



Tibet und Himalaya-Colloquium

Dienstag, 15.10.2024, 18 Uhr c.t.

Universität Bonn, IOA, Raum 4.002

Brühler Strasse 7, 53119 Bonn

Tibetan Yoga and its Practice with Wind and Mind Systems

Geshe Lharampa Sonam Gyatso, Dharamsala, India

The yoga practice of Tibet is believed to have originated from the Buddha, as it is clearly mentioned in the Tantra *Rdo rje mkha' 'gro rgyud*. It was then passed on through the Indian Siddhas Telopa, Naropa and then to the Tibetan masters Marpa and Milarepa, and later Tibetan masters have even invented drawings of the postures. This practice belongs to the completion stage (*rdzogs rim*) of *anuttarayoga* tantra practice of meditation, and was therefore only practiced among religious communities. Today, however, it is practiced outside of religious communities to improve mental and physical health, and most of these yoga movements and exercises, especially such as “eliminating impure air,” are also taught for business purposes. Most of the exercises in Tibetan yoga are focused to hold the vase breathing (*rhung bum ba can*) and therefore look very similar to Indian yoga practices. However, the yoga practice in Tibetan Buddhism is also aimed at opening the knot of the heart channel and is therefore different from Indian yoga. In this talk, I will explain some important and distinct qualities of Tibetan yoga by following the saying, “if your body posture is straight, your nervous system will also become clear, if the nervous system is clear, you can breathe smoothly, and if the breathing is smooth, then you will get rid of negative emotions.”

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Geshe Lharampa Sonam Gyatso completed his twenty-year-long studies at Gaden Jangtse Monastery in India, graduating in 2014 with the highest monastic degree, “Geshe Lharampa”. He also completed an advanced degree in mantra in 2016 and studied Chinese at Sun Yat-Sen University in Taiwan from 2020 to 2021. In 2023, he has joined the Dalai Lama Institute for Higher Education in Bengaluru, India, to work on his PhD research topic: “Untying the knots of the heart nerves”. He taught as a faculty professor at Gaden Jangtse Monastery (2015-2019), as a visiting lecturer at the Central Institute of Higher Tibetan Studies in Varanasi (2020-2021), and in 2022 as a lecturer at Sarah College, Dharamsala. His publications include *Guide to the Root Knowledge of the Middle Way: Homage to Please All Buddha and Bodhisattvas*, a commentary on the text *Magical Key to Logic and Reasoning: A Feast for the Intelligent Mind*, as well as *Commentary on Distinguishing the Middle from the Extremes: An Ornament for the Necks of the Clear-minded*. He has also published numerous research articles online.

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