

Buddhism Explained

[Narrator]: At 7:00 AM, we are doing Nei Jang longevity yoga. This will be here in the conference center, in the empty side of the room. These are practices that are different from the yoga you find in yoga studios in New York City or wherever you may come from. They are said to lengthen your life and improve the quality of your life while you are lengthening it. It is a very simple recommendation. Even I can do it, and I'm not a yogi. I have done these and they are really invigorating. These different breath techniques... well, I won't do those with a microphone. But anyone can do them; you don't have to be in excellent physical shape to benefit from them. We recommend that you try them. That's it for me. Sit down and listen.

[Dr Nida]: Should I use this one? I think this one is more comfortable. (Laughter). So, about dream yoga... going to sleep. Yes. All right. Who are the yoga practitioners? How many yoga practitioners are here? Hello, how are you? What kind of yoga do you do? Hatha? Ah, Hatha yoga. All right, good.

What does "yoga" mean? Let's talk about yoga. Yoga is a combination of two words: "Yo" and "Ga" (Nal and Jor in Tibetan). "Yo" (Nal) means the original state or the pristine state. "Ga" (Jor) means to achieve or to regain it.

It's very similar to water. Water in our body makes up about 70 to 75%, or even 80% for you (laughter). Originally, all types of water are pure. The nature of water is purity. But then somehow water can be stirred; it can be mixed with sand or mud, and then water becomes dirty or muddy water. Even with pollution, chemicals, or contamination. But the nature of water always stays the same—it is always pure. That's why we can refilter the water, right? It's something similar: the original nature of water is always pure and pristine, but somehow it can be mixed with sand, mud, garbage, or chemicals. Through the filtering process, we can regain the pure water. It is a very simple system, and that's called yoga.

Originally, we are all pure human beings. When we are very little. Probably the moment when we are conceived is full of bliss. You are like a star. We are just very little things full of happiness and joy. Probably your mother was saying, "Oh God, it's coming, it's coming," and then we entered... sorry, bad joke (laughter). It is a happy moment. The start of this life is a very happy moment, the original moment, the pure moment. But then, through our mother's nourishment and blood, the fetus begins to grow. We spend more than nine months there and we get tired and bored of staying in the mother's womb. We start kicking and then we come out. And still,

our state is very pure; the nature of being human is very pure and pristine.

Do you know what the first human mantra is? "AH". Did anyone teach you how to say "AH"? No, you didn't know how to speak when you were born. How did you say it? (Baby sound). That is called the original mantra, the pristine mantra: "AH". In dream yoga, we also use the sound "AH" at the center of our body.

We were all newborn babies once, and we all had this original version of ourselves. We are all unique and, at the same time, perfect in our own way. My nose is smaller than yours, but it's perfect in its size. Life was very simple and pure. Our emotions were also very simple: most of the time we spent sleeping, and when we cried, it meant we were hungry or we had soiled ourselves. Then our poor mothers would run to clean and feed us. This growing-up process is the original version, called "Yo" (Nal).

But then we enter kindergarten and primary school, meet our first teachers, and that's when all the problems start. We learn the ABCs, mathematics... $1+1$ is 2, $2+1$ is 5 (laughter). You can imagine this pure water, like a little spring coming out, very nice and clean. But as the water flows down, it has to go through sand, mud, and garbage. That's actually how our life starts to get messed up. We become teenagers, faced with many things, thinking we are grown up and better than our parents. The water gets stirred more and more: college life, love stories, broken hearts, marriage, and kids. Now we are here.

That's why we need "Ga" (Jor): we have to refilter. Nobody was born with depression, unhappiness, stress, or anxiety. Nobody was born with problems, even if we believe in karma. The nature of "Yo" is this original version of ourselves. Like flowers: it doesn't matter the color, the size, or where they grow. All flowers are perfect in their own way. We are also perfect in our own way. But once we start our education and study... education may be good, but it's often a process of brainwashing. That's the stirring part, where we lose our original nature. We become like an army: we have to think like others, be like others, and talk like others. That's the process where we lose the nature of "Yo". We are managed by many secondary conditions: culture, tradition, education, society. These become the cause of pressure and trauma. Instead of individual flowers growing in their own way, we have to grow in a farm with pesticides and chemical sprays.

Even on a physical level, 80% of our body is liquid. When we have physical problems, somehow our water is "messed up". Mentally and emotionally, it is the same. Even if we don't like chemicals, we are made of chemicals. But there are "pristine chemicals" that keep the balance and give us life. Because of many external conditions, we have lost that original state. That is why we use "Ga"

(Jor)—the refiltering process.

All the yoga we do—physical exercises, mental practices, mantra chanting—is called "Ga" (Jor). We refilter again and again to regain our original nature. That's called yoga. It's a Sanskrit word. Some say it means "union" (union with God or the divine self). It's very simple: to just be our original selves. That nature can never be destroyed, just as the nature of water can never be destroyed. It just gets messed up.

