



# Magyu Tsalung and Tummo

Teachings by Drubdra Khenpo Tsultrim Tenzin

according to the

*Clear explanations on the daily practice of tsalung and tummo  
from the Mother Tantra, which is both an excellent medicine  
for healing hundreds of diseases  
and the essential elixir of immortality*

ཉིན་རྩེ་འཚོ་བའི་ནང་དུ་ཉེ་བར་མཁོ་བའི་གསང་ལྟགས་  
མ་ལྟར་ལྷི་མ་ལྟར་གསུམ་མོའི་  
ལག་ལེན་གསལ་བར་བཤད་པ་ནང་བཟུ་སེའ་བའི་ལྷན་མཚོག་  
འཚོ་མོད་མེ་མི་བདུད་ཚི་ཞེས་བྱ་བ་བཞུགས།

Includes original Tibetan text

Transcribed and edited by  
Carol Ermakova & Dmitry Ermakov  
Illustrations by Yungdrung Rabten

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# Contents

FOREWORD .....	1
ABOUT THE AUTHOR .....	3
INTRODUCTION .....	7
A BRIEF HISTORY OF THE MAGYU LINEAGE.....	7
INTRODUCTION TO TSALUNG.....	13
Tsalung in the context of Bönpo Tantra.....	14
Tsalung in the context of Dzogchen.....	16
A Brief explanation of tsalung, thrukhor, thigle and tummo.....	17
Tsa.....	17
Chakras.....	18
Lung.....	21
Thrukhor.....	22
Thigle.....	22
Tummo.....	23
Health benefits of tsalung.....	24
DAILY MAGYU TSALUNG AND TUMMO PRACTICE.....	26
1. THE KEY POINT OF THE NINE-POINTED BODY POSTURE:.....	27
2. THE KEY POINT OF THE VISUALISATION OF THE CHANNELS.....	29
3. THE KEY POINT OF VISUALISING THE WINDS.....	31
Chakras.....	31
Winds.....	39
4. THE KEY POINT OF NINE PURIFICATION BREATHINGS.....	41
5. THE KEY POINT OF THE LUNG PRACTICE.....	43
WITH FOUR ASPECTS.....	43
6. THE KEY POINT OF THE PRACTICE OF THE FIVE WINDS.....	46
i) Upward-moving Wind.....	46
ii) Life-supporting Wind.....	48
iii) Fire-equalising Wind.....	50
iv) All-pervading Wind.....	52
v) Downward-moving Wind.....	54
7. THE KEY POINT OF THE GUIDING SOUNDS.....	56
8. THE KEY POINT OF TUMMO PRACTICE.....	56
9. THE KEY POINT OF THE BENEFIT OF TUMMO PRACTICE.....	66
CONCLUDING REMARKS.....	67
ཉེན་རིའི་འཚོ་བའི་ནང་དུ་ཉེ་བར་མཁོ་བའི་གསང་སྤྲུལ་མ་རྒྱུད་ཀྱི་ཙ་རླུང་གཏུམ་མོའི་ལག་ལེན་གསལ་	
བར་བཤད་པ་ནང་བརྒྱ་སེལ་བའི་སྤྲུལ་མཚོག་མཚོ་མེད་ཚེ་ཡི་བདུད་རྩི་ཞེས་བྱ་བ་བཞུགས། .....	86
གསང་སྤྲུལ་མ་རྒྱུད་ཙ་རླུང་གཏུམ་མོའི་ལག་ལེན་གྱི་མཚན་འགྲེལ་བཞུགས། .....	79

## Foreword

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This book contains a daily practice manual on the *yoga* of winds, channels, inner heat and physical exercises extracted by Drubdra Khenpo Tsultrim Tenzin from the Mother Tantra of Yungdrung Bön, the spiritual tradition of Tibet which stems from the Central Asian Buddha Tönpa Shenrab Miwo who predates the more widely known Indian Buddha Shakyamuni by thousands of years.

