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T.Y.S. Lama Gangchen Tulku Rinpoche

SELF-HEALING FOR THE ENVIRONMENT



Guided Meditation

A method to awaken and energize the five elements



Since I transmitted the NgalSo Tantric Self-Healing Practice for the Environment in 1994 many people in different countries of the world have been able to use these techniques to awaken and energize both the inner and outer elements. Before I transmitted this practice I was only able to pray to the holy beings to take care of and protect our precious environments – however, now we have a method through which we can all join together to save the elements of our inner and outer worlds both now and more importantly for future generations.

T.Y.S.LAMA GANGCHEN

The Seven Eco-Moralities

May all beings have happiness and its causes, be free from suffering and its causes, never be separated from the great happiness that is beyond all misery, dwell in equanimity, unaffected by attraction to dear ones and aversion to others, and enjoy inner and world peace now and forever.

May all beings recover from the sicknesses of mind and body pollution, enjoying relative and absolute health and relax in a pure and healthy outer and inner environment now and forever.

SELF-HEALING FOR THE ENVIRONMENT

A method to awaken and energize the five elements

NgalSo Tantric Self-Healing of body, mind and environment by means of the five elemental winds and the power of the Five Great Mothers who embody the qualities of the pure elements.

Peaceful and Wrathful Purification of the Five Elements

In this way I clean and purify my elements of space, wind, fire, earth and water.

**EH YAM RAM LAM BAM x3
SHUDDHE SHUDDHE SOHA x2**

**EH YAM RAM LAM BAM x3
SHUDDHE SHUDDHE PHET PHET! x2**

space element - crown chakra

1

water element - throat chakra

5

earth element - heart chakra

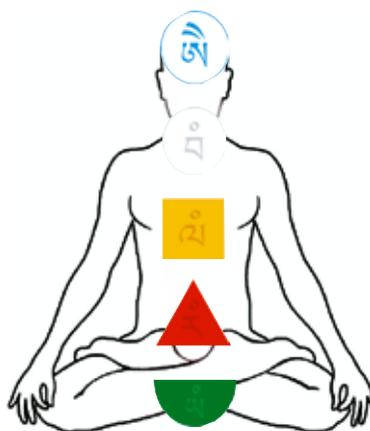
4

fire element - navel chakra

3

wind element - secret chakra

2



Meditation on Absolute Space

All phenomena are of the nature of absolute space and the energies of wisdom and compassion: yin and yang. By purifying these I can have a mind and body as pure as crystal.

I focus my attention on my breath and relax.

I visualize my subtle energy body, the auric body, clear and transparent as crystal. Within my mind, at my heart, is a vast inner space, greater than the entire universe.

I immerse myself in this inner space.

The subtle and transparent energy channel, running from the top of my head to my coccyx, expands to contain the entire universe and then it reabsorbs, becoming as small as an atom - enclosing infinite inner space.

**OM SOBHAWA SHUDDHA SARWA
DHARMA SOBHAWA SHUDDHO HAM**



Guru Yoga



**LO CHOK SANGPO PAL GYUR TRASHI PA
THUB CHEN TEN PE TRINLE YAR NGO DA
PHEL CHE DRO LOR TSAM PE TSE PA CHEN
PEL DEN LAMA SHAB LA SOL WA DEB**

*Glorious auspiciousness of the supreme virtuous mind,
Divine action of the Buddha's teaching beneficial like a waxing moon.
Acting exactly in accordance with the mental capacity of
living beings for their development and maturation,
at the feet of this glorious Guru, I request:*

**OM AH GURU VAJRADHARA SUMATI MUNI
SHASANE KARMA UHTA VARDANAYE SHRI BADHRA
VAR SAMANIYA
SARWA SIDDHI HUNG HUNG**

*May you grant me, the mundane and extraordinary siddhis of
Lama Vajradhara the noble mind of the Buddha's doctrine
which increases the activity of the Noble Glorious Ones.*

Requesting the Blessings of Guru Buddha to Deeply Heal the Five Inner and Outer Elements

I visualize the guru in front of me; from his five chakras lights emanate blessing my corresponding chakras. I perform the mantras and mudras to attain the powerful realizations of NgalSo Tantric Self-Healing for the Environment.

