

# Thrul Khor

Ancient Tibetan Bon Yoga

Also by Tempa Dukte Lama

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Illuminating Emotion and Transformation*

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*Heart Drop of the Loving Mother*

# Thrul Khor

Ancient Tibetan Bon Yoga

Tempa Dukte Lama

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This book is dedicated to

**His Holiness the 34th Menri Trizin Lungtok Dawa Dhargye Rinpoche**



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## **Benefits of the Thrul Khor for the Upper Body**

Thrul Khor practice of the upper body helps open the channels in the upper body and clear blockages in these channels. This helps us maintain balance of our energy and body. Once our body maintains a balanced energy, we will enjoy excellent health.

When all channels in the upper body are open and clear, this will help clear the diseases and illnesses of the upper body related to heat, cold, and phlegm disorders. The main energy center of the upper body is the heart energy center. The main element related to the upper body is the fire element, whereas channels related to cold are gathered at the navel energy center. We visualize all heat related illnesses and diseases concentrated at the heart energy center and all cold related illnesses at the navel energy center. Through the Thrul Khor practice of the upper body, we then remove all heat related illnesses from our body. At the same time, we pacify all cold related illnesses within and dry up all phlegm. The upper body Thrul Khor also helps us maintain a clear mind free from dullness, drowsiness, and agitation.

# མདའ་འཕེན་གཟུ་འགོངས།

## Bow and Arrow

## Da Phen Zhu Phen

1. Sit cross-legged with the hands on the lap, palms facing upwards with the tips of the fingers of the two hands touching and the two thumbs touching the base of the respective ring finger.
2. Bring your attention to the heart energy center.
3. Inhale and hold your breath below the navel energy center throughout the movement.
4. Make fists and stretch the left arm up above your forehead. Imagine that you are holding a bow with your left hand and an arrow with your right hand. While holding your breath, pull the arrow three times with your right arm.
5. Now stretch the left hand with the bow downward so that it faces toward the ground in front of you. Pull the arrow toward you three times with the right hand. Hold the bow straight in front of you and pull the arrow with the right hand three times.
6. Repeat the entire sequence with the arms reversed so that the bow is now held by your right hand.

## Concluding Exercise

Sit with your knees bent and open to the side and the soles of your feet touching. Rub your head and body with your fists. Then hold your toes with your hands and jump up and down off the floor while simultaneously releasing your toes and saying *ha phet*. Now resume the meditation posture and rest in the unified state of emptiness and awareness.

(For complete description with pictures, see page 230)



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(5)



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(6)



(6)



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ཀྱེད་པ་ལྡོ་བ་སྒྱུར།

Kyed Pa Dho Gyur

## Waist Stone Lifting

1. Sit cross-legged with the hands on the lap, palms facing upwards with the tip of the fingers of the two hands touching and the two thumbs touching the base of the respective ring finger.
2. Bring your attention to the heart energy center.
3. Inhale and hold your breath below the navel energy center throughout the movement.
4. Place the upper arms at the side of your body so that they gently press along your ribs. The arms are bent at the elbow so that the hands are in your lap.
5. Imagine a stone in front of you, pick it up and place it on your right side three times.
6. Change the side, placing the stone three times to your left.
7. Place the stone three times in front of you.

## Concluding Exercise

Sit with your knees bent and open to the side and the soles of your feet touching. Rub your head and body with your fists. Then hold your toes with your hands and jump up and down off the floor while simultaneously releasing your toes and saying *ha phet*. Now resume the meditation posture and rest in the unified state of emptiness and awareness.

(For complete description with pictures, see page 230)



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བྱ་རྗེད་འཕར་སྟབས།

**Jagod Phar Tab**

## **Flying of the Vulture**

1. Squat on the floor with your heels lifted off the ground.
2. Bring your attention to the heart energy center.
3. Inhale and hold your breath below the navel energy center throughout the movement.
4. Place your hands on your waist with the thumbs facing towards your back.
5. Turn your head and look to the right, then to the left.
6. Stand up and jump to the right and to the left three times, alternating sides while at the same time twisting your torso and saying *phet*. Keep your hands on your hips with the elbows bent to the side.
7. Now bend and straighten your legs three times, opening them while you bend down and closing them while you come back up.
8. Jump up and down while flapping your arms like wings.

## **Concluding Exercise**

Sit with your knees bent and open to the side and the soles of your feet touching. Rub your head and body with your fists. Then hold your toes with your hands and jump up and down off the floor while simultaneously releasing your toes and saying *ha phet*. Now resume the meditation posture and rest in the unified state of emptiness and awareness.

(For complete description with pictures, see page 230)





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## **The Fourth Series: Med Jang – Thrul Khor Exercises of the Lower Body**

The fourth series is *Med Jang*, which means exercises for the lower body. This series has nine exercises to clear obstacles of the lower body.

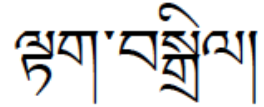
- |                                    |                       |
|------------------------------------|-----------------------|
| 1. Rolling on the Back of the Head | Tag Dril              |
| 2. Lady with the Hair Knot         | Tra Phud Ma           |
| 3. Summersault                     | Teng Gyur Hog Gyur    |
| 4. Four Limbs Kicking              | Zhi Phra Ma           |
| 5. Six Rolls                       | Drug Dril Ma          |
| 6. Bow and Arrow                   | Da Phen Zhu           |
| 7. Jump of the Tigress             | Tag Mo Chong Tab      |
| 8. Weaving Brocade                 | Gyamo Dar Thag Thigle |
| 9. Strengthening the Energy Drop   | Tob Gye               |

## **Benefits of the Thrul Khor for the Lower Body**

The Thrul Khor practices for the lower body help open the energy channels in the lower body and clear blockages in these channels. When the channels of the lower body are clear and open, diseases and illnesses of the lower body caused by imbalances in bile, wind, and phlegm will cease. These Thrul Khor exercises help us maintain a healthy, lean, lustrous, and strong body. Ultimately we will enjoy longevity of life.

The channels of the lower body are connected to the secret energy center, which is located between the anus and sexual organ. The element related to the lower body is water. Hence, practicing these Thrul Khor movements helps balance the water element. Thereby, it helps us clear illnesses related to cold and heat. The practices also help regulate bowel movements and perspiration.

Ultimately, through these practices we will experience bliss, clarity and non-conceptual awareness and realize the awakened body of mind and energy.



**Tag Dril**

## **Rolling on the Back of the Head**

1. Sit cross-legged.
2. Bring your attention to the heart energy center.
3. Inhale and hold your breath below the navel energy center throughout the movement.
4. Now hold your big toes, then bend forward and touch your forehead to the ground. Roll back until the back of your head touches the ground. Come forward again touching your head to the floor. Do this movement three times; then release the toes.
5. Now reach between your legs and grab your big toes from the inside. If you cannot grab your big toes, grab your feet in any way you can. Then practice rolling forward and backward again, three times.

### **Concluding Exercise**

Sit with your knees bent and open to the side and the soles of your feet touching. Rub your head and body with your fists. Then hold your toes with your hands and jump up and down off the floor while simultaneously releasing your toes and saying *ha phet*. Now resume the meditation posture and rest in the unified state of emptiness and awareness.

(For complete description with pictures, see page 230)



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