While these techniques were previously reserved for those initiated into the Mother Tantra, Drubdra Khenpo has decided to share his daily practice with a wider audience because these methods have the potential to bring profound benefits not only for the development of meditation but also for health.

This book is an edited transcript of oral teachings given by Drubdra Khenpo Tsultrim Tenzin at the Foundation for the Preservation of Yungdrung Bön, North Pennines, UK, in November 2017. We have chosen this format rather than a word by word scholarly translation of the text he taught from,

ཉིན་རེའི་འཚོ་བའི་ནང་དུ་ཉེ་བར་མཁོ་བའི་གསང་ལྔ་གས་མ་རྒྱུད་ཀྱི་ཙ་རྒྱུང་གཏུམ་མའི་ལག་ལེན་གསལ་བར་བཤད་བ་ནད་བརྒྱ་སེལ་བའི་སྣམ་མཚོག་འཚེ་མེད་ཚེ་ཡི་བདུད་རྩི་ཞེས་བྱ་བ་བཞུགས།<sup>1</sup>

– ***Clear explanations on the daily practice of tsalung and tummo from the Mother Tantra, which is both an excellent medicine for healing hundreds of diseases and the essential elixir of***

***immortality***, since Drubdra Khenpo’s oral teachings include important additional clarifications and instructions vital for any practical application of these techniques. In this second edition, the original Tibetan text is included at the end of the book.

This manual is significantly enriched by colour illustrations made by talented graphic artist Yungdrung Rabten whom we want to thank warmly for his wonderful work and dedication.

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<sup>1</sup> Tib. Nyin re’i ‘tsho ba’i nang du nye bar mkho ba’i gsang sngags ma rgyud kyi rtsa lung gtum mo’i lag len gsal bar bshad pa nad brgya sel ba’i sman mchog ‘chi med tshe yi bdud rtsi zhes bya ba bshugs.

As well as the series of photographs for each exercise included here, we have also prepared a video of Drubdra Khenpo demonstrating the movements as a further visual aid for those who want to practise these techniques. It was filmed in the North Pennines in November 2018 and can be viewed at [www.yungdrungbon.co.uk/Multimedia.html](http://www.yungdrungbon.co.uk/Multimedia.html)

While these *tsalung* and *tummo* techniques are explained in detail here and can be practised safely, it is advisable to receive scriptural authorisation and further instructions from the master in order to further develop your practice and avoid common pitfalls.

We hope this book will be of benefit to many.

Dmitry Ermakov,  
North Pennines, UK,  
November 2018



**Drubdra Khenpo Tsultrim Tenzin with FPYB's Carol Ermakova & Dmitry Ermakov, North Pennines, UK, November 2018.**

## About the Author

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Khenpo Tsultrim Tenzin Rinpoche<sup>2</sup> was born in Yetha<sup>3</sup> in the Hor<sup>4</sup> region of East Tibet (Kham<sup>5</sup>), in 1968 to a Bönpo family of nomadic cattle herders. As a boy, he helped his family tend the sheep and yaks, and learnt reading and writing from his grandfather.

When he was nineteen, he entered the Lungkar<sup>6</sup> Monastery where he received teachings from *lamas* such as Uri Lama Nyima Lodrö<sup>7</sup> and Lopön Drangsong Yungdrung<sup>8</sup>. During this time, Tsultrim Tenzin completed the traditional preliminary practices and studied Tibetan grammar and poetry as well as various aspects of Bönpo<sup>9</sup> philosophy such as logic<sup>10</sup>, *parchyin*<sup>11</sup>, *wuma*<sup>12</sup>, *dulwa*<sup>13</sup> and cosmology<sup>14</sup>.

Tsultrim Tenzin served as *umze*<sup>15</sup>, chant master, for three years in the Lungkar Monastery.

