

Bardo, Death, and Impermanence Retreat

Date : August 1, 2016

with Zoli Cser at Merigar East



Between 18-23 July the Gar on the Black Sea hosted a unique Bardo, Death and Impermanence retreat with [Santi Maha Sangha](#), [Yantra Yoga](#), and [Vajra Dance](#) instructor Zoli Cser from Budapest. As we all know, Rinpoche is not travelling much this year and we were looking for ways to keep our lovely Merigar East alive and vibrant.

What better way to keep it alive than immerse ourselves in all-day-long impermanence and death practices, gathering from many corners of the world to come here and practice in the Gönpa or at the beach. We were very happy to have this 6-day long retreat with Zoli and our other Vajra sisters and brothers from Hungary, Bulgaria, Israel, the Czech Republic and Romania. The very young children who were there do not appear in the retreat photo, probably because they were outside

running or playing, but they served all of us mind-blowing examples with their manifestations of spontaneity and joy.



For those practitioners that received transmission via webcast, this was the first Dzogchen retreat with a relatively large number of people. For others, this was the first time they stepped on the mandala during our daily Vajra Dance at sunset. In any case, time flew and, with the exception of a selected few, we had the immediate chance to return to our daily lives with freshly purified [Six Lokas](#) and see how that is.

May we meet again soon and practice together!

Thank you, Rinpoche! Thank you, Zoli! Thank you, Vajra brothers and sisters!

*Alexandru Anton
for the Merigar East Blue Gakyil*

Merigar East is situated between the village 23 August (3km) and the Black Sea coast (800m), in the middle of the fields, where there are no buildings at all, it is only open space! The Gar is situated between two seaside resorts (Costinesti and Olimp, 3 km far each). There are 2 beaches close to the Gar: the bigger one, with few restaurants serving Romanian traditional cuisine and local fish specialties and the smaller one, along the little fishermen's village and beautiful cliff, almost wild, used mainly by local people and Dzogchen practitioners.