**OM AH GURU BUDDHA SIDDHI HUNG
OM AH GURU BUDDHA SIDDHI HUNG
OM AH GURU BUDDHA SIDDHI HUNG
OM AH GURU BUDDHA SIDDHI HUNG
OM AH GURU BUDDHA SIDDHI HUNG**

crowns chakra - blue light

1

throat chakra - red light

2

heart chakra - white light

3

navel chakra - green light

4

secret chakra - yellow light

5



Expelling the Five Principal Delusions from My Five Chakras

*I throw out the unlimited pride and miserliness from my secret
chakra in the form of dirty yellow horses* **TA PHET**

*I throw out the unlimited fear and jealousy from my navel chakra in
the form of dirty green garudas* **GA PHET**

*I throw out the unlimited anger and hatred from my heart chakra in
the form of dirty blue nagas* **NAGA PHET**

*I throw out the unlimited desire and attachment from my throat
chakra in the form of dirty red hens* **CHA PHET**

*I throw out the unlimited closed mindedness and ignorance from my
crown chakra in the form of dirty black pigs*
PAG PHET

crown chakra - pigs



5

throat chakra - hens



4

heart chakra - snakes



3

navel chakra - garudas



2

secret chakra - horses



1



GENERATION STAGE
**Generating the Five Lotususes
to Heal the Inner Garden**

*At my secret chakra opens a yellow lotus flower holding the earth element
At my navel chakra opens a green lotus flower holding the wind element
At my heart chakra opens a white lotus flower holding the water element
At my throat chakra opens a red lotus flower holding the fire element
At my crown chakra opens a blue lotus flower holding the space element*

**PAM LE PEMA SERPO
PAM LE PEMA JANGKU
PAM LE PEMA KARPO
PAM LE PEMA MARPO
PAM LE PEMA NGONGPO**

blue lotus - 32 petals

5

red lotus - 16 petals

4

white lotus - 8 petals

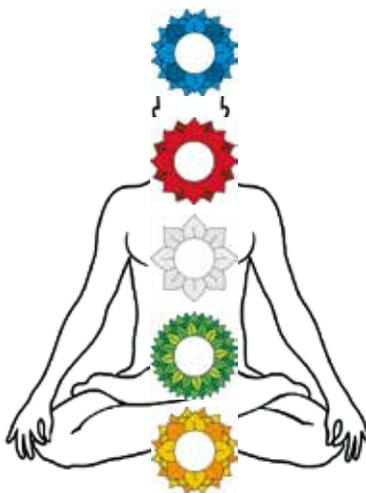
3

green lotus - 64 petals

2

yellow lotus - 32 petals

1



Generating the Seed Syllables of the Five Elements

*In the blue lotus at my crown chakra arises the space syllable EH
In the red lotus at my throat chakra arises the fire syllable RAM
In the white lotus at my heart chakra arises the water syllable BAM
In the green lotus at my navel chakra arises the wind syllable YAM
In the yellow lotus at my secret chakra arises the earth syllable LAM*

**EH RAM BAM YAM LAM
EH RAM BAM YAM LAM
EH RAM BAM YAM LAM
EH RAM BAM YAM LAM
EH RAM BAM YAM LAM**

blue space syllable - EH

1

red fire syllable - RAM

2

white water syllable - BAM

3

green wind syllable - YAM

4

yellow earth syllable - LAM

5



Generating the Five Element Mandalas

LAM transforms into a yellow square earth mandala marked by LAM

YAM transforms into a green semi-circular wind mandala marked by YAM

BAM transforms into a white circular water mandala marked by BAM

RAM transforms into a red triangular fire mandala marked by RAM

EH transforms into a blue circular space mandala marked by EH

LAM LE SA KYIL SERPO LAM

(Earth Mother mudra)

YAM LE LUNG KYIL JANGKU YAM

(Wind Mother mudra)

BAM LE CHU KYIL KARPO BAM

(Water Mother mudra)

RAM LE ME KYIL MARPO RAM

(Fire Mother mudra)

EH LE NAM KYIL NGONGPO EH

(Space Mother mudra)

