

Mirror 139 Is Online

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THE MIRROR



The Losar issue of The Mirror #139 is up on line and available for your reading pleasure. As with all the issues of The Mirror, this issue can be downloaded and read with an option to print. For all members The Mirror is FREE and you can download it at www.dzogchen.net, where, once you are logged in as a member, you can go to the dropdown menu in the upper right under your name and where you see The Mirror, you click on it and the entire archive of past Mirrors, as well as the newest #139, are available to you. If you are not a member you can purchase the issue on our homepage, [_](#)

This latest issue is equally as interesting and as valuable an addition to your Community reading as any. There are two Teachings from Chögyal Namkhai Norbu, both related to dance and movement, one about Khaïta and the other the Vajra Dance; information about the new Foundation, as well as updates on activities of the Shang Shung Foundation and an update from ASIA; news and photos from Losar; updates on the Dzamling Gar Gönpa and important information about accommodations in Dzamling Gar; interesting reports on all the varied activities of the Tibetan Medicine Program at Dzamling Gar including the appointment of four new instructors by Menla Phuntsog Wangmo, authorized by Chögyal Namkhai Norbu; extensive report and photos on a study group of the newest Vajra Dance called Khalongdorjeikar of the Song of the Vajra; an in depth interview about the nature of Yantra Yoga Supervisions with Laura Evangelisti; a lively and fascinating interview with Catharine Simmonds as a Community Artist about her unique work as an actress and director; a helpful talk from Santi Maha Sangha instructor Steven Landsberg called Emotions and the Application of Presence; an enjoyable How I Met story from Loek Jehee, the founder of Norbunet; a lovely translation of the Heart Sutra by Daniel Reid; international news from local Communities and two Book Reviews.

We hope you enjoy this issue!

Happy Earth Dog Year!

The Mirror Staff