



Mandarava Retreat 2020

TSALUNG OF MANDARAVA
Prepared by authorised instructors

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PRANAYAMA OF SOGTHIG (1)

1st Part

- a. Change air three times as in the nine breathing of Yantra.
- b. Sounding A, refresh Mandarava visualization, with blue A at the heart, three channels; spread light, all becomes bright sky-blue light.
- c. With that presence, sound A, again; exhaling bend down, then come up inhaling through both nose and mouth the blue essence.
- d. Press down the upper prana and hold it, directing it into the central in a relaxed way.
- e. When you need to release the air, exhale and change air three times with both nose and mouth.
- f. Repeat two times the above sequence, starting from inhaling the blue essence while rising from the third exhalation of the changing of air.
- g. At the end, relax in contemplation gazing in space

2nd Part

- a. Change air three times as in the nine breathing of Yantra.
- b. Sounding A, refresh Mandarava visualization, with blue A at the heart, three channels; spread light, all becomes bright sky-blue light.
- c. With that presence, sound A, again; exhaling bend down, then come up inhaling more from the mouth the blue essence.
- d. Press down the upper prana, pull up slightly the lower prana, maintaining your presence of the navel chakra, direct it into central channel and hold it in a relaxed way.
- e. When you need to release the air, exhale and change air three times with both nose and mouth.
- f. Repeat this sequence two more times, starting from inhaling the blue essence while rising from the third exhalation of the changing of air.
- g. At the end, relax in contemplation gazing in space

3rd Part

- a. Change air three times as in the nine breathing of Yantra.
- b. Sounding A, refresh Mandarava visualization, with blue A at the heart, three channels; spread light, all becomes bright sky-blue light.
- c. With that presence, sound A, again; exhaling bend down, then come up inhaling the blue essence mainly from the mouth like if you were gulping in air.
- d. Press down the upper prana, pull up stronger the lower prana, direct it into central channel and hold it in a relaxed way, maintaining the presence that the blue light integrates into the blue A at the heart.
- e. When you need to release the air, exhale and change air three times with both nose and mouth.
- f. Repeat this sequence two times starting by inhaling the blue essence while rising from the third exhalation of the changing of air.
- g. At the end, relax in contemplation gazing in space

A. TRAINING IN PLEASURE BY MEANS OF THE UNIFIED THIGLE (2)

1st Part

A.1. How to Generate the Experience of Pleasure

- a. Change air three times like in the nine breathing of Yantra.
- b. Sounding A, refresh the visualization of Mandarava with the three main channels; at the heart chakra visualize a white luminous thigle on a sun and moon disk.
- c. Inhale slowly and smoothly through both nose and mouth; press down the upper air, pull up the lower air, leaving the upper air relaxed; remain with the presence of the thigle, and when the visualization of the thigle is clear and stable, visualize also the red Ali Kali turning anticlockwise around the thigle. etc.
- d. When it time to exhale, change air three times with both nose and mouth.
- f. Repeat this sequence two times as before as above, but without sounding A
- g. At the end exhale from nose and mouth slowly and smoothly, and without changing air three times, remain for a little while relaxed in the experience.

2nd Part

A.2. Stabilizing the Experience of Pleasure through Expansion and Absorption

- a. Change air three times.
- b. Sounding A, refresh the visualization of Mandarava, with the three main channels; and at the heart chakra visualize a white luminous thigle on a sun and moon disks, surrounded by a red Ali Kali turning anticlockwise.
- c. Inhale slowly and smoothly through both nose and mouth, press down the upper air, pull up the lower air, and leaving the upper air relaxed, remain in the presence of the thigle.
- d. When it is time to exhale, pull up the lower air stronger and at the same time exhale slowly slowly; sending the thigle up to the crown of the head: pause remaining empty a little.
- e. While you inhale slowly from both nostrils and mouth, the thigle slowly descends to its place on the sun and moon disk at the heart.
- f. Change air three times with both nose and mouth.
- g. Repeat this sequence two more times as above, but without sounding A.
- h. At the end of the third time, without changing air three times, remain for a short while relaxed in that experience.

3rd Part

A.3. Enhancing the Experience of Pleasure

- a. Change air three times.
- b. Sounding A, refresh your Mandarava visualization, with the three main channels; and at the navel chakra visualize a white luminous thigle on a sun and moon disk, surrounded by a red Ali Kali turning anticlockwise around the thigle.
- c. Inhale slowly and smoothly through both nose and mouth, press down the upper air, pull up slightly the lower air, and hold the breath, with the presence of the thigle at the navel.
- d. When is time to exhale, pull up the lower air slightly more, and at the same time the Ali Kali dissolves into the thigle; and the thigle dissolves into nectar that spread throughout the whole body.
- e. Change air three times.
- f. Repeat this sequence two more times but without sounding A.
- g. At the end of the third time, remain for a short while relaxed in that experience.

