

The Power of Tummo

This lecture by Tulku Lobsang Rinpoche, delivered at the Tibet House in Barcelona, provides a profound yet accessible introduction to the practice of Tummo (inner fire). Rinpoche, renowned for his ability to bridge ancient Tibetan wisdom with the modern world, explains how the heat generated through meditation can transform our negative emotions into deep bliss and spiritual awakening. The talk also includes practical health advice based on traditional Tibetan medicine, emphasizing the importance of hot water, relaxation, and proper rest.

[Tiffany]: Good evening, everyone. It is a pleasure to welcome you to the Tibet House in Barcelona for this evening lecture by Tulku Lobsang Rinpoche on the power of Tummo. This is our first live internet broadcast, so we also welcome everyone following us from home. Following Rinpoche's appearance on the National Geographic program *The Story of God* with Morgan Freeman, where he explained this ancient Tantrayana Buddhist practice, the demand for teachings on Tummo has increased tremendously. Tummo is a very precious method, and we are grateful that Rinpoche is sharing it with us. Please, let us stand to welcome him.

[Tulku Lobsang Rinpoche]: Please, be seated. Today we are going to speak about the power of Tummo. Tummo comes from Tantrayana Buddhism, which is the teaching regarding the true nature of oneself. I always say that Buddhism is not a religion, nor a culture, nor a philosophy, but the science of discovering what we truly are.

For Buddhists, ignorance of our true nature is the only reason we are unhappy or unhealthy. Tummo is one of the fastest and easiest methods taught by the Buddha to discover this hidden nature. In Tantra, we use vehicles that may appear negative: death, sleep, and negative emotions—especially attachment. We use "poison as medicine." Attachment and the inner fire (*Tummo*) are essentially the same; we use the fire of attachment to free ourselves and discover our essence.

The Magic Body:

In Tantra, we call this human body the "wish-fulfilling tree." It is a magic body because it is the necessary tool for practice. Opening the body is much easier than opening the mind, which is always changing and very complicated. However, when

the body opens, the mind opens automatically.

The Three Steps of Tummo:

1. Inner Fire: First, we locate it through visualization beneath the navel.
2. Inner Bliss: The heat melts the "essences" or chemical substances in the brain, generating profound bliss.
3. Non-Conceptual State: As bliss increases, thoughts disappear. Finally, we experience the "Mother Clear Light" or Buddha nature: the mind without thoughts.

The Body as a Planet:

Imagine your body as the planet. The brain is the ocean of bliss. The chakras are large lakes, and the channels are rivers and streams. The brain contains the pure essence of the five elements (the "chemistry of bliss"). Normally, this ocean is frozen like ice and only releases about 16 small drops a day for the body to function. This is why we feel good in the morning but tired at night. When we practice Tummo, the inner fire melts that ice, and the essence flows throughout the body. Then you feel so much bliss that pain disappears; even if someone insults you or pricks you with needles, you would only feel pleasure and calm. You step out of time.

Relaxation and Health:

Relaxation is the secret to health. In the West, we live under "deadlines" that stress and block us. If you do not relax, those 16 drops are exhausted prematurely. By relaxing, the body opens and the brain can once again "water" your system. This is why sleep is so spiritual; it is the root of happiness. If you sleep well, you will be happier and have fewer reasons to harm others. Your happiness is important for the whole world.

Practical Advice from Tibetan Medicine:

Hot Water: It is the first medicine. Drink hot water, especially early in the morning.

Spring: During this season, the power of inner fire naturally decreases. It is vital to engage in intense exercise, avoid oily food, and drink hot liquids.

Winter: Interestingly, we have more inner fire during the winter.

Nutrition: Food is fuel. 80% of our health depends on what we eat. Do not eat too much (you would extinguish the fire) or too little (the flame would die out). Eat just enough to keep the fire burning.

Conclusion:

Tummo is not only a spiritual practice; it also helps on a medical level; it is a medicine for all diseases. But above all, Tummo is practiced through enjoyment: looking at a beautiful flower, enjoying breakfast, or laughing. Laughter is very beneficial for the brain and costs nothing. So laugh, joke, and be happy. Thank you very much!