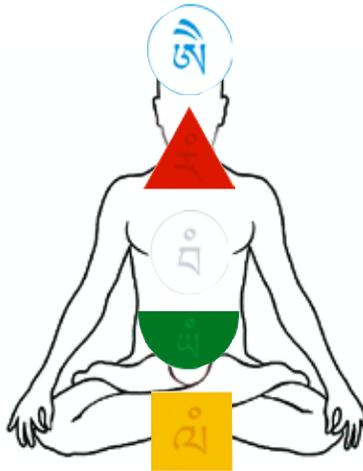
blue space mandala - marked by EH 5

red fire mandala - marked by RAM 4

white water mandala - marked by BAM 3

green wind mandala - marked by YAM 2

yellow earth mandala - marked by LAM 1



Generating the Five Great Mothers

The space mandala transforms into the blue coloured Great Space Mother

The fire mandala transforms into the red coloured Great Fire Mother

The water mandala transforms into the white coloured Great Water Mother

The wind mandala transforms into the green coloured Great Wind Mother

The earth mandala transforms into the yellow coloured Great Earth Mother

EH LE JUNGWA NAMKYIL YUM KYANG NGO

(Space Mother mudra)

RAM LE JUNGWA MEKYIL YUM KYANG MAR

(Fire Mother mudra)

BAM LE JUNGWA CHUKYIL YUM KYANG KAR

(Water Mother mudra)

YAM LE JUNGWA LUNKYIL YUM KYANG JANG

(Wind Mother mudra)

LAM LE JUNGWA SAKYIL YUM KYANG SER

(Earth Mother mudra)

Space Mother, Akash Devi - blue

1

Fire Mother, Pandaravasini - red

2

Water Mother, Mamaki - white

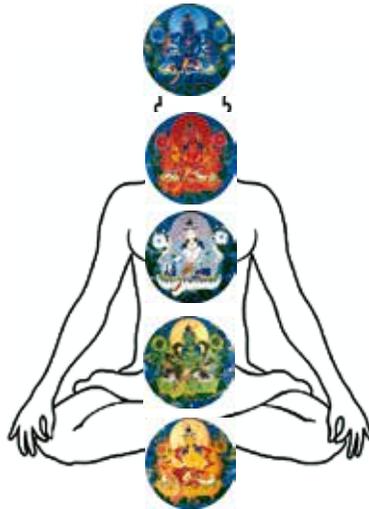
3

Wind Mother, Tara - green

4

Earth Mother, Lochana - yellow

5



COMPLETION STAGE
**Combined Purifications of the Outer
and Inner Environments**



Space Purification

Lama Great Space Mother (Akash Devi), All Knowing One, the blue vajra space energy of the Pacifying Dakini at my crown chakra penetrates the space of my outer and inner environments, the world and all its beings.

As a result outer and inner space is healed: holes in the ozone close, all social, personal and political problems such as war, torture, violations of human rights, violence, drug abuse and terrorism disappear. Once again, people begin to love themselves, their families, society and planet. The space element, crown chakra, heart, intestine, brain, skin and sense of touch of all living beings are healed. My patience, intelligence, wisdom and awareness of ecological interdependence increase. Astrological problems related to Gemini, Cancer, Mercury, the moon and eclipses are resolved. I experience mirror-like wisdom and pacifying power. That which seems impossible becomes possible. The Space Vajra Mandala arises.



First Light

I awaken the blue circular space mandala at my crown chakra, re-energizing my pervasive wind.

EH EH EH EH EH x5

Second Light

I purify my space nature wind. Through concentration, mantra and mudra I perform psychic surgery and extract the pollution of my space element, on the gross and subtle levels, from the space mandala in my auric body. This pollution passes through my subtle energy channels and leaves my body through my hands as I throw it out. It dissolves into absolute space.

My Space Mandala is purified, healed and recharged with energy, becoming brilliant blue once again.

EH HO SHUDDHE SHUDDHE SOHA x5

Third Light

I stabilize the pure energy of my space element and integrate it into my daily life. As I repeat the mantra I perform the mudra of zooming out and gathering in. I visualize the Great Space Mother at my crown chakra as I receive the Name Empowerment of Supreme Healer Vairochana through a wisdom rain of thousands of great space mothers, of large and small syllable EHs, space mandalas, blue lights and nectars which absorb into my crown chakra.

My inner and outer environments transform into the Vajra Space Mandala.

EH EH EH EH EH x3

ATI KYANA ATI KITI SOHA x2

EARTH PURIFICATION



Earth Purification

Lama Great Earth Mother (Lochana), All Knowing One, the yellow vajra earth energy of the Increasing Dakini at my secret chakra enters the earth of my outer and inner environments, the world and all its beings. As a result outer and inner earth is healed: radioactive and toxic waste vanishes, all energetic disturbances caused by mining, construction and nuclear testing are neutralised, earthquakes and dangerous asteroids are averted. The acid/alkali balance of the earth is restored and all beings are able to eat pure food once again. The earth element, secret chakra, spleen, stomach, flesh, bones, eyes and eyesight of all living beings are healed. I become humbler, less materialistic and consumer orientated and my generosity increases. Astrological problems related to Taurus, Leo, Venus and the Sun are resolved. I experience the wisdom of equanimity and increasing power. That which seems impossible becomes possible. The Earth Vajra Mandala arises.



