

Dance of the Vajra that Benefits Beings at Dargaeling, Bulgaria

Date : March 20, 2018



On the 17th and 18th March, 2018, in Sofia we had the wonderful opportunity to take part in a course of the [Dance of the Vajra](#) that Benefits Beings. Our instructor Monika Lakatos guided us with attention to every detail (movements, mudras and their meaning), patiently and skillfully. For some of us this course was a precise introduction in the Dance of the Vajra that Benefits Beings, for others it deepened the experience and understanding of the practice. However all of us got a glimpse of the profoundness of this marvellous teaching.

Many thanks to Monika for her accuracy, kindness and joyful presence!

And gratitude to our Precious Master for bringing the Teachings to us!



