

Santi Maha Sangha at Dzamling Gar

Date : November 3, 2018



Purification of Six Lokas Retreat with Igor Legati

October 25-30, 2018

Dzamling Gar

by Agnieszka Bielawska

From October 25-30, 2018, Dzamling Gar organized Purification of Six Lokas Retreat with Igor Legati.

Igor started with clarification of the theoretical context of this particular *rushen* and also discussed more topics. He explained the role and principle of *rushens* and *semdzins* in the Dzogchen Teachings and their relation to Sutra and Vajrayana practices and views that are found in the Precious Vase.

Igor also covered the principle of purification and the meaning of presence in Dzogchen.

In the mornings we had lectures and in the afternoons we did practices – Purification of the Six Lokas as well as seven of the main *semdzins*.

There was space for questions, both theoretical and practical. The last day we talked how exceptional our Dzogchen Community is and how all of us together create the everyday functioning. Everyone learned a lot and we enjoyed the course. Thank you, Igor, and the Blue Gakyil of Dzamling Gar for organizing the course.