B. TRAINING IN HEAT

B.1 TRAINING IN THE FIRE OF WISDOM THAT ELIMINATES NEGATIVITIES AND SUFFERING (3)

1st Part

B.1. Preliminary Breathing:

Sit with the soles of the feet together, and the vajra fists on the knees; then inhaling quickly and wrathfully bring the fists quickly to the center of the chest; exhaling in the same way, quickly fling the arms and legs open; inhaling bring them back quickly. Repeat 5 times.

B.1. Main Practice:

- a. Sounding A refresh the visualization of Mandarava, with three channels.
- b. Sound a long Ram exhaling slowly visualizing Ram at the center of each of the four chakras.
- c. Then, inhale quickly and wrathfully with both nose and mouth, push down the karmic air, pull up the lower air, and hold. At that time visualize that the Rams in the centers of the four chakras blaze intensely, and fire spread filling every part of the body.
- d. Exhaling slowly sounding Ram, all the fire dissolves into the main three channels.
- e. Change air three times with both nose and mouth.
- f. Then inhale slowly, and repeat the sequence two more times from sounding Ram while exhaling slowly etc.

g. At the end, remain for a little relaxed in the experience.

B.2. 2nd Part

a. Sounding A refresh the visualization of Mandarava, with three channels.

b. Sound a long Ram exhaling slowly visualizing Ram at the center of each of the four chakras.

c. Then inhale quickly and wrathfully with both nose and mouth, push down the karmic air, pull up the lower air, and hold. At that time visualize that the Rams in the centers of the four chakras blaze intensely, and fire spread filling every part of the body.

d. Exhaling slowly sounding Ram, the red Rams at the center of the four chakras dissolve gradually in light and the body become a heap of fire.

e. The mass of fire expands outside the body and the material dimension is burned.

f. Change air three times with both nose and mouth.

g. Then inhale slowly, and repeat the sequence two more times from sounding Ram while exhaling slowly etc.

h. At the end, remain for a little while relaxed in the experience.

B.3. METHOD FOR RAPIDLY KINDLING HEAT (4)

B.3.1. Method of the Body

- a. Sit in Tsopu, waist straightened up, embrace the knees with your hands, keep the tip of the nose aligned with the navel, and tighten the legs and the arms maintaining the back straight (if you have the meditation belt you can use it).
- b. Exhale slowly and completely sounding A visualizing yourself as Mandarava.
- c. Inhale fast and rough through both nose and mouth (but not fast as in the sogthig breathing); press down the upper air, pull up the lower air and hold; at that time, keeping the back straight, slowly rotate the waist (not the bottom and the trunk of the body) first to the left, three times, and then to the right, three times.
- d. As soon as you feel some difficulty, change the air three times with both nose and mouth; or sit with the soles of the feet together, and the vajra fists on the knees; then inhaling quickly and wrathfully bring the fists quickly to the center of the chest; then exhaling in the same way, quickly fling the arms and legs open; inhaling bring them back quickly. Repeat 5 times.
- e. Again, sit in Tsogpu; inhale as before and repeat the exercise.

B.3.2 Method of the Channels (Six Parts)

B.3.2.1. a *Visualization of Oneself As the Wisdom Dakini*

- a. Sounding A, instantly visualize yourself as Mandarava, or sounding Bam as Guhyajnana, the color of ruby.
- b. Inhale, and then exhale slowly sounding HUM (integrating in the sound without visualizing anything) then inhale slowly through both nose and mouth, press down the upper air, pull up the lower air, and remain a little in unified kumbhaka.
- c. During holding, visualize a very hot red Hum at the secret place, the nature of Tummo fire.
- d. When it is the time to release the air, exhale slowly sounding Hum.
- e. Change the air three times with nose and mouth.
- f. Repeat this sequence two more times from sounding Hum.
- g. At the end remain for a little while relaxed in contemplation.

B.3.2.2. b *The Two Hum*

- a. Sounding A, instantly visualize yourself as Mandarava, or sounding Bam as Guhyajnana, the color of ruby.

- b. Inhale, and then exhale slowly sounding HUM, then inhale slowly from both nose and mouth, press down the upper air, pull up the lower air, and remain a little in unified kumbhaka.
- c. During holding, visualize a very hot red Hum at the secret place, the nature of Tummo fire.
- d. When it is the time to release the air, exhale slowly sounding Hum, at that time two very hot Hum enter the soles of feet, and a red glow pervade every part of the body; then the red current of heat (marnyug), blazes and spreads rapidly throughout the body, and the heat goes out from the crown of the head.

