





LU JONG

A Tibetan Treasure Returns Home

In September 2014, Tulku Lobsang Rinpoche received a rare and extraordinary request from the Central Tibetan Administration's (CTA) Department of Health: Bring the precious Lu Jong teachings to the Tibetan community in India . . . return them to their roots.

Honored by the request, Rinpoche gave an unbelievable 23 teachings over 8 days. He taught across the whole of India, from Delhi to Dharamsala, and from Mundgod to Bylakuppe.

What most of us may not realize is just how historic, how significant, these teachings were. In many ways, this was nothing short of a revolution. Historically, in Tibetan Buddhism, these Tantrayana teachings were secret. They were not taught openly, and especially not to lay people. However, Rinpoche has dedicated his life to researching, collecting and preserving these precious teachings in order to improve the health and well-being of all people. Because of his dedication and extremely hard work, the benefit of these practices has spread throughout the world. Until now, however, they still had not been publicly taught to Tibetans.

This unprecedented invitation from the CTA was prompted from a private audience Tulku Lobsang Rinpoche had with His Holiness the Dalai Lama in December 2013. Rinpoche presented His Holiness with all of the work he has done for the past 15 years, and explained the teachings that he offers to Westerners. (See inset, "An Auspicious Audience," p. 38). Pleased with Rinpoche's presentation, His Holiness observed that these practices should be taught openly in Tibetan schools and communities.

So, when the Central Tibetan Administration's Department of Health called, Rinpoche graciously accepted their invitation and embarked on his most historic teachings.

Rinpoche taught Lu Jong (Five Elements Movements) to thousands of young students and teachers at 11 different Tibetan TCV schools. Teaching in Tibetan, the students were immediately attracted to Rinpoche's charismatic presence. Their laughter filled the air as they learned to exhale through one nostril with the Nine Breaths exercise. The amusement continued as they attempted to master the *Drongmo Sur Dung* movement without losing balance. But when Rinpoche demonstrated his skillful means with the Tog Chöd sword and his jaw-dropping Tsa Lung jumps, the students sat in awe-struck silence. In that moment, they realized that they were witnessing a truly great teacher. He inspired them to move their bodies, improve their health, and equally important, to recognize the power and preciousness of their Tibetan heritage.

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Preserve these practices and use them to enhance your Dharma studies.

In these eight days, Rinpoche also taught hundreds of monks and nuns at the most important Tibetan Buddhist monasteries and nunneries in India. At the Shugseb, Jamyang Choeling, and Dolma Ling nunneries, the nuns listened intently and with deep respect. They took detailed notes and quickly learned the movements. Rinpoche spoke openly with them about how, because of their strong devotion, they have the best opportunity to preserve these practices and to use them to enhance their Dharma studies.

In South India, Rinpoche was honored to be teaching his signature Lu Jong practice to his friends and peers at Gaden Shartse Monastery, where he had completed his monastic studies in 1992. Watching the courtyard full of monks practicing the Five Elements Movements, Rinpoche noted the irony of how years before, many of them laughed as he would do these "strange exercises" in between studies. The teaching was filled with good humor and practical wisdom that inspired the monks to consider the importance of reintroducing these Tantrayana movements into their daily practices. Rinpoche also had the privilege to teach at Drepung Loseling Monastery. Many of the monks attending the teaching already had good exercise routines, but they were especially grateful to learn that Tantrayana Buddhism had its own precious movement practices designed to help them optimize their physical and mental health.

Rounding out his audiences, Rinpoche gave several teachings to thousands of lay people at community centers and sacred temples such as Norbulinka Institute and Tsuglagkhang, the Dalai Lama's temple in Dharamsala. The audiences were filled with people of all ages from toddlers to grandmothers, all of whom listened with reverence and amazement to this Tantrayana master who was—for the first time in history—sharing ancient secrets with them that would improve their bodies and minds.

At Tsuglagkhang, Rinpoche gave two teachings of Tsa Lung and Lu Jong. His Tog Chöd demonstrations really inspired the crowd. Here Rinpoche encouraged the Tibetan audience to recapture their health and their Tibetan heritage.

To ensure that everyone could continue to practice long after the teachings had ended, Rinpoche also gave away 10,000 Lu Jong and Gang Gyok videos and posters.

The teachings were so successful that Radio Free Asia interviewed Rinpoche for its Tibetan news channel. The interview spread word of Tulku Lobsang Rinpoche and his revolutionary teachings through the entire Tibetan community in India and throughout Tibet. He was also extended a rare invitation to teach at Men-Tsee Khang - Tibetan Medicine College. With an audience of medical students and teachers, Rinpoche was able to go even deeper into his explanations of how Lu Jong and Tsa Lung work to improve the subtle body and overall health.





Perhaps the most poignant moment of the tour came when Rinpoche taught at Gyuto Monastery in Dharamsala. Gyuto is the largest Tibetan Buddhist Tantrayana College in India (and Tibet) where only the highest *Geshes* of Tibetan Buddhism are allowed to study. Rinpoche spoke at length about the history and purpose of Lu Jong and Tsa Lung practices in Tantrayana Buddhism. He explained how he had modernized these traditional practices in order to benefit all sentient beings, but that their greatest significance belonged there—to the Tantrayana scholars, where they can be restored and reintroduced as part of the standard teachings.

And as these great scholars bent forward in unison for their first *Nangmo Chu Tung*, these precious Tantrayana movement treasures had clearly returned home. ■