

THE MIRROR

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Schedule Chögyal Namkhai Norbu 2006



TASHIGAR NORTE, MARGARITA ISLAND

March 10-19
Dzogchen Semlung Namkhache
Retreat of Teaching and Practice of Namkhache at Tashigar Norte
Open Web Cast

April 14-23
Ati Lam-ngon Nasjyong
Tibetan Moxabustion Teaching and Application Retreat

May 5-14
A Retreat of Longsal Teaching
The Preliminaries of the Path of Ati about the Purification of the Six Lokas, Teaching and Practice
Open Web Cast

FRANCE

May 15
Leave for Paris

May 18-22
Paris Retreat
The Purification of the Six Lokas as Preliminaries of the Path of Ati

May 23
Leave for Karmaling

May 26-28
Karmaling Retreat
Nyamtrid Dzogchen Nyingthig

MERIGAR WEST, ITALY

May 29
Leave for Merigar

June 9-15
Longsal Teachings in the Gonpa of Merigar
Yeshes Zangthal and Nadzer's Transmission
Restricted Web Cast

June 18
25th Anniversary of Merigar Festival

June 30-July 21
Rinpoche's Personal Retreat

MERIGAR EAST, CRIMEA

August 4
Merigar East Retreat, Crimea
Leave for Crimea

August 9-15
Teaching and nature of web cast undecided.

MERIGAR WEST, ITALY

August 18
Return to Merigar

SANTI MAHA SANGHA II LEVEL
August 22-24 SMS Level I Exam
August 25-29 SMS Level II Training

September 8-16

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Teachings in the Gonpa at Margarita

M SALVATORE

Chögyal Namkhai Norbu Rinpoche Longde Retreat

The Root Upadesha on the Vajra Bridge of Longde

December 26 – January 2006

Margarita Island, Venezuela

by Steve Landsberg

The day after Christmas rain showers fell in the early morning, but by afternoon when the retreat was about to begin the sun came out and greeted about two hundred-seventy people for the Longde retreat at Tashigar Norte, Isla Margarita.

Rinpoche welcomed everyone, including the worldwide Community, as the retreat was offered as a video and audio web cast. On the first day of the retreat, Rinpoche introduced the context of the Longde Teachings, indicating that after direct introduction many doubts may still persist in regard to the nature of mind and in order to overcome those doubts, the series of teachings called Dzogchen Longde provides many methods. Rinpoche explained that the aim of Longde was not to remain in doubt and that the third series known as Menngagde, focuses on the third statement of Garab Dorje: continuing in that state integrating all aspects of body, speech, and mind.

Even if we think we have understood something of our real condition, Rinpoche stated that this may only be our limited idea - perhaps just a judgment - and stressed the importance of reconnecting to the transmission

through Guru Yoga again and again.

Rinpoche briefly explained that in the Longde teachings there are positions that are necessary for doing the practice and having the experiences of emptiness, clarity, and sensation. These three experiences form the basis for discovering the state of 'not remaining in doubt'.

Rinpoche advised his students not to practice only one series of Dzogchen teachings but to work with all three. While there exist differences in method regarding the three series, from the point of view of the state itself, there is actually no difference at all.

The empowerment of Nondzog Gyalpo was the subject of the second day of the retreat. Explaining the refuge section, Rinpoche said that although a vow of refuge and giving of a dharma name associated with the Hinayana refuge system might be useful, it is only relative and not the main point. Primarily, we go to refuge while journeying towards our goal so that we do not create any problems for the teacher, the path, or the sangha. Once, however, full realization is accomplished, there is no further need for any refuge. Moreover, he

said, that due to our negative emotions it was very easy for students to develop wrong intention in regard to the path and that before engaging in any practice we must transform those feelings by developing our intention to benefit all sentient beings.

The principle section of the retreat was an explanation of the Longde teachings based upon Rinpoche's newly written commentary on his Longde instructions from the Longsal Cycle of Teachings entitled "The Root Upadesha on the Vajra Bridge of Longde" (see *Longsal Teachings Volume One*). Divided into eight sections, the commentary explains how knowledge is introduced through the four Da (signs) of emptiness, clarity, sensation, and their inseparability. It also explains how to use the meditation belt, stick, the way of sitting and the four positions associated with the Longde practice. In order to establish the experiences associated with Longde, Rinpoche spoke in detail about the importance of the prana energy, its relation to time, and how to practice the four Da. Rinpoche also explained the remaining aspects of his commentary that detail the ways to develop and increase the experiences of the practice, the

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Year





Hello to the Dzogchen Community and welcome to this retreat. I am very happy we have another occasion to do a retreat together because doing a retreat together is something very useful and important.

