



WISDOM ACADEMY

Tibetan Yoga

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Lesson 9:

The Zhang Zhung Nyan Gyud
Ngondro Movement

Reading:

*Foundational Posture (Ngondro Trul khor) of Zhang
Zhung Nyan Gyud by Pongyal Tsenpo*
by Alejandro Chaoul, Ph. D.
and the Ligmincha Institute

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Foundational Posture (*Ngondro Trul khor*) of Zhang Zhung Nyan Gyud by Pongyal Tsenpo

The purpose of trul khor is to develop meditation practice (*bog don*). An important secondary benefit is to clear away the obstacles (*geg sel*) that obscure our meditative state.

These practices are in Dzogchen texts. So far, we have seen those from *Instructions on the A* (*A-tri trul khor*). In this session we will include the ngondro movement from another important Bon Dzogchen text: the *Listening Transmission of Zhang Zhung* (*Zhang zhung nyan gyud*).

This ngondro posture is like an “energetic massage” of the body, similar to one of the A-tri trul khor we saw and practiced in lesson 3, but without the initial visualization. The text describes this energetic massage as having six parts, each of which purifies one part of the body: head, right arm, left arm, right leg, left leg, and torso.

- Sit cross-legged in the five-point posture.
- Inhale and raise your arms from the sides and clap palms together over head, rubbing palms vigorously to generate heat.
- With both hands, massage the six parts in the following order: head, right arm, left arm, right leg, left leg, and torso.

Concluding Movement: Sitting or standing as with the magical movements before, shake legs and arms vigorously, feeling that the obstacles of oneself and of all sentient beings are stirred and then dispelled as you exhale through the nose and continue exhaling through the mouth with the sounds *Ha Pha!*

Rest in your meditative or natural state of mind with your eyes open in an unfocused gaze to the sky or closed slightly, whatever is comfortable.

Stay in contemplation for as long as comfortable and conclude by dedicating the benefits of the practice to all sentient beings.