First Light

I awaken the yellow four-sided earth mandala at my secret chakra, re-energizing my downward-moving wind.

LAM LAM LAM LAM LAM x5

Second Light

I purify my earth nature wind. Through concentration, mantra and mudra I perform psychic surgery and extract the pollution of my earth element, on the gross and subtle levels, from the earth mandala in my auric body. This pollution passes through my subtle energy channels and leaves my body through my hands as I throw it out. It dissolves into absolute space.

My Earth Mandala is purified, healed and recharged with energy, becoming brilliant yellow once again.

LAM HO SHUDDHE SHUDDHE SOHA x5

Third Light

I stabilize the pure energy of my earth element and integrate it into my daily life. As I repeat the mantra I perform the mudra of zooming out and gathering in. I visualize the Great Earth Mother at my secret chakra as I receive the Crown Empowerment of Supreme Healer Ratnasambhava through a wisdom rain of thousands of great earth mothers, of large and small syllable LAMs, earth mandalas, yellow lights and nectars which absorb into my secret chakra.

My inner and outer environments transform into the Vajra Earth Mandala.

LAM LAM LAM LAM LAM x3

ATI KYANA ATI KITI SOHA x2

WIND PURIFICATION



Wind Purification

Lama Great Wind Mother (Tara), All Knowing One, the green vajra wind energy of the Action Dakini at my navel chakra pervades the wind of my outer and inner environments, the world and all its beings. As a result outer and inner wind is healed: all air pollution disappears, tornados, hurricanes and storms are calmed, non polluting forms of transport and industry are developed, trees flourish everywhere absorbing excessive carbon dioxide. The planetary lungs that are the great rain forests recover and expand, so that living beings breathe pure air once again. The wind element, navel chakra, lungs, colon, nose, tongue and sense of taste of all living beings are healed. My capacity to rejoice increases. Astrological problems related to Mars and Saturn, Scorpio and Aquarius are resolved. I experience all-accomplishing wisdom and power of enlightened action. That which seems impossible becomes possible.

The Wind Vajra Mandala arises.



First Light

I awaken the green semi-circular wind mandala at my navel chakra, re-energizing my fire-like wind.

YAM YAM YAM YAM YAM x5

Second Light

I purify my wind nature wind. Through concentration, mantra and mudra I perform psychic surgery and extract the pollution of my wind element, on the gross and subtle levels, from the wind mandala in my auric body. This pollution passes through my subtle energy channels and leaves my body through my hands as I throw it out. It dissolves into absolute space.

My Wind Mandala is purified, healed and recharged with energy, becoming brilliant green once again.

YAM HO SHUDDHE SHUDDHE SOHA x5

Third Light

I stabilize the pure energy of my wind element and integrate it into my daily life. As I repeat the mantra I perform the mudra of zooming out and gathering in. I visualize the Great Wind Mother at my navel chakra as I receive the Bell Empowerment of Supreme Healer Amoghasiddhi through a wisdom rain of thousands of great wind mothers, of large and small syllable YAMs, wind mandalas, green lights and nectars that absorb into my navel chakra.

My inner and outer environments transform into the Vajra Wind Mandala.

YAM YAM YAM YAM YAM x3

ATI KYANA ATI KITI SOHA x2

WATER PURIFICATION



Water Purification

Lama Great Water Mother (Mamaki), All Knowing One, the white vajra water energy of the Stabilizing Dakini at my heart chakra permeates the water of my outer and inner environments, the world and all its beings.

As a result outer and inner water is healed: radioactivity, domestic and industrial pollution vanish, marine creatures are freed from the dangers of extinction, rising sea levels, excessive rain and acid rain are pacified. Once again all beings can drink pure water. The water element, heart chakra, kidneys, bladder, ears and sense of hearing of all living beings are healed. I experience the union of the transcendental and mundane worlds.

Astrological problems related to Mars, Mercury, Aries and Virgo are resolved. I experience dharmadhatu wisdom and stable power. That which seems impossible becomes possible.

The Water Vajra Mandala arises.



