

## More About the Profound Practice of Chimed Sok Tig



His Holiness Dudjom Rinpoche's practice of Chimed Sok Tig is based on the terma of one of his root gurus, the treasure revealer (Terton) Zilnön Namkhai Dorje. His Holiness said that, through his own daily practice of this sadhana and practice in the longevity cave of Maratika, five years were added to his life. On many occasions he spoke of how important and profound this practice was for him personally, and he had extraordinary faith in it.

Ven. Gyatrul Rinpoche also has a strong connection with this practice. He received the empowerment and transmission for it from His Holiness and was encouraged by the Dudjom Sangyum to take this as one of his main practices, which he has done for many years.



### **A short teaching based on Ven. Gyatrul Rinpoche's *Commentary on the Practice of Chimed Sok Tig*\*:**

This profound method belongs to the terma tradition. It originated at the time of Padmasambhava, who, with his Indian consort, Mandarava, went to the famous long-life cave of Maratika in the mountains in Nepal to practice and accomplish it. It was there that Buddha Amitayus, the buddha of long-life, came to them and gave them empowerment, transmissions, and teachings, directly. After practicing these long-life methods in retreat for three years, both Guru Rinpoche and Mandarava achieved the state of Buddha Amitayus - the state of deathless immortality. Through this practice, they became fully enlightened and passed out of the round of cyclic existence.

When Guru Rinpoche traveled to Tibet, he took the scriptures of these teachings with him and buried them, hiding them as terma. He prophesied the time and details of their revelation, and he gave the full transmissions to two of his main disciples - Berotsana and Dorje Dudjom. Thus, the terma was concealed physically as well as within the minds of these two disciples.

Many centuries later, at the end of the 19th century, these two disciples reincarnated as the great treasure revealer, Zilnon Namkhai Dorje, who went to the practice cave of Dakini Yeshe Tsogyal in the country of Bhutan. There he found this treasure and pulled it out from a rock in the cave. The terma was revealed in the presence of many hundreds of people who came specifically to witness it. At that time, rainbows appeared in the sky, the sound of roaring dragons reverberated throughout space, and countless other wondrous signs occurred. But then the treasure revealer kept the terma secret for many years because, according to the prophecy, it was meant to be propagated by the treasure keeper, who was H.H. Dudjom Rinpoche.

At the appropriate time, when H.H. Dudjom Rinpoche was twenty-one years old, the treasure revealer and the treasure keeper came together for the first time. The treasure revealer, Zilnon Namkhai Dorje, bestowed upon His Holiness the empowerments and gave him all the transmissions and teachings. Then

His Holiness kept the practice secret for many years, transmitting it only occasionally to lamas and strong practitioners to ensure the purity and profundity of the blessings. Toward the end of his life, he gave the transmission more openly, but it was still a rare transmission to receive.

### **Why is this practice called "Chimed Sok Tig?"**

"Chimed Sok Tig" (pronounced "chee may sōk tig") is the Tibetan name for the entire cycle of treasures which was passed from the treasure revealer, Zilnon Namkhai Dorje, to the treasure keeper, Dudjom Rinpoche, as well as Dudjom Rinpoche's compositions based on that. "Chi" means "death" and "med" means "-less", so "Chimed" is translated as "deathless" or "immortal." In general, "sok" refers to the life force, which resides in the heart for the extent of a being's lifetime, while "tig" is short for "tiple," or "bindu" in Sanskrit, and can be translated as "vital essence" or "essential drop." In this context, "sok tig" refers to the fact that this longevity practice is like the heart or essence of all longevity practices. Thus, "Chimed Sok Tig" all together is translated as "The Vital Essence of Immortality."

### **Who is the Main Deity of the Mandala?**

Amitayus, the Buddha of Limitless Life, is the central figure of the Chimed Sok Tig mandala. "Ami-" (or "-Pag Med" in Tib.) means "limitless;" "-tayus" (or "Tse") means life. Hence, "Amitayus" means "Limitless Life." Amitayus is red in color with two hands holding a longevity vase, wearing the garments and ornaments of a Sambhogakaya Buddha. Often he appears with his consort, Mandarava, who holds a long life arrow and vase.

-----  
\* The longer commentary by Venerable Gyatrul Rinpoche is available from Vimala Treasures [here](#).