



*The Kalachakra Tantra revealed:
"Just as it is in the outer world, so too it is in the inner world"*;

May each one of us understand the profound connection that exists between our outer and inner worlds and use this wisdom positively to achieve inner and world peace and personal and planetary transformation.

May each one of us attain, through this Ngalso meditation of the Glorious Wheel of Peace Times, the pure crystal energy body of light and nectar.

*May each one of us realise that the methods of Ngalso Tantric Self-Healing offer
"liberation in the palm of our hand"*;



Lama Gangchen

The Glorious Wheel of Peace Times

Ngalso Tantric Self-Healing Practice

Meditation on Kalachakra to create the pure crystal energy body of light and nectar,

to realise inner peace and link this world to Shambala

The Kalachakra or Time Cycles Tantra is one of the most famous and important tantras of Indo-Tibetan Buddhism. It offers us a way to understand and harmonize the energies of our body and mind with those of the universe, using them positively to develop inner and world peace, healing and enlightenment. There are many different types of Kalachakra practice dealing with the outer, inner and alternative Kalachakras.



Outer Kalachakra

Astrological City of Kapala (Chyi Du Kyi Korlo)

The Outer Kalachakra deals with the structure of the universe in which we live: the outer elements, planets, stars and zodiac in terms of cosmology, astronomy and astrology. The Outer Kalachakra helps us to understand the world in which we live.



Inner Kalachakra

Medical City of Kapala: Nang Du Kyi Korlo

The Inner Kalachakra deals with the structure of our inner universe: our elements, energy winds and drops, as well as their movement through our gross, subtle and very subtle body, mind, channels and chakras - our inner zodiac. Traditional Tibetan Medical theory is largely derived from the teachings on Inner Kalachakra and it helps us to achieve physical and mental

health and wellbeing.



Alternative Kalachakra

Secret City of Kapala (Shen Du Kyi Korlo) The Alternative Kalachakra is the path of harmonizing and purifying the outer and inner worlds by using the special generation and completion stages of the Mantric Vehicle Yogas. This path helps us to achieve enlightenment and inner and world peace, resulting in the transformation of our ordinary lives into transcendental ones, and our ordinary bodies in pure crystal energy bodies of light.

The Kalachakra Tantra was taught by Buddha Shakyamuni, approximately 2500 years ago, in ancient India and it is considered his last major teaching. It was King Suchandra of Shambhala (which is believed to be situated near Lake Baikal in Mongolia) who requested Buddha to transmit teachings and healing methods that would bring enlightenment to him and his subjects and create a peaceful and idyllic society.

The Buddha revealed the 722 Kalachakra deities and the five mandalas (Mandalas of Body, Speech, Mind, Supreme Wisdom and Great Bliss) in a place called Sri Danyakota, South India. There is now a lot of debate about where this is, but many Kalachakra scholars believe that it could be the site of the extraordinary mandala-stupa of Borobudur in Central Java, Indonesia. This thesis is supported by the fact that both the words 'Java' and 'Danyakota' mean 'Rice Heap'. In addition, some of the early Kalachakra Lineage Gurus were Javanese, and Atisha (the founder of the Kadampa Lineage of Tibetan Buddhism, from which the Gelugpa lineage and Ngagso lineages are derived) lived in Indonesia for twelve years in the 11th century, receiving highly significant teachings.

Since Atisha's time, Kalachakra has been practiced by all the Tibetan Buddhist Schools. Nowadays, the Alternative Kalachakra path is associated with the Dalai and Panchen Lamas, the Inner Kalachakra is associated with the Tibetan medical system and the Outer Kalachakra with the Tsurpu and Phugpa systems of Kalachakra Astrology.

The meditation method presented in this book is based on Kalachakra, in union with his consort Bhiswamata, and the Ten Shaktis or female divinities who represent the ten main energies in our body. It has been prepared to deepen the knowledge and experience of students following the Ngagso Lineage to the Kalachakra Practice introduced in the Ngagso Tantric Self-Healing 2 book.