The Tibetan word is "Naljor". The Tibetan language is very close to Sanskrit, and the great translators were able to translate the Sanskrit words one by one. Tibetan is likely the only language that translated "Yo" and "Ga" separately: "Nal" means pristine/original, and "Jor" means to achieve it again.

If you study the Indian Ashtanga Yoga, it means "eight branches". They explain yoga in eight different ways. It's a very complex system, but today, especially in the West, yoga is mostly known as physical exercise. Everyone knows you have to do physical exercise for "spiritual support". Many do it as a "spiritual sport" or for stretching muscles, but that is superficial yoga. Thinking yoga is only body work is a wrong view. To refilter ourselves, we have to process ourselves in three different ways, called the "Three Gates": Body, Speech, and Mind.

Open those gates. Some of us find it easier to approach and understand ourselves through the physical gate, some through the speech level, and some through the mental level. There are "physical guys" who love sports and exercise. You guys can show us the "body yoga".

There's something funny in Western psychology: when you have a mental problem, you talk to a psychologist. They try to fix it with psychology. If that doesn't work, they send you to a psychiatrist. Then they use electric shocks, chemical injections, and powerful pills to put you to sleep. If that doesn't work, they lock you up. (Laughter). That's Western psychology for you. Sometimes someone has psychological issues, but maybe nothing is wrong at the mental level; they just need to unlock something physically. Maybe they need to exercise or walk. The gate for this person is the body, not the mind. If you try to fix a "lost mind" with more mind, it results in "double stirring". A friend told me: "Please don't send me to a psychologist. I thought I was okay, but after psychotherapy, now I have problems for two hours". (Laughter).

That's why the concept of the "gate" is so important. We all have ups and downs, feeling sadness or anxiety. If you know your type (body, speech, or mental type), you can find your way. That is your main gate. I really believe the body part can fix

the mental problem, and the mental part can fix the body problem. If you have a fracture, you need surgery, but it also requires a balanced mental state and relaxation to heal fast.

So we have Body Yoga. In Tibetan, we have a precise name for it: "Lu-jong" (body training). Then we have Mental Yoga, which is meditation. In Ashtanga Yoga, you talk about visualizations and mental work, but today most yoga is just body yoga. In Tibetan, mental yoga is called "Yid-kyi Naljor". Some people are not talented physically but are super talented mentally—their minds are sharp and they enjoy calculating and thinking. Their gate is the mind.

And then we have the third gate: Speech. Who loves to speak? Not many. (Only four people—I'm in trouble, I have to speak for the next few days). I think Bob is of the "speech door"—it never closes. (Laughter). If Bob comes here, we can open his gate wide. Some people enjoy talking, singing, and chanting mantras. They can chant for hours, but they are lazy when it comes to physical or mental yoga. Their gate is speech, and their yoga is chanting meditation. In Tibetan, it's called "Ngak-kyi Naljor" (speech/energy yoga). Indian Pranayama (breath work) is a typical speech/energy yoga in the Tibetan tradition.

From tomorrow morning at 7:00 AM, we will do the body yoga exercises. If you're not too lazy, it's good to join. In dream yoga, we will use a little bit of all three. But which gate do you think dream yoga is connected with? The mind. Our physical body is basically paralyzed when we are dreaming. Muscles don't work; it's a state of deep relaxation or paralysis. You see it in kids when they sleep. The body is paralyzed, and channel functions are on hold. And speech? Can you speak while sleeping? Rarely. Snoring is not considered yoga—snoring is a disorder. (Laughter). Anyone snoring here? Are you married? Oh God! (Laughter). Poor partner. Someone asked why more men snore than women: "Because men are more complicated" (laughter).

Why is the heart not a gateway? The heart and mind are together. In Tibetan, when we say "mind," the heart and consciousness are all in one. Devotion, love, and compassion belong to the "mind gate". That's why we have "Guru Yoga"—it's about love, compassion, and devotion.

In the night, the body and speech gates are shut down, and only the "mind gate" is open. That's why your mind/heart has many chances to create inner space. Opening that door is like entering another universe—the gate of the night. Dream yoga is considered part of "Mind Yoga".

Have you heard about the "Six Yogas of Naropa"? They are very famous. In our tradition, we have the "Six Yogas of Yuthok". They are divided into three groups:

1. Daytime Yoga: includes Inner Heat (Tummo) and Illusory Body (Magic Body).
2. Night Yoga: includes Dream Yoga and Clear Light (Sleep of Clear Light).
3. The Yoga of the Moment of Death: include the Bardo (intermediate state) and Phowa (transference of consciousness).

Our life is a cycle of day and night (or night and day, if you prefer). This cycle is "Samsara". We repeat day and night over and over. If you want to "refilter" yourself, you must clean yourself during the daytime. That's where daytime yogas like Tummo and Illusory Body come in. Professor Thurman likes to translate "Illusory Body" in a special way...