

Audio-CD to the film "The Knowledge of Healing"

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HEALING MEDITATION
WITH MANTRAS, PRAYERS, PUJAS AND TRADITIONAL INSTRUMENTS
OF THE TIBETAN DOCTORS, NUNS AND MONKS

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DURATION: 73 MINUTES

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Description:

HEALING MEDITATION
WITH MANTRAS, PRAYERS, PUJAS AND TRADITIONAL INSTRUMENTS
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08:28 1

A NEW DAY is born over the tree-covered slopes of Dharamsala, Northern India.

The first rays of the sun light up the Himalaya peaks. Gradually they penetrate the rich forest, shining upon the Tibetan pilgrims' path, which is located a few hundred meters away from H.H. the Dalai Lama's actual residence. Birds gather and fly up to meet the sun's rays. Nearby, Indians lead their donkeys burdened with heavy stones up the steep mountain path.

In the narrow streets down in lower Dharamsala countless merchants are setting up their stalls. Praying Tibetan men and women stroll along the pilgrims' path turning the many small prayer wheels and the large prayer wheel with the little bell.

00:32 2

THE MEDICINE BUDDHA MANTRA spoken by Doctor Tenzin Choedrak, His Holiness the Dalai Lama's personal physician: TADYATHA AUM BHAISHJYA, BHAISHJYA MAHA, BHAISHJYA RAJA SA-MUD, GA-TE SVAHA.

«The Tibetan doctor activates and enhances the effects of the medicine by reciting the mantra of the Medicine Buddha!» (1)

Mantra (Sanskrit) = One or a series of sacred syllables of power expressing certain cosmic forces and aspects of the Buddhas. The continuous repetition of mantras is practiced in Buddhist schools as a form of meditation. (2)

14:38 3

Mantra-ReCitation by the medical students of the Men-Tsee-Khang Medical Institute, Dharamsala, supervised by a Tibetan monk and Tibetan doctors. Mantra recitation forms part of the study of Tibetan Medicine since this is embedded in the Tibetan Buddhist Philosophy.

15:41 4

EVENING PRAYER performed by the nuns in the temple of the Shugsep nunnery, Dharamsala.

11:43 5

Puja. Ceremony of purification with H.H. Tenzin Gyatso, 14. Dalai Lama of Tibet during the inauguration ceremony of the new Norbulingka Temple near Dharamsala on November 8th, 1995.

04:43 6

Dungchen is a silver or copper long horn, made of three parts fitting into each other. Because of its weight and size (it can measure over 4 meters) its bell-mouth must rest on the ground or on some support whilst it is being played. During processions, an additional monk supports its bell-mouth. The DUNCHEN long horn is played during processions and ritual ceremonies. Mostly, they are made and also played in pairs.

01:32 **7**

Gyaling is an oboe with seven equidistant holes plus an eighth hole for the thumb. Its wooden body is conical. The mouth-piece is a metal ring on which the lips rest. Its bell-mouth is made of either silver or copper. Except for the occasion in which a single player opens a procession, the GYALING is played in pairs.

01:13 **8**

Kangdung is a small animal's horn. At one end is fixed a mouth-piece and at the other a bell-mouth. The KANGDUNG is also made and played in pairs.

01:35 **9**

Rölmo is a thick pair of cymbals with bent edges. Its central protrusion is roughly half the size of its total diameter. The inside of this protrusion is often painted in red. RÖLMO are played in ceremonies as well as in processions. They are held horizontally by two leather straps and played vertically.

01:18 **10**

Silnyen is a lighter and therefore higher-pitched pair of cymbals. Each cymbal is held by a central knob. SYLNIEN are played in the prayer hall and during processions. They are held vertically and played horizontally.

02:19 **11**

Disnga is a drum usually made of two stretched horse skins tinted with a green color. One hand holds it by the long handle while the other hand plays it with a curved stick. Its wooden body is carved or painted with ornaments.

03:17 **12** und 01:11 **13**

Tsog. All instruments appearing as they are played during rituals and ceremonies. Two variations.

04:43 **14**

WELCOME CEREMONY. In the morning of November 8th, 1995 H.H. the Dalai Lama arrives at Norbulingka (near Dharamsala) for the inauguration ceremony of the new temple. To welcome Him the instruments are played from the temple's roof top, whilst dancers from the traditional Tibetan dance company T.I.P.A. sing front of the temple.

Sources:

(1) (2) (3) Extracts from the book «The Knowledge of Healing» by Franz Reichle.

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