

Dr. Nida Chenagtsang: Karmamudra, The Yoga of Bliss

Introduction: Karmamudra and the Yuthok Nyingthig Tradition

In this interview, Dr. Nida Chenagtsang explores the teachings of *Karmamudra* (the yoga of spiritual union), drawing from his 2018 book "The Yoga of Bliss." Dr. Nida explains that within the *Yuthok Nyingthig* (Yuthok Heart Essence) system, *Karmamudra* and *Mahamudra* (the Great Seal) are essential practices that follow the Six Yogas.

Meeting Akulamo (Lamo Jack)

Dr. Nida recounts meeting his teacher Akulamo (literally "Great Uncle Lamo") at age 14 in Rebkong. Akulamo was a brilliant nomad scholar who, unlike many monks, was honest about his intense sexual desire. He transmitted to Dr. Nida not only literature and poetry but also private teachings on *Karmasutra* (sex education) and *Karmamudra* (spiritual practice).

Karmasutra vs. Karmamudra

Dr. Nida establishes a clear distinction:

- ***Karmasutra:** Focuses on basic sex education, physical positions, intimacy, and mutual respect. This is the "karmic" or physical level. As Ju Mipham said: "If you are an expert in *Kamasutra*, *Karmamudra* will be easier for you."
- ***Karmamudra:** An advanced spiritual practice. It uses physical union as a means to transcend the self, reaching a state of emptiness (*Sunyata*) and non-duality.

The Importance of Tummo

Tummo (inner heat) is the indispensable foundation for *Karmamudra*. Through *Tummo*, one melts the *thigles* (drops or essences) in the channels, generating a state of genuine bliss. Without prior training in *Tummo* and *Salung Trulkor* (yogic exercises), it is difficult to achieve the depth required for *Karmamudra*.

Teaching Styles: The Scholar and the Mahasiddha

There are two primary ways these teachings are transmitted:

1. **Scholar Style** (e.g., Je Tsongkhapa): Precise, systematic, and strictly based on the scriptures and philosophy of masters like Nagarjuna and Chandrakirti.
2. **Mahasiddha Style** (e.g., Tokden Shakya Shri): Direct, simple, and based on pure experience. This style, sometimes called "Ati Yoga style," emphasizes the direct experience of bliss without needing a complex theoretical structure.

The Nature of Thigles (Essences)

Dr. Nida classifies *thigles* according to the three mental poisons they help transmute:

- **Zekpa Thigle (Substantial Essences)**: Related to physical fluids and hormones (like oxytocin). These are the antidote for desire and attachment.
- **Ngak kyi Thigle (Mantra Essences)**: Related to sound and chanting. These are the antidote for anger.
- **Lung gi Thigle (Wind Essences)**: Related to subtle energy. These are the antidote for ignorance.

Orgasmic Bliss as Proof

Dr. Nida argues that ordinary orgasm is a "sign" or "proof" that Great Bliss (*Mahasukha* or *Dewa Chenpo*) resides in our nature. While ordinary orgasm is brief, the bliss of *Karmamudra* seeks to be long-lasting and transcendent, uniting solar and lunar energies.

Ethics, Abuse, and Sex Education

A primary motivation for publishing his book was to expose sexual abuse committed by religious figures using the name of *Karmamudra* to seduce students. Dr. Nida emphasizes the need for education:

- **Abuse vs. Love Stories**: It is vital to distinguish between predatory abuse and genuine love stories between teachers and students, although the latter can also be complex.
- **Transparency**: Organizations must conduct clear investigations ("finishing the movie") in cases of accusations, rather than issuing generic apologies.
- **The Role of Pornography**: Dr. Nida observes that most young people today "educate" themselves through pornography, which is aggressive and lacks real intimacy. He proposes *Karmamudra* as an educational tool to heal trauma and reconnect with the body.

Semen Retention: Medicine and Spirituality

While classical Tantric texts demand absolute semen retention, Dr. Nida (citing 17th-century master Lelung Shepey Dorje) warns that excessive retention can cause health issues (kidneys, prostate). Tibetan medicine suggests it is important to listen to the body's natural urges. Dr. Nida advocates for a balance based on each practitioner's physical condition and age, preventing the practice from becoming a psychosomatic issue.

Conclusion: Yoga as Healing

Karmamudra acts like homeopathic medicine: it uses the energy of desire itself to heal blockages in the chakras and restore the connection to one's inner nature. As the Chinese proverb cited by Dr. Nida says: "One throws a brick so another can throw a jade gem." His intention is to open a dialogue so this tradition can be understood and practiced with integrity and benefit.