledge back for our benefit, that we might learn to maintain our physical health and accelerate our spiritual evolution.

Foremost among the Tibetan practices are the Six Yogas of Naropa: (1) The Yoga of Dumo Fire (Tibetan Lhama Yoga), (2) The Yoga of the Illusionary Body, (3) Bardo Yoga and Consciousness Transference, (4) Dream Yoga, (5) Clear Light Yoga, and (6) Ishta Yoga (embodying your divine ideal). Add to these treasures the exquisite Vajra Yogini Yoga and you have all the scientific techniques you will ever need to master the subtle energies of the body, to connect with your own divine consciousness, to **achieve full enlightenment in this lifetime.**

TIBETAN LHAMA YOGA

The esoteric techniques of Babaji's Tantric Kriya Yoga, along with the theology and psychology of Mahayana Buddhism, were brought from Northern India to Tibet in the early 1900's, where they came into contact with a secret Tibetan healing brotherhood.

The result was a superb mystical system known as Tibetan Lhama Yoga, whose transformative techniques form the heart of this direct path to enlightenment.



Solar Plexus yoga has been taught in India for over 5,000 years. It has for centuries been taught to the Dalai Lamas as children, to develop in them psychic powers to discern the best direction to lead the country.

This system uses dynamic yoga Postures, Pranayam, Mantras, Meditations, Visualizations and Ritualistic Formulas to activate Adhra Chakra, the power center in the human body, located around the navel.

The science of Lhama Yoga was kept very secret because of the intensity of this internal energy.

DUMO FIRE

Lhama Yoga is a vigorous, rigorous yoga. It became an important practice because it produces Dumo Heat (the internal psychic heat) which keeps one

warm and full of vitality. This was important for survival in the intense cold of the Himalayan mountains.

When the monks achieve mastery, they are able to sit comfortably in the snow for solitary meditation and melt sheets of ice around their bodies. Producing that kind of energy makes them impervious to cold and even to hunger. (In the advanced stages you don't need food as you learn to sustain yourself on pranic energy.)

The most important purpose for producing Dumo heat is to rapidly burn off impurities, to finish karmic obligations in this lifetime. The primary goal of Tantric Tibetan Buddhism is to get off the "Wheel of Samskara", the endless sequence of lives trying to work off your karmic debt, so that you might go back to the Buddhahood or your original nature, which is called Sunyata - nothingness.

So Lhama Yoga is a spiritual discipline, not just a physical discipline. You have to start with the physical vehicle first, to clean out the nadis, to charge your psychic battery. Only then can you go deeply into the abstract meditations.

Dumo Fire energy can be used for a variety of purposes:

- To keep the body warm.
- To rapidly burn off impurities.
- For empowerment of meditations and visualizations.
- For vitality, self-healing and rejuvenation.
- For needle-free acupuncture, as you learn to emit from your fingers a laser-like beam of energy.
- For hands-on healing and light-body attunements.
- For self-empowerment.



ADHRA CHAKRA

The most important chakra in the Tibetan system is Adhra Chakra, the center of Lung (pronounced loong). Lung is the Life-Force that animates our bodies, (known in India as Prana, in China as Chi, in Japan as Ki). It consists of ions: elementary charged particles which originate in the ionosphere. The ions are essential to the bio-electrical chemical process of life itself. Adhra Chakra is called the Sun Center as it radiates and distributes energy and life throughout the body.

As a student of this path, you first learn to generate tremendous amounts of psychic energy through the body. Then you will use certain techniques to open up the channels into Adhra Chakra.

The Indian Tantric believes that spiritual life or expansion of awareness starts at the Base Center (Mooladhara). The Tibetan Tantric Buddhists believe that the center of our inner energy (Kundalini) lies in our Solar Plexus, and from there man's consciousness begins to expand.

They consider the Base Center and Sex Center as belonging to the higher ranges of animal life, and fear that working at the level of the two lower centers, one might regress into animal consciousness. Adhra Chakra, however marks the beginning of the evolution of the higher man and once awareness is established in the Solar Plexus, there is no danger of slipping back.

We need Adhra Chakra to be strong with Vital Life Force because it is the meeting point of energy channels in the etheric body. There are said to be 72,000 nadis that run throughout the body and connect at Adhra Chakra. By practicing the Dumo Asanas, Breathing and Meditation you will be able to build a great reservoir of energy and then spread the heat through the nadis.

That power comes from your inner energy systems, more particularly, from

the sexual glands. That is the key to this and to all tantric systems.

ENERGY CHANNELS

The Tibetans see in the body's energy system three major channels: the Central Channel, Uma, running through the body's center; a channel for active (male) energy running along the right side of Uma; and a channel for receptive (female) energy running along the left of Uma. There are techniques to balance the male and female energies within the body, an internal tantric union.

The healing process takes place when you have developed a reservoir of energy in Adhra Chakra and can transmute that energy up the Uma Channel through the heart center to the hands. Then you will practice laying on of hands to transfer this energy to another person.

According to tradition, Jesus mastered this healing science during his travels through Tibet.

Ultimately, Dumo is the cosmic fire,

**Now you can learn
Tibetan Lhama Yoga from our
110-minute video course
The Power to Heal:
Regeneration by Cosmic Fire**

the rocket fuel to propel consciousness up through Uma Channel, out of the body and back to the Nous, the Source of Existence, the state of cosmic awareness, the enlightened state, the Void from which we originated, the Sunyata state.

Sunyata means 'nothing-ness', but in its cosmic aspect it also means 'everything becoming'. Out of the darkness comes the light. From the friction of this light comes manifestation.

The Hindus believe that experiencing the vibrations of the crown chakra is the final goal. They feel that once they see the white light, they have reached the end of the path.

To the Tibetans that's only the beginning. In the Kundalini aspect of Dumo Yoga, we get to this point and then go beyond, into the darkness to bring forth the light. This is the secret of creativity: coming into the darkness, visualizing, focusing the energy, and bringing it back out into the physical plane.

PERSONAL POWER

If your Adhra chakra is very strong, you will be a powerful individual. Many people are afraid of their power and keep it constrained, but you must have power to accomplish anything. When have you seen a very weak person succeed in life? Power is not dangerous when you have clarified consciousness. You can use it in its right perspective.

Experimenting with this practice will give you a glimpse of what's possible when you have developed your full power. Remember that we have within ourselves the true Buddha natures. We don't need teachers. You are as capable as any Lhama or Rimpoché, capable of empowering yourself without their intervention. Once you develop the internal Dumo, you will experience this.

BODHISATTVA VOW

As you approach the end of your spiritual path, you may choose to delay your final exit, to remain on earth to assist other sentient beings to hasten their process. When you have mastered your energy, your "healing presence" will affect everyone who comes into your sphere. You can't heal the world, but you can heal individuals and let your energy start a domino effect toward that beautiful state that all the saints of all religions have taught us - to be at one with yourself, at one with the Universe.

It was prophesied thousands of years ago that the traditions and knowledge of India, Nepal and Tibet would be brought to America. We are fortunate to watch this transition.

Here are comments from participants in the September Tibetan Intensive:

"A rare opportunity to learn ancient healing methods you can immediately apply in your life." A. Gutman, M.D.

"One of the most powerful experiences I've had. I learned things about working with energy that would be very difficult to learn anywhere else." R. Dannelley, Author

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