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<sup>2</sup> Tib. Mkhan po Tshul khriims bstan ‘dzin Rin po che / མཁན་པོ་ཚུལ་ཁྲིམས་བསྟན་འཛིན་  
རིན་པོ་ཆེ།

<sup>3</sup> Tib. Ye tha / ཡེ་ཐ།

<sup>4</sup> Tib. Hor / ཧོར།

<sup>5</sup> Tib. Kham / ཁམས།

<sup>6</sup> Tib. Lung dkar / ལུང་དཀར།

<sup>7</sup> Tib. U ri Bla ma Nyi ma Blo gros / ཡུ་རི་བླ་མ་ཉི་མ་བློ་གྲོས།

<sup>8</sup> Tib. Slob dpon Drang srong g.yung drung / སློབ་དཔོན་ངང་སྟོང་གཡུང་རླུང་།

<sup>9</sup> Tib. bon po / བོན་པོ།

<sup>10</sup> Tib. tshad ma / ཚད་མ།

<sup>11</sup> Tib. phar phyin / ཕར་ཕྱིན། – Sanskr. pāramitā, a corpus of Sutra scriptures.

<sup>12</sup> Tib. dbu ma / དབུ་མ། – Sanskr. mādhyamaka, ‘middle way’ philosophy.

<sup>13</sup> Tib. ‘dul ba / འདུལ་བ། – Sanskr. vinaya, rules of monastic conduct.

<sup>14</sup> Tib. mdzod / མཛོད། – Sanskr. abhidharma.

<sup>15</sup> Tib. dbu mzad / དབུ་མཛོད།



**Drubdra Khenpo Tsultrim Tenzin.**

At the age of twenty-five, he moved to Menri<sup>16</sup> Monastery in Central Tibet where he studied with Pönlob Kalzang Nyima<sup>17</sup> from whom he received teachings on *Denö Dzö*<sup>18</sup> authored by Shardza Trashi Gyaltzen Rinpoche<sup>19</sup> (1859-1935) and the *A-Thri*<sup>20</sup> Bönpo Dzogchen manual. At this time he also gained the experiential

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<sup>16</sup> Tib. Sman ri / སྐྱམ་རི།

<sup>17</sup> Tib. Dpon slob Bskal bzang nyi ma / དཔོན་སློབ་བསྐལ་བཟང་ཉི་མ།

<sup>18</sup> Tib. Sde snod mdzod / རྗེ་སྣོད་མཛོད།

<sup>19</sup> Tib. Shar rdza Bkra shis rgyal mtshan Rin po che / ཤར་རྩ་བཀྲ་ཤིས་རྒྱལ་མཚན་རིན་པོ་ཆེ།  
– for biography, see Gyaltzen, Shardza Tashi. Commentary by Lopon Tenzin Namdak, Heart Drops of Dharmakaya: Dzogchen Practice of the Bön Tradition (Ithaca: Snow Lion Publications, 1993), pp. 17-29.

<sup>20</sup> Tib. A khrid / ཨ་ཁྲིད།

understanding of Great Perfection<sup>21</sup>. In 1993, Tsultrim Tenzin made the arduous journey to Triten Norbutse<sup>22</sup> Bönpo Monastery in Kathmandu, Nepal, to study intensively with his root Master Yongdzin Lopön Tenzin Namdak Rinpoche<sup>23</sup>, under whose guidance he deepened his knowledge of Sutra, Tantra and Dzogchen<sup>24</sup>. He also learnt astrology<sup>25</sup>, traditional Tibetan medicine<sup>26</sup>, and Sanskrit.

While studying, Tsultrim Tenzin served as the monastery's chant master for six years, and as *gekhö*<sup>27</sup> (disciplinarian) for three years. After completing the 14-year study programme, he passed the Geshe<sup>28</sup> examination in 2001 and received his Geshe degree (roughly equivalent to Doctor of Philosophy).

The following year, in 2002, Tsultrim Tenzin was appointed, by Yongdzin Lopön Tenzin Namdak Rinpoche as Drubdra Khenpo<sup>29</sup> – Abbot of the Meditation School – in Triten Norbutse Monastery. Since then he has been teaching Dzogchen in the meditation school there as well as giving instructions on Sutra, Tantra, Dzogchen, astrology and mandala painting in the monastic dialectic school.

