TIBETAN
TSALUNG TRULKHOR
HEALING THERAPY

Prof. Pasang Yonten Arya

TRAINING COURSE
TIBETAN TSALUNG TRULKHOR HEALING THERAPY

Prof. Pasang Yonten Arya
The Tibetan Tsalung Trulkhor healing therapy (rtsa rlung gi bcos thabs) is a method of healing body mind disorders that is non medication based. It is derived from the Tibetan Buddhist Tantric practice. It is a precious part of the Tantric yogic healing practice called Gegsel trulkhor (bgegs bsal ‘khrul ‘khor), or “magic obstacle pacifying practice”. In particular, it is the method used to remove the body-mind obstacles caused by rlung (Wind) blockage which may arise during intensive spiritual practices. Blockages become the cause of mental and physical ailments and, if remaining, disturb their function. Throughout the centuries, this practice has been one of the well kept secrets of the Yogis and meditators, with very limited knowledge about it available to the rest of the world.

Based on his knowledge and experience, Prof Pasang Y. Arya has skillfully designed a technical adaptation of this centuries old Tsalung healing practice, for use in modern day healing therapy environments. This “Practical Tsalung healing therapy” technique uses one’s concentration and meditative mind to generate the positive body-mind’s rlung energy, and through practice, improve the ability for it to move and be transferred through the body channels (rtsa), in order to heal and restore the energy imbalances and help it flow in oneself or others.

Prof. Pasang Y. Arya has taught this Practical Tsalung healing therapy practice since 1996 to only limited small groups of his students, but has now accepted the need to open it to a larger community of interested people.
Practical Tibetan Tsalung healing therapy
Training course

TME – Tibetan Medicine Education center is delighted to open a new Tibetan Tsalung healing and training practice in the form of a residential intensive workshop. It will take place in the beautiful and pure environment of the Swiss pre-Alps, in the village of Jaun, where healing waterfall flows, in our «Tanadug retreat House».

The full cycle comprises three levels. The healing and training practice is given in Switzerland in one-week residential workshops, each year, for 3 years. This course is open to everyone, however, for persons who have not completed the 3-year Tibetan medicine course (TME) (or at least the two first years), there is a preliminary requirement to complete a 6-month online course to cover the necessary theory for the Tsalung healing practice (see page 7).
Commitments

The ‘Practical Tsalung Healing Therapy’ brings together the essence of the instructions on practice. It is like a box of wishfulfilling jewels coming from a long tradition of precious tantric teachings, generally only given to prepared practitioners for their spiritual development. The ancient Tsalung instructions were almost always taught only orally, and to receive such teachings, important commitments are usually required.

However as the Practical Tsalung healing therapy practice designed here by Menrampa Arya Pasang Yonten from these teachings, is aimed to benefit others, the strict commitments required for highest Tantrayana practice are not obligatory. Still, this practice is not to be taken lightly. It requires respect, pure motivation, dedication, and being serious about the training. To be allowed to practice, all participants should develop love and compassion, and practice daily the medicine Buddha Sadhana Practice.

Basic qualification of Tsalung practitioner

The basic pre-requisite to start the practice of Tsalung is to be able to visualize colors or forms in their mind. They should be sensitive to feeling the Rlung energy flow in their hands and body. Over all one should practice the Medicine Buddha Sadhana and cultivate bodhicitta, the good heart practice.

Preliminary online course

Besides, participants who have not taken the 3-year Tibetan medicine course (at least the two first years), should take first a specific 6-month online course in order to get the necessary theoretical knowledge for the Tsalung practice. This online course gathers specific chapters of the Tibetan Medicine course that provide the necessary theoretical basic knowledge for the Tsalung practice.

Students will receive this material in the form of two downloadable textbooks. They will participate in five «live» two-hour interactive online Question and answer sessions. During these sessions, Dr Pasang Arya will directly answer their questions and, depending on the needs, complement and enlarge upon the teachings.
A manual book

Dr Pasang Y. Arya has written a manual book (Tibetan/English, 3 volumes) on Tsalung healing technique and practice where he lays down these teachings that have been so far given only by oral transmission. This book will be made available to the workshop students.

Tsalung healing therapy certification

At the end of each Tsalung healing therapy and practice workshop, there will be an examination. A Certificate in Practical Tibetan Trulkhor Tsalung healing therapy and its training Practice will be delivered to the trained participants who have skillfully passed the final examination of the third year. This will allow them to teach and guide the Tsalung healing therapy and its training Practice to others.

Fee

A. Tsalung + preliminary course: CHF 1635.- (swiss francs)
   6-month online course: CHF 600.- + Workshop level 1* (1st year): CHF 1000.- + Manual (CHF 35.-)

B. Tsalung (TM students): CHF 1035.- (swiss francs)
   Workshop Level 1* (1st year) + Manual (CHF 35.-) : CHF 1035.-
   For advanced TME Tibetan Medicine students, and students of the 3-year Tibetan medicine courses 2016-2018 and 2017-2020 (no preliminary course)

C. Tsalung + preliminary course (TME students 2018-2021): CHF 1335.- (swiss francs)
   6 month preliminary course + Workshop Level 1* (1st year) + Manual (CHF 35.-)
   Students enrolled in the 3-year Tibetan medicine course 2018-2021 (TME), should take the preliminary course but they will receive a reduction of 50% off of the price of the preliminary course

*Prices do not include travelling expenses, lodging and boarding.
Practical Tibetan Tsalung healing therapy
Training course

1st seminar-Cum workshop
Jaun - Switzerland

March 29 - April 4 2019 (batch 2)
April 5-11 2019 (batch 3)

The basis of Tsalung healing practice

Program

1st section
• Eight basic Tsalung trainings
• Five skills of Tsalung technique and practice.

