

Chögyal Namkhai Norbu: Unification of the Three Spaces

(Note: Although the source file mentions Namkhai Norbu, the content and references —such as Serenity Ridge and the Three Precious Pills— confirm that the speaker is Tenzin Wangyal Rinpoche).

Introduction: The Zhang Zhung Nyen Gyu

In this teaching, Rinpoche presents the practice of the "Unification of the Three Spaces," a fundamental instruction from the *Zhang Zhung Nyen Gyu* (Oral Transmission of Zhang Zhung) cycle of the *Bön* tradition. The goal is to dissolve the root of ignorance and suffering by reconnecting with the sacred space that is our inner refuge.

The Root of Suffering: Ignorance

Rinpoche explains that physical and emotional unease (*samsara*) is born from ignorance, which is nothing more than a lack of self-knowledge or lack of awareness of our true nature. This ignorance feeds the "ego," which creates stories of pain, tension, and rejection toward others.

The Practice of the Unification of the Three Spaces

The technique consists of integrating three dimensions of our experience:

1. **Inner Space (Heart):** We look inward, directly observing the ego that is suffering or feeling challenged. By observing the pain without judgment, the ego dissolves, and we discover a vast, silent space in our heart. This is our "Inner Refuge."
2. **Space in the Channels:** We allow the energy and light of that inner space to flow from the heart through the channels (especially toward the eyes and senses), permeating our emotions and breath.
3. **Outer Space (Appearance/Object):** With open eyes, we look at the object that was causing us pain (a person, a problem, or a story). By projecting that inner space, we see the space that surrounds and dwells within the object, discovering that its real nature is pure, harmless, and empty of negativity.

Absolute vs. Relative Truth

Rinpoche makes a key distinction:

- **Absolute Truth:** This is the deep stillness and space that never changes. It is our indestructible natural state.
- **Relative Truth:** These are our obstacles, problems, and shifting visions. Since they are "relative," they have the capacity to be changed. A simple "shift of view" can turn a moment of tension into a gift of life.

The Inner Master and Guru Yoga

The "Inner Master" is the state of stillness, silence, and pure awareness. Ultimate *Guru Yoga* is not external devotion, but the unification of our essence with the Master's essence in that space of luminous emptiness. When we are connected internally, our devotion and the Master's compassion mix spontaneously.

Conclusion: The Indestructible Refuge

The practice concludes with the dedication of merit. Rinpoche emphasizes that this Inner Refuge is available to everyone, at any time, beyond traditions or languages. By resting in stillness, silence, and spaciousness, we naturally manifest the qualities of life: joy, compassion, and wisdom (*Prajnaparamita*).