

## **Santi Maha Sangha Base Level Retreat March 23-30 Program**

**Date :** March 20, 2018



**INTERNATIONAL  
DZOGCHEN COMMUNITY  
DZAMLING GAR**  
[www.dzamlinggar.net](http://www.dzamlinggar.net)

Dear Vajra Family,

We are warmly inviting you to the upcoming [SMS](#) Base Level Retreat taking place in [Dzamling Gar](#) 23rd – 30th of March. This retreat is open to all who have received the transmission of Guru Yoga from Chögyal Namkhai Norbu.

The suggested donation is 80 euros, but nobody will be turned away due to lack of funds.

The detailed schedule is included at the bottom of this message, however it may undergo some small changes.

Apart from the main sessions of our program, there will be an opportunity to collectively practice Yantra Yoga in the morning, Chöd and Vajra Dance in the evening.

Kind regards,  
Dzamling Gar Gakyil

### **SMS Base Level Retreat 23rd – 30th of March**

#### **Day 1 March 23**

10 am – 12 pm – Steven Landsberg

Introduction to the SMS Training

Following the introduction, the practice of the essence of the 6th lojong:

The Four Awareness that turn the mind towards the Teaching

3 – 5 pm – Elio Guarisco

The practice of the 7th lojong:

Training in the state beyond thought by means of pleasure and emptiness

5:15 – 7:15 pm

Practice of Khaita songs and dances

## **Day 2 March 24**

10 am – 12 pm – Fabio Andrico

The practice of the 7th lojong:

Training in the state beyond thought by means of clarity and emptiness

3 – 5 pm – Fabio Andrico

The practice of the 7th lojong:

Training in the state beyond thought through ultimate nature of phenomena

5:15 – 6:50 pm

Practice of Khaita songs and dances

7:00 – 8:30 pm – Steven Landsberg

Explanation of the practice of Chöd

## **Day 3 March 25**

10 am – 12 pm – Stoffelina Verdonk

The way to cultivate the relative Bodhichitta of intention: the Four Immeasurables

3 – 5 pm – Steven Landsberg

The 3 secondary practices for developing meditative stability: equalizing oneself with others; exchanging oneself with others; cherishing others more than oneself

5:15 – 7:15 pm

Practice of Khaita songs and dances

## **Day 4 March 26**

10 am – 12 pm – Igor Berkhin

The two absences of the independent entity: absence of independent entity in the person

3 – 5 pm – Igor Berkhin

The two absences of the independent entity: absence of independent entity in phenomena – the

four application of presence

5 pm

Ganapuja on the day of Guru Padmasambhava followed by Khaita

### **Day 5 March 27**

10 am – 12 pm – Lukas Chmelik

How to practice the recitation of the Three Roots: Guru (Padma Thodretsal); Deva (Guru Dragpo or Guru Tragphur); Dakini (Simhamukha):

Refuge, Bodhicitta, 3 sacred principles, visualization and recitation

3 – 5 pm – Mikael Kazaryan

The practice of the recitation of the Three Roots

5:15 – 7:15 pm

Practice of Khaita songs and dances

### **Day 6 March 28**

10am – 12pm – Julia Lawless

The practice of Khorde Rushen: Inner Rushen

3 – 5 pm – Elio Guarisco

The practice of Khorde Rushen: Secret Rushen

5:15 – 7:15 pm

Practice of Khaita songs and dances

### **Day 7 March 29**

10am – 12pm – Alexandr Gomonov

The Seven Semdzins: Semdzin of the White A; Semdzin of the syllable Phat

3 – 5pm – Alexandr Mochalkin

The Seven Semdzins: Semdzin of the Joyous Laughter of the Wrathful Manifestations, Semdzin of the struggle of the Asuras; Semdzin of the letter Ram

5:15 – 7:15 pm

Practice of Khaita songs and dances

### **Day 8 March 30**

10am – 12pm – Igor Legati

The Seven Semdzins: Semdzin of the HUM that chases thoughts; Semdzin of the Song of Vajra.  
Dedications, End of the Retreat.