First Light

I awaken the white circular water mandala at my heart chakra, re-energizing my life-supporting wind.

BAM BAM BAM BAM BAM x5

Second Light

I purify my water nature wind. Through concentration, mantra and mudra I perform psychic surgery and extract the pollution of my water element, on the gross and subtle levels, from the water mandala in my auric body. This pollution passes through my subtle energy channels and leaves my body through my hands as I throw it out, dissolving into absolute space.

My Water Mandala is purified, healed and recharged with energy, becoming brilliant white once again.

BAM HO SHUDDHE SHUDDHE SOHA x5

Third Light

I stabilize the pure energy of my water element and integrate it into my daily life. As I repeat the mantra I perform the mudra of zooming out and gathering in. I visualise the Great Water Mother at my heart chakra as I receive the Vase Empowerment of Supreme Healer Akshobya through a wisdom rain of thousands of great water mothers, of large and small syllable BAMs, water mandalas, white lights and nectars that absorb into my heart chakra.

My inner and outer environments transform into the Vajra Water Mandala.

BAM BAM BAM BAM BAM x3

ATI KYANA ATI KITI SOHA x2

FIRE PURIFICATION



Fire Purification

Lama Great Fire Mother (Pandarasini), All Knowing One, the red vajra fire energy of the Powerful Dakini at my throat chakra purifies the fire of my outer and inner environments, the world and all its beings. As a result outer and inner fire is healed: all disorders of temperature, global warming, volcanic eruptions and disturbances in the ionosphere are pacified. All destructive fires are transformed into wisdom fires; the fire of anger becomes the fire of love. The fire element, throat chakra, liver, gall bladder, fevers, nose and sense of smell of all living beings are healed. My tummo fire of blissful wisdom develops and I learn to take care of my central channel. Astrological problems related to Venus and Jupiter, Libra and Pisces are resolved. I experience discriminating wisdom and power of control. That which seems impossible becomes possible.

The Fire Vajra Mandala arises.

First Light

I awaken the red triangular fire mandala at my throat chakra, re-energizing my upward-moving wind.

RAM RAM RAM RAM RAM x5

Second Light

I purify my fire nature wind. Through concentration, mantra and mudra I perform psychic surgery and extract the pollution of my fire element, on the gross and subtle levels, from the fire mandala in my auric body. This pollution passes through my subtle energy channels and leaves my body through my hands as I throw it out. It dissolves into absolute space.

My Fire Mandala is purified, healed and recharged with energy, becoming brilliant red once again.

RAM HO SHUDDHE SHUDDHE SOHA x5

Third Light

I stabilize the pure energy of my fire element and integrate it into my daily life. As I repeat the mantra I perform the mudra of zooming out and gathering in. I visualize the Great Fire Mother at my throat chakra as I receive the Vajra Empowerment of Supreme Healer Amitabha through a wisdom rain of thousands of great fire mothers, of large and small syllable RAMs, fire mandalas, red lights and nectars that absorb into my throat chakra.

My inner and outer environments transform into the Vajra Fire Mandala.

RAM RAM RAM RAM RAM x3

ATI KYANA ATI KITI SOHA x2

Six Mantras and Six Mudras

Short method for purifying the outer and inner environments, the container and contents, transforming our planet into a pure world.

**OM SOBHAWA BISHUDDHE DHARMATE BENDZA
SIDDHI HUM**

**NAMA SARWA TATHAGATA BAYO BISHU MUKE
BYE SARWA TE KAM UGATE PARANA HEM MAM
GAGANA KAM SOHA**

OM AMRITE HUM PHET

**OM AKARO MUKAM SARWA DHARMANAM ADYE
NUPE NA TU DHE**

**NAMA SARWA TATHAGATA AVALOKITE OM
SAMBHARA SAMBHARA HUM**

**OM RURU PURU ZWALA TISHTA SIDDHA LOTSANI
SARWA ARTA SADHANAYE SOHA**

Expressing the Power of the Truth

**DAG GHI SAM PAY TOB DANG NI
DE ZHIN SHEK PAY JIN TOB DANG
CHOE KYI YING KYI TOB NAM KYI
DO NAM GAN DAG SAM PA KUN
DE DAG THAM CHE CHI RIG PAR
TOG PA ME PAR JUNG GYUR CHIG**

By the power of my thoughts, by the power of the blessings of the tathagatas and by the power of the sphere of reality, may any purpose we desire, be realized without obstruction!