2nd section Tsalung diagnosis
• Tsalung diagnosis and four techniques and trainings

3rd section Tsalung healing Practice
• Two healing practices
• Two Tsalung practices to pacify and control the negative energy
• Healing and balancing the body mind energy.

Supplement healing Practice
• Maning-Hadhon exercise part 1
Six day Tsalung healing study and training schedule

**March 29 2019** (batch 2) / **April 5 2019** (batch 3)

**Afternoon**

Participants arrival in Jaun
Gathering and introduction of the seminar-cum Tsalung workshop.

**March 30 - April 2 2019** (batch 2) / **April 9 2019** (batch 3)

Daily regular schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>5.30-6.30</td>
<td>Medicine Buddha Sadhana, <em>lung-ro gu truk</em> Respiration exercise and meditation.</td>
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<tr>
<td>6.30-8.00</td>
<td>Naropa’s Six yoga luejong and Maning Hadhon practice</td>
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<tr>
<td>8.00-9.00</td>
<td>Breakfast</td>
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<tr>
<td>9.00-10.30</td>
<td>Tsalung teaching</td>
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<tr>
<td>10.30</td>
<td>Tea break</td>
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<tr>
<td>11.00-12.30</td>
<td>Tsalung teaching and practice</td>
</tr>
<tr>
<td>12.30</td>
<td>Lunch break</td>
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<tr>
<td>14.30-16.00</td>
<td>Tsalung teaching</td>
</tr>
<tr>
<td>16.00</td>
<td>Tea break</td>
</tr>
<tr>
<td>16.30-18.30</td>
<td>Tsalung healing Practice</td>
</tr>
<tr>
<td>19.00</td>
<td>Dinner</td>
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<tr>
<td>20.00-21.00</td>
<td>Medicine Buddha Sadhana practice and sleeping yoga meditation</td>
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</tbody>
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**April 3 2019** (batch 2) / **April 10 2019** (batch 3)

Practical examination

**April 4 2019** (batch 2) / **April 11 2019** (batch 3)

Closing of the six day Tsalung healing study and training practice
First year certification delivery to the Participants.

12.30
* Lunch

Departure of the participants
Terms and conditions

Registration
This workshop is limited to 20 participants. The registration becomes valid at the reception of the payment. Seats will be then attributed in the order of payment reception.

Fee
Workshop fee : CHF 1000.- (swiss francs)/ Book fee (CHF 35.-) non included
This price doesn’t include travelling expenses, lodging and boarding.

Accommodation and meals (to be paid at least two months before the workshop)
Accommodation: The workshop house has several simple but comfortable rooms (3 to 7 beds).
Meals (6 breakfasts / 6 lunches / 6 dinners): The food will be simple and vegetarian. Attention, we cannot ensure special diets. We ask that you make your arrangements and we thank you for your understanding.

Full accommodation: 6 nights in a shared room + meals : CHF 410. /per person*
Meals only: CHF 230. /per person*
* the indicated price is calculated on the base of a group of 15-20 people.
For a 10-14 people group, the price is: Full accommodation (6 nights + meals): CHF 470.-
Meals only : CHF 260. /per person*. The supplement should be paid on the spot, at the workshop start

Minimum number of participants
In the case where the minimum number of 10 students has not been reached, TME shall inform the enrollee/participant at least 2 months prior the start of the workshop, and the fees paid in advance will be reimbursed. The enrollee/participant shall not be entitled to make any claims for having been inconvenienced or for any other damage.

Cancellation
Two months to one week before the start of the workshop, 60% of the workshop fee and room will be reimbursed, as well as the meals.
In the last week before the workshop, 30% of the workshop fee and room will be reimbursed, as well as the meals.
In the unlikely event that TME has to cancel the workshop, the full workshop fee will be refunded. We advise you to take out a cancellation insurance.

Visa
For students needing a visa to come to the workshop, please note that TME does not provide any invitation letter for visa. The participation to the course is at one’s own risk. It is the student’s responsibility to have the appropriate personal travel insurance. Except in cases of negligent behavior of TME - Tibetan Medicine Education center, the liability of property damage and financial loss is limited.

Applicable law, jurisdiction
Swiss law exclusively shall be applicable to the present agreement. Neuchâtel, Switzerland is stipulated as the place of jurisdiction.
Certificate in Tibetan Tsalung healing Therapy

Workshop level 1: The basis of Tsalung healing practice

1st section
• Eight basic Tsalung trainings
• Five skills of Tsalung technique and practice.

2nd section Tsalung diagnosis
• Tsalung diagnosis and four techniques and trainings

3rd section Tsalung healing Practice
• Two healing practices
• Two Tsalung practices to pacify and control the negative energy
• Healing and balancing the body mind energy.

Supplement healing Practice
• Maning-Hadhon exercise part 1

Workshop level 2

• Refresh the Training and Tsalung healing therapy
• Advanced teaching on Tsalung healing practice on five major and five minor winds

Workshop level 3

• Study on basic Buddhist concept of body, mind and disease and Tsalung spiritual healing practice to pacify the disease and other negative forces.