Method of the Channels-Continuation (5)

B.3.2.3. Absorption of the Green Thigle in the Roma channel

- a. Sounding A, instantly visualize yourself as Mandarava.
- b. Inhale slowly through both nose and mouth, then exhale slowly sounding Hum (without visualizing anything)
- c. Then, raising the elbows, males close the left nostril with ring and middle fingers, and inhale very slowly through the right nostril; females close the right nostril and inhale slowly through the left nostril. While inhaling visualize that a green thigle which is the father of heat, clear and transparent, slowly enters in the lunar channel (Roma). Hold the breath in kumbhaka for a little while.

d. Slowly exhale through both nose and mouth. At that time the green thigle dissolves completely in the lunar channel.

e. Change air three times with both nose and mouth.

f. Repeat three times from sounding Hum.

g. At the end, remain for a little while relaxed in contemplation.

B.3.2.4. Absorption of the Red Thigle into the Kyangma Channel

- a. Sounding A, instantly visualize yourself as Mandarava.
- b. Inhale from both nose and mouth, then exhale slowly sounding Hum (without visualizing anything).
- c. Then, males close the right nostril and inhale slowly through the left nostril; females close the left nostril and inhale slowly through the right nostril, visualizing that a red thigle, mother of heat, clear and transparent thigle slowly enter into the solar channel (kyangma). Hold the breath in kumbhaka for a little while.
- d. Slowly exhale through both nose and mouth. At that time the red thigle dissolves completely in the solar channel.
- e. Change the air three times with both nose and mouth.
- f. Repeat this sequence two more times from sounding Hum.
- g. At the end, remain for a little while relaxed in contemplation.

B.3.2.5. Absorption of Yellow Thigle into the Kundhorma

- a. Sounding A, instantly visualize yourself as Mandarava.
- b. Inhale slowly through both nostrils and mouth, then exhale slowly sounding Hum (without visualizing anything).

c. Then inhale slowly through both nostrils and mouth, and remain a little in unified kumbakha. Then pulling up a little more, through the secret place, a yellow thigle, clear and transparent, the son generated by the father and mother of heat, enters in the lower part of the central channel (Kundharma).

d. Slowly exhaling through nose and mouth, the yellow thigle dissolves completely in the lower part of the central channel.

e. Change air three times with both nose and mouth.

f. Repeat this sequence two more times.

g. At the end, remain for a little while relaxed in contemplation.

g. At the end, remain for a little while relaxed in contemplation.

B.3.2.6. Absorption of the White Thigle into the Central Channel

a. Sounding A, instantly visualize yourself as Mandarava.

b. Inhale through both nose and mouth, then exhale slowly sounding HUM (without visualizing anything).

c. Inhale slowly through nose and mouth, and at the same time a white clear and transparent thigle, that is the root or foundation of heat, enters through the crown of the head into the central channel. Hold the breath in kumbhaka for a little while.

e. Slowly exhaling through both nose and mouth, the white thigle dissolves completely in the central channel.

- f. Change the air three times with both nose and mouth.
- g. Repeat this sequence two more times from sounding Hum.
- h. At the end, remain for a little while relaxed in contemplation.

B.3.3. Method of the Breathing- Developing Inner Heat Forcefully (6)

- a. Change air three times
- b. Sounding A, instantly visualize yourself as Mandarava.
- c. Inhale slowly and then males (close the left nostril with the right ring finger) and exhale the red tummo fire from the right nostril; females do the opposite.
- d. Then males (raising the right elbow close the right nostril with the right thumb) inhale from the left nostril and the red tummo fire is absorbed four finger widths below the navel; females do the opposite, and hold in Kumbhaka.
- e. While holding the essence of heat below the navel develops more and more and more in the form of a flame. At the top of the central channel there is a thigle, essence of all potentialities. The heat, rising from below the navel into the central channel melts the thigle; drops fall from the thigle and the fire develops more and more and (marnyug) spreads into the three main channels (eliminating the karmic prana), and into all the chakras. While doing this visualization pull up the lower prana strongly. Hold this kumbakha very precisely under the navel chakra.

If you feel very strong heat imagine that the heat comes out from the top of the head (so we do not block it inside).
- f. Exhale slowly and direct.
- g. Change air three times with nose and mouth.
- h. Repeat this sequence two more times, from exhaling and inhaling the tummo heat.

h. At the end of the last time remain for a little while in contemplation.