Extremely Brief Self-Healing of the Environment

HUNG

purifies all faults of colour, odour, and potential of the elements.



AH

transforms them into nectar.



OM

multiplies and increases them.



As I recite the mantra, I trace the energy flowing through the channels of my subtle body with my fore fingers. The energy enters the right and left channels through my nostrils, from where it flows up and over my head and then down my body to the secret chakra. Here it enters the central channel and flows upwards to the crown and then back down to my heart chakra.

OM

multiplies and increases them.



AH

transforms them into nectar.



HUNG

purifies all faults of colour, odour, and potential of the elements.



DEDICATION PRAYERS
Dedication for Environmental Peace



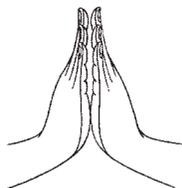
OM BISHWA SHANTI ANANDA x5

**Method to Balance the Solar and Lunar Energies
in the Outer and Inner Environments
Over the Six Periods of the Day and Night**

**LAMA KUN CHOK SUM LA KYAB SU CHI
RANG NGI LCHAR SEL DOR DIL SUNG NE CHOE
DO NGAK CHOE SUNG NYE CHOE THA DAK DOM
GUE CHOE KUN DU JIN SHIE DRO DON GED**

*To the guru and the three jewels I go for refuge.
Visualizing myself as the deity, holding vajra and bell,
I uphold all the dharmas of sutra and tantra,
Refrain from all the misconduct, gather all virtuous dharmas,
And with the four giving's, benefit migrators.*

Dedication
the Environment of this World Becomes Pure



**DOR NA DI TSUN NAM KAR GE WAI TSOK
JI NYE SAK PA DE YI GYUR DU DAK
NORBU BANG DZO SHAMBALA KYE NE
LAME LAM GYI RIMPA TARCHIN SHOK**

*By the collection of the white virtues I have gathered here,
May this world transform into Shambala, the treasury of jewels,
And may I complete the stages of the path of highest yoga tantra.*

Auspicious Verse

**NYIMO DELEK TSEN DELEK
NYIME GUNG YANG DELEK SHIN
NYINTSEN TAKTU DELEK PEL
KUN CHOK SUM KYI JIN GYI LOB
KUNCHOK SUM KYI NGOE DRUP TSOL
KUN CHOK SUM KYI TRA SHI SHOK**

*At dawn, at dusk, at night or mid-day
May the three jewels grant us their blessings,
May they help us to achieve all realizations and
Sprinkle the path of our life with various signs of auspiciousness.*

T.Y.S. LAMA GANGCHEN RINPOCHE

Born in western Tibet in 1941, Lama Gangchen was recognised at an early age to be a reincarnate lama healer and was enthroned at Gangchen Choepeling Monastery at the age of five. At the age of twelve he received the “Kachen” degree, which is usually conferred after twenty years of study. Between the ages of thirteen and eighteen, he studied medicine, astrology, meditation and philosophy in two of the major monastic universities of Tibet: Sera and Tashi Lhumpo. He also studied Tantra and secret healing methods under the guidance of H.H. Trijang Dorje Chang and Venerable Zong Rinpoche.

In 1963, he began his studies at the Varanasi Sanskrit University in Benares, India and in 1970 he received the Geshe Rigram degree (doctorate in philosophy) from the Sera Me Monastic University of South India.

After completing his formal studies Lama Gangchen dedicated his activities to sharing this precious knowledge with all those interested in inner development and healing.

In 1981, Lama Gangchen visited Europe for the first time and has since become a resident. He has developed many meditation practices that are particularly suitable for the busy western mind and lifestyle, such as NgalSo Tantric Self-Healing, a method that helps recognize our real inner qualities and balance body, speech and mind. He has diffused worldwide his unique teachings on inner peace education and environmental care, promoted cooperation between the East and West and encouraged the diffusion of Himalayan culture and traditional healing methods.



SELF - HEALING FOR THE ENVIRONMENT

Guided Meditation

The healing techniques used in this practice are not intended to replace treatment from a qualified medical practitioner. To facilitate the pronunciation of Tibetan and Sanskrit a simplified phonetic form is used.

འིང་ཁམས་སྤྱོད་གསོ།

T.Y.S. Lama Gangchen Tulku Rinpoche

SELF-HEALING FOR THE ENVIRONMENT

Thanks to all the friends who have voluntarily participated in the realization of this Peace Project for the benefit of all future generations.

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