

## **The First Summer Retreat with Chögyal Namkhai Norbu**

**Date :** July 21, 2016

### **“Longsal Ati Gongpa Ngotrod, Introduction to the State of Ati”**

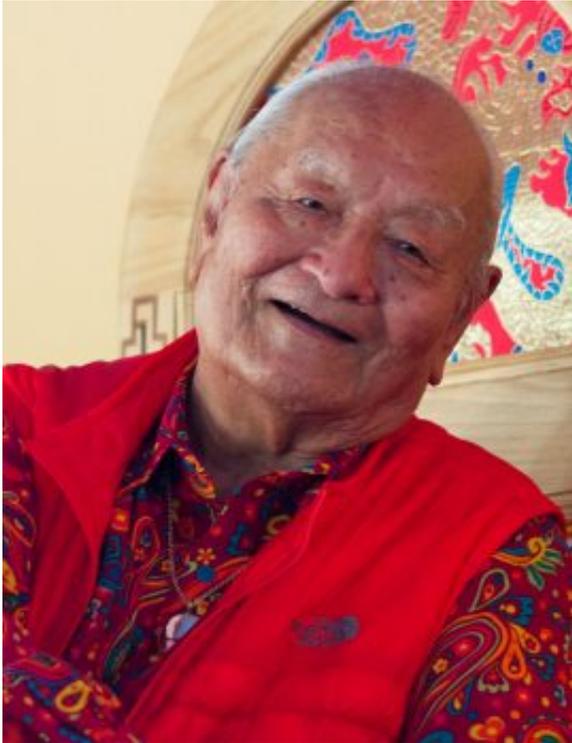


Photo by Fulvio Grosso

From July 9th to the 15th Chögyal Namkhai Norbu held the first of two summer retreats at [Merigar West](#), which celebrates its 35th anniversary this year. The topic of the retreat was “Longsal Ati Gongpa Ngotrod, Introduction to the State of Ati”, a teaching contained in the second volume of Rinpoche’s Longsal series.

It is difficult to find adjectives to describe everything that our Teacher taught. We can only say that once again he transmitted all the knowledge of Dzogchen through this text with extreme clarity. This allowed those who had come to teachings for the first time to understand the essence of Ati Yoga, and those who have followed these teachings for years to understand them more deeply.

The organization was impeccable thanks to the commitment of about 40 “karmayogis” who saw to everything needed to help more than 700 people comfortably follow the teachings in the [Gönpa](#) as well as all the other retreat activities. This was also the result a well-established organizational

experience.

After the teaching finished there were ritual offerings to the Master which this year included those of the children who had prepared some decorations with flour and salt during the child-minding sessions.



Khaita dances with Chögyal Namkhai Norbu in the Gönpa. Photo Fulvio Grosso

There is a whole new generation of children of practitioners who are starting to make contact with the Community. Many of those who were very young in the early years of Merigar and grew up with Merigar are now adults who follow the teaching and actively participate in the life of this Gar. A very good sign.

*Gino Vitiello*