

The Vajrayana practice of Nyung-Ne (Fasting practices)

Nyung-Ne is the most effective course of practices to purify both outer environmental and our own inner mind. Especially now-a-days there is variety different diseases (epidemics) and natural or unnatural disasters. The practice was revealed by Bhikshuni Palmo, a practitioner who suffered from leprosy. She performed this practice for 12 years in conjunction with Chenrezig (Avalokitesvara) practice and become a great siddhini, attaining the Celestial Body. The retreat course involves powerful practices of purification such as periods of fasting, prostrations, and silence. Practitioners will also recite the six syllables Mani Mantra (Om Mani Padme Hung). This mantra purifies the six seeds of the six realms within oneself and, furthermore, has the effect of pacifying the suffering of all beings. In this way, the practice brings peace to the entire world and can be a cause for World Peace, very appropriate to these degenerate times. The purification practices increase positive energies and so in and of themselves are causes for happiness and harmony.

The Nyung-Ne purification retreat consists of maintaining eight vows and repeating practices of purification for a set number of days. The vows to be kept for the practice include:

1. No killing
2. No stealing
3. No sex
4. No telling lies
5. No drinking alcohol
6. No idle chatter, singing or dancing, makeup or ornaments
7. No evening meals or alternate day diet
8. No sitting in high seats

May benefit all beings