C.1. TUMMO AS CLOTHES (7)

a. Sound A and transform yourself in Mandarava, or Bam and transform yourself into Guhyajnana with 3 channels and five chakras.

b. Change air three or nine times as done in Yantra

c. Sit in half Tsogpu; males put the left leg on the ground and bring the right knee to the chest; females do the opposite, placing the sole of the foot on the upper anklebone of the left leg. With crossed arms embrace the raised knee (for example like in the first Lunzang of Yantra).

d. Inhale slowly and directly, press the upper air down, pull up the lower air and hold in Kumbhaka. Visualize the red thigle with a red Ram inside or just the thigle four finger-widths below the navel.

e. When you need to exhale, exhale sounding Ram, and fire develops from the thigle and Marnyug flames spread, and the body become like red-hot iron.

f. Change air three times.

g. Repeat this sequence two more times.

--At times, when you exhale sounding Ram, flames exit from the body that has become like red-hot iron, and burn all our dualistic vision.

--At times, do the above visualization in Kumbhaka, including the visualization of the body like red-hot iron; and then do the Bep in Kumbhaka while sitting. When you land, from all the pores of your skin sparks fly out everywhere.

Since to do the Bep in this position is difficult, do the visualization, while holding your breath and imagine that sparks of fierce fire spread out from your body, like red-hot iron hitting the ground.

C.2. THE FOOD OF CONTEMPLATION (8)

a. In the early morning before sunrise, do three breathing to exhale the stale air.

b. Sound A visualize yourself as Mandarava

c. In the space in front of us all our dualistic vision dissolves in blue light.

d. Inhale from nose and mouth (like in the last part of the sogthig) this blue essence of all the elements enters the solar and lunar channels; press down the upper air, pull up the lower air and hold in Kumbhaka. Feel physically that the blue light spread in the whole body as if it were nectar.

e. Exhale change the air three times.

- f. Repeat this sequence two more times from inhaling
- h. At the end of the last time remain for a short while in contemplation.

C.3.1. Method to Balance Any Excess of the Essence of the Air Element (9)

If the essence of the air element is excessive, and the sensation is missing, do the following visualization to balance.

- a. Change the air three times as in Yantra
- b. Visualize your own heart upside down with the point on the top. The dakini of instant presence, our real nature, manifests on top of the point of the heart as Guhyajana or Sihamuka, with a Trigu in her right hand and a kapala in the left hand. The dakini cuts the top of the heart with the trigu. A stream of nectar of red and white essences, solar and lunar energy, flow down from her secret place. (Red represents heat and white represents sensation).
Our heart is completely filled with these essences.
When your heart is filled with these essences, we experience the sensation spreading in our physical body; we can have the energy of the feeling of pleasure, if you are not conditioned by this feeling it is bliss.
Remain relaxed in this alive experience without doing any visualization anymore.
Remain in contemplation.
- c. Repeat this sequence two more times.

C.3.2. ATTAINMENT OF THE IMMORTAL VAJRA LIFE (10)

- a. Change the air three times as in Yantra
- b. Sound A and you are a pure empty dimension.
- c. Sounding Bam visualize yourself as Dakini Sangwa Yeshe; in the centre of your manifestation there is a kapala of light.
- d. Sound Hri and Guru Pema Todrengtsal manifests inside the Kapala. In the center of Guru Thodrengtsal there is a violet letter Hri.
- e. Sound Hri and light spreads from the Hri (in the centre of Guru Pema Thotrengtsal), and a Bam appears inside a Thigle in front of Guru Pema Thotrengtsal.
- f. Sound Bam and through this sound, light, and rays the Bam manifests as Jñanadakini. All around there are lights and thigles with the dakinis of the four families
- g. Sound Hri Bam and Jñanadakini like a shooting star unites with Guru Pema Thotrengtsal. All around there are light and thigles and in these dakas and dakinis also manifest in union.
- h. From the point of the union of the Jñanadakini and Guru Pema Thotrengtsal white light of the nectar radiates in all directions, thereby the blessing of enlightened beings, the heart essence of the life of pawos and dakinis, and the radiance of the five elements of the universe are all gathered in the form of the air of the sky, and united with pure bliss. This descends like five lights, the essences of the elements, filling the kapala completely.

i. Inhale the five colors, the essences of the elements, long and direct through both nose and mouth, and hold in Kumbhaka.

While holding in Kumbhaka, pull up just a little more, maintaining the experience of bliss that comes from the nectar filling the kapala. If you have the capacity, you can continue in this experience in Barlung.

j. Exhale slowly from both nose and mouth and remain a little in contemplation, breathing normally.

k. Change the air three times

l. Repeat this sequence two more times.

SUMMARY

A (Empty Pure Dimension)

BAM (Transformation in Guhyajnana with Kapala in the heart)

HRI (Padma Todtrentsel in the Kapala)

HRI (Light spread and BAM appear in a Thigle)

BAM (BAM in the Thigle Become Jnanadakini)

HRI BAM (Jnanadakini unites with Padma Todtrentsel)