Alongside teaching, Khenpo Tsultrim Tenzin Rinpoche has been practising Dzogchen meditation and Magyu *tsalung*<sup>30</sup>,

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<sup>21</sup> Tib. rdzogs chen / རྫོགས་ཆེན།

<sup>22</sup> Tib. Khri brtan nor bu rtse / ཁྲི་བརྟན་ནོར་བུ་རྟེ།

<sup>23</sup> Tib. Yongs 'dzin Slob dpon Bstan 'dzin rnam dag Rin po che / ཡོངས་འཛིན་སློབ་དཔོན་བསྟན་འཛིན་རྣམ་དག་རིན་པོ་ཆེ།

<sup>24</sup> Tib. mdo sngags sems gsum / མདོ་སྟེན་སྲིད་སེམས་གསུམ།

<sup>25</sup> Tib. rtis / རྩིས།

<sup>26</sup> Tib. gso ba rig pa / གསོ་བ་རིག་པ།

<sup>27</sup> Tib. ge khod / གེ་ཁོད།

<sup>28</sup> Tib. dge bshes / དགེ་བཤེས།

<sup>29</sup> Tib. Sgrub grwa mkhan po / སྐྱབ་གྲ་མཁན་པོ།

<sup>30</sup> Tib. rtisa rlung / རྩ་རླུང། – practice of winds and channels.

*thrulkhor*<sup>31</sup> and *tummo*<sup>32</sup> for two hours every morning. He sometimes travels to Tibet, China, Japan, Europe and England to teach Dzogchen, Tantra and *tsalung*.

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<sup>31</sup> Tib. ‘phrul ‘khor / འཕྲུལ་འཁོར། – literally ‘magical wheel’, ‘machine’, refers here to a series physical exercises.

<sup>32</sup> Tib. gtum mo / གཏུམ་མོ། – practice of ‘inner heat’.

*Magyu Tsalung & Tummo* is the first such detailed and richly illustrated manual for the ancient practice of yoga of winds, channels, inner heat and physical exercises. Here, Drubdra Khenpo Tsultrim Tenzin teaches a text extracted from the Mother Tantra of Yungdrung Bön, the spiritual tradition of Tibet which stems from the Central Asian Buddha Tönpa Shenrab Miwo who predates the more widely known Indian Buddha Shakyamuni by thousands of years.

While these techniques were previously reserved for those initiated into the Mother Tantra, Drubdra Khenpo has decided to share his daily practice with a wider audience because these methods have the potential to bring profound benefit not only for the development of meditation but also for health.

The *tsalung* and *tummo* techniques explained in detail here can be practised safely, but it is advisable to receive scriptural authorisation and further instructions from the master in order to avoid common pitfalls and further develop your practice.

**Drubdra Khenpo Tsultrim Tenzin** was born in Yetha in the Hor region of East Tibet, in 1968 to a Bönpo family of nomadic cattle herders. He entered Lungkar Monastery at the age of nineteen, then the Menri Monastery in Central Tibet six years later. In 1993 he joined Tritten Norbutse Monastery in Kathmandu, Nepal, where he studied Sutra, Tantra and Dzogchen with his root Master Yongdzin Lopön Tenzin Namdak Rinpoche. In 2001 he obtained his Geshe degree (PhD) there.

In 2002 Tsultrim Tenzin was appointed by Yongdzin Rinpoche as the Abbot of the Meditation School in Tritten Norbutse. Since then he has been teaching Dzogchen in the meditation school and other subjects in the dialectic school.

Alongside teaching, Khenpo Tsultrim Tenzin Rinpoche has been practising Dzogchen meditation and *Magyu tsalung*, *thrukhor* and *tummo* for two hours every morning. He sometimes travels to Tibet, China, Japan, Europe and England to teach Bönpo Dzogchen, Tantra and *tsalung*.



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