

Semzin and Rushen Retreat in Mallorca, Spain

Date : July 3, 2019

With Alexander Skwara, June 1- 4, 2019



In the first days of June, we had the opportunity to learn and to train in some of the basic practices for discovering the state of Rigpa. Our little Dzogchen community in the Balearic Islands invited the Polish Santi Maha Sangha 1st Level Instructor, Alexander Skwara, to study and practice the rushen and semzin included in the SMS training.

For a long time our companion Alba has wanted to organize a retreat in a very special place in Mallorca. Just in the center of the island, near a village called Petra, on the top of a little mountain of pines, is the Bonany Hermitage, a monastery built in the XVII century. It offers space for guests with little bedrooms and simple services for pilgrims. Actually it is managed by two “donats”

(religious non ordained people dedicated to community service).

The course was focused on the three practices of the Secret Rushen according to the Upadesha Longsal Nyingthig tradition of Guru Padmasambhava and the seven essential semzin based on “The Wisdom Essence” instructions of Adzam Drugpa.

The retreat took place in a pleasant enviroment, relaxed, and cozy, well focused on the practice, helped by the natural surroundings. In those days we practiced observation, knowledge and training, not only about techniques but mostly applying observation of these on ourselves.

Our group of nine people was made up of people coming from Mallorca, Menorca, Ibiza and Madrid.

We all felt the importance of doing a longer retreat, according to the Master's indications in “The Precious Vase”, for deepening these practices.

We are really thankful to the Master, to the instructor, to the organization, to the partecipants , all together, in this enchanting place, working in harmony. Thank you.