

What is the Tummo-Bliss Practice?

In this informative talk, Tulku Lobsang Rinpoche explains the second step of Tummo practice: the awakening of bliss (*Tummo Bliss*). Rinpoche clarifies common questions regarding the relationship between inner fire, bliss, and the non-conceptual state. Through simple analogies about the body and mind, the talk offers a practical vision of how to transform tensions into a fluid and blissful "water body," utilizing both meditative techniques and the natural gifts of laughter and rest.

[Tulku Lobsang Rinpoche]: Happy Tibetan New Year to everyone! In Tibet, it already started a few hours ago, though not here yet. I decided to give this online talk because I received many questions about the "Tummo Bliss" practice that we will be teaching in the coming months.

The Three Paths of Tummo:

Tummo has three fundamental pillars connected to three active elements:

1. Tummo Fire: Connected to the fire element. This is the foundation we taught last year.
2. Tummo Bliss: Connected to the water element. This is what we will focus on now.
3. Tummo Non-Conceptual State: Connected to the wind (air) element. This is the deepest level of stillness.

There are two other elements (space and earth), but these are "neutral" or "silent" elements; they do not play a direct active role in this process of awakening energy.

Sutra vs. Tantra:

Sutra Buddhism: The primary vehicle is the Mind. One seeks a calm mind so that the body becomes functional. It is an arduous path because the mind is like an adult with a strong and complicated personality; it is difficult to train and changes direction in the blink of an eye.

Tantra Buddhism: The primary vehicle is the Body. One seeks a Bliss Body so that the mind becomes functional automatically. The body is like a child: receptive, perceptive, and easier to train. Results in the body are more stable than those in

the mind.

The Ice Body and Melting:

Our body is usually full of tensions and blocks; it is an "Ice Body." Pain is ice. To release this, we need inner fire. When the ice melts, it transforms into a "Water Body" or Bliss Body.

There are four natural moments in which this ice melts without effort:

1. Laughter: This is the most important spiritual practice in Tantra, even more so than chanting mantras. Authentic laughter melts tensions and allows you to feel a glimpse of the bliss body. If you laugh, you are free; life and relationships function more smoothly.
2. Sleep: This is a natural gift where tensions dissolve. This is why *Sleep Yoga* exists. Sleeping well is fundamental for recovering one's essence.
3. Sex: This is a very powerful and complicated energy, but it fuses the body and generates bliss.
4. Death: This is the total dissolution of blocks and tensions—the ultimate vehicle.

Bliss and its Directions:

In technical practice, we work with three types of bliss:

Male Bliss: Energy descending (from top to bottom).

Female Bliss: Energy ascending (from bottom to top).

Union Bliss: Bliss without direction—a gentle warmth that permeates the entire being.

As bliss is strengthened, thoughts and disturbing emotions naturally decrease. Reaching this state of deep stillness is what we call "meditating without meditation."

Conclusion:

This practice is the continuation of what we began last year. Even if you did not participate in the Tummo Fire teaching, you can join now, as bliss naturally integrates part of the fire practice. We seek to go beyond the limitations of our pain body and our conceptual mind to experience our unlimited potential. Thank you very much!