

Live Well

# The Health of Your Subtle Body

## *Discover Methods to Release Blockages*

BY: FARRAH GARAN

How is the health of your subtle body? Do you know how to improve it? Do you know why you should? Considering the vital role our subtle body plays in the health of our body and mind, too few of us are empowered with the tools to do anything about it.

Our subtle body is a network of 72,000 channels as well as the wind-energy and essence that flow through them. In the Tibetan Tantrayana view, we lose one channel every day, and this is how we become old, sick, and eventually die. This number increases significantly due to wrong movement, wrong diet and wrong behaviour. But the good news is that this is completely within our control! We just need the right methods.

For that, we need a master of the Tibetan Tantric teachings. Tantrayana Buddhism is a path that uses the body as a vehicle for transformation of the self. It contains great methods for releasing blockages in the channels, opening them and making them flexible and supple. The advantages of this are profound. On a physical level, when the channels are blocked, vital energy and nutrients are prevented from flowing throughout the body. The result is less energy, less vitality and increased susceptibility to disease. The wind-energy that flows in

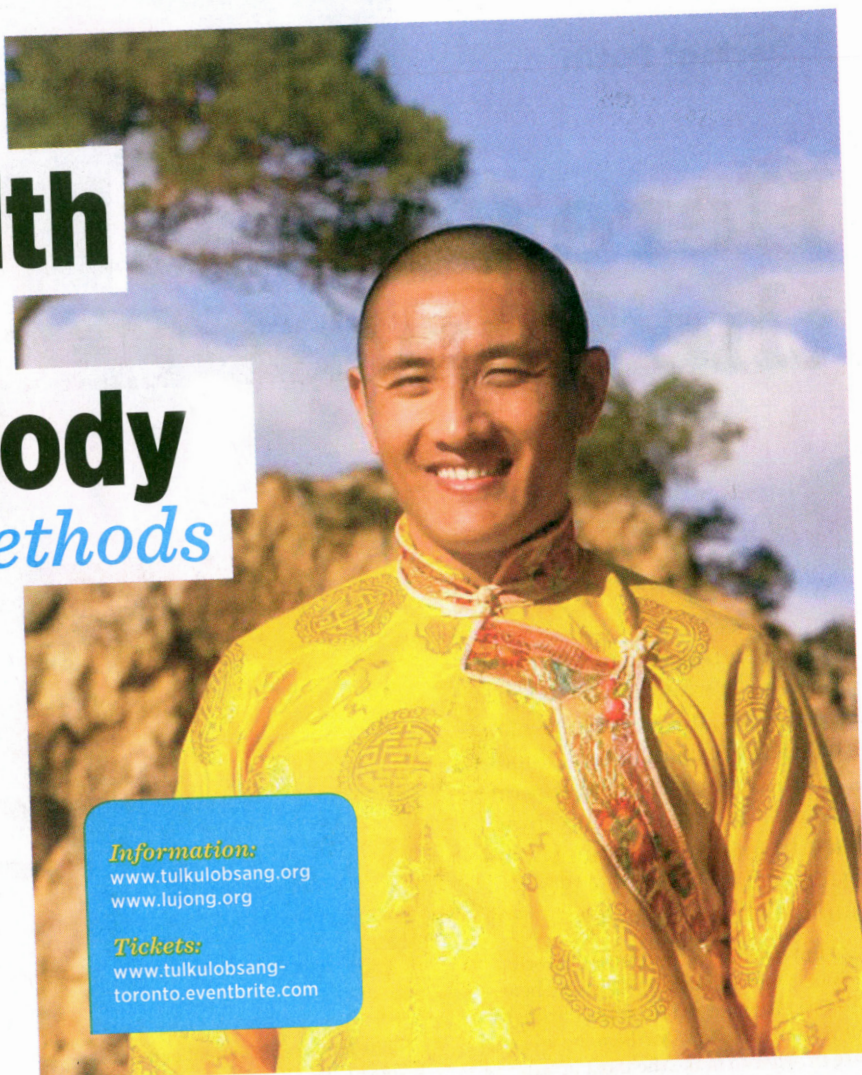
the channels is intimately connected with the mind. When the wind doesn't flow, the mind doesn't flow; it's stuck, agitated and limited. Finally, our essence is deeply connected with our well-being. If you are depressed for no specific reason, burnt-out, or have difficulty experiencing joy, this may very well be an issue with the subtle body. Regardless of whether or not we are experiencing acute problems, we all should have a regular practice to keep the subtle body open and healthy.

Tulku Lobsang is one of those great masters that can offer this. His knowledge of the tantric healing arts is vast and profound. Born in Amdo, Tibet in 1976, he was recognized as a tulku, a reincarnated lama, at age 13. He received intensive training at a Buddhist monastery and is a Doctor of Tibetan Medicine and Astrology. Today, Tulku Lobsang travels

the world sharing the Tantrayana healing wisdom. He has compiled the most beneficial and accessible practices relevant for the modern world.

Tulku Lobsang will be teaching in Toronto for the first time on August 1st and 2nd. On August 1 experience his charismatic style at a public talk entitled "The Power of Change." The following day, he'll be offering a workshop. Participants will receive a daily practice that will enable them to directly experience the benefits of opening the subtle body channels. He will teach the Five Elements Movements of Lu Jong: Tibetan Healing Yoga, as well as the breathwork practices of Tsa Lung (Tibetan: tsa = channel, lung = wind). ■

**Farrah Garan** is a teacher of Lu Jong: Tibetan Healing Yoga and is excited to introduce Toronto to the powerful methods taught by Tulku Lobsang, Tantrayana Master and Doctor of Tibetan Medicine. [www.tulkulobsang.org](http://www.tulkulobsang.org)



**Information:**

[www.tulkulobsang.org](http://www.tulkulobsang.org)  
[www.lujong.org](http://www.lujong.org)

**Tickets:**

[www.tulkulobsang-toronto.eventbrite.com](http://www.tulkulobsang-toronto.eventbrite.com)