*Semde Series:
Mind and Nature of Mind*

We are following the Dzogchen teaching. You already know the main points of the Dzogchen teaching. There are three series and the first series is related to the first statement of Garab Dorje, which we find in the Dzogchen Semde. *Sem* means mind and nature of mind; to discover the nature of mind it is necessary to use the mind. For example, to discover the potentiality of the mirror it is necessary to examine the reflections in the mirror. That is an example of all the concepts of the mind. *Semde* means mind and nature of mind altogether. *De* means series of teaching. In *Semde* we work with the first statement of Garab Dorje called Direct Introduction. In Dzogchen teaching, many teachers introduce the nature of mind directly and sometimes people can discover their real nature. Even if someone has discovered something through direct introduction, most people remain in doubt and are not sure if they have experienced anything. When people are uncertain of their experience, they want to ask the teacher, but the nature of mind is not easy for the teacher to clarify with words. Our real nature is beyond language and speech. When the teacher introduces the real nature, the teacher and student work together with experience. The teacher not only explains, but also together with the student repeats the experience again and again. If there already was doubt and doubt *still* remains, asking the teacher is not a solution. The teacher can say a few words, but the student will still not be satisfied.

*Not Remaining in Doubt
The Second Statement
of Garab Dorje*

There are methods for not remaining in doubt. That is the second statement of Garab Dorje and Dzogchen Longde is a series of practices related to this statement. *Long* means space - space as the base of all manifestations. For example, when we open our eyes and all of our organs of senses to objects, all our senses have contact with objects and we have some kind of very special experience and we learn through that experience. We learn with that kind of experience through the teaching and knowledge. When we are introduced and go through experiences one by one and have different kinds of experiences, like feelings or visions; these experiences related to visions are related to space. All objects of senses that we find in space are related to Longde; *long* meaning space and in that space we can have different kinds of manifestations related to our experiences. If you think about the difference between these two words, *sem*



Rinpoche in Margarita

M. SALVATORE

Chögyal Namkhai Norbu Introduction to the Longde Teaching Retreat Tashigar Norte, Margarita Island, Venezuela Dec 26 – Jan 1, 2005

Day 1

and *long*, you can understand that *sem* means something in *your* condition and *long* means something manifesting in space, which can also manifest your potentiality. It is important to have manifestations of one's potentiality because we do not have that kind of experience through thoughts. Manifestations through thoughts are only ideas. We have many different thoughts and ideas, but they do not correspond to our real nature. It is very important that we have the experience of visions in space and we work with them. *Long* means space and with Longde practice we have the possibility of having that kind of experience. When we experience that kind of manifestation, our knowledge becomes stable and we do not remain in doubt. We will not remain in doubt if we have a concrete experience.

*The Mysterious Object &
Discovering Our Real Nature*

I very often give the example of a mysterious object. We don't know what the mysterious object is; otherwise it would not be mysterious. When we want to find out what a mysterious object is we ask an expert. The expert explains, we listen and find something concrete. When we listen to and believe the expert we don't have any more questions and we think we understand. That is a decision of the mind. You think you have understood but you have not really discovered for yourself, and the mysterious object remains mysterious. Maybe you go to another expert and discover that expert is better than the one before and then you think you have discovered and understood. Then you find another book that explains more and more and you believe that new book. That means that whatever you discovered and knew before is not true or there would be no reason for you to change your idea. Many people function like this when they follow a teaching. Some people say that many years ago they followed a kind of tradition and teacher, but now they follow another tradition and

teaching that they find more satisfactory. In a real sense, that person is still living in the same way. Maybe that person can find *another* more expert teacher whom they believe much more, but that will not be the final teacher. You can change teachers all your life. If you need to change so much, that means you have not yet discovered your real nature.

How can you discover the mysterious object? If someone is *really* an expert of knowledge and says they cannot explain it to you, and that you can try to see it and go together to the place where the mysterious object is, that teacher is bringing you into the experience in order for *you* to have a direct experience. The teacher is not only giving you an explanation to follow. The teacher brings you into a dark room, for example. The room is dark because no one can see a mysterious object, otherwise it would not be mysterious. Then the teacher says that now you can have an experience, but that doesn't mean the teacher explains the experience and you look. If you look in the dark you cannot see anything, the teacher introduces you *how* to open your eyes. The teacher says one, two three and you look in front and at that moment you must be aware. You receive that instruction, you are with your teacher and you remain in that moment with the teacher in the dark and the teacher says one, two, three and at that moment you open your eyes and look. You have a kind of flash. That flash is the potentiality of transmission and that is why we say the teaching must connect with the transmission. If you follow the Dzogchen teaching and are not connected with transmission, you will not have realization even if you practice for many years. For that reason we should always practice Guruyoga; Guruyoga is connected with transmission. We must repeat the experience of the transmission and how we received direct introduction from our teacher; at that moment if you had some experience then you can repeat that experience. That is

called the state of Guruyoga. It doesn't mean that you are no longer in the dark for one or two hours. The flash is just for a short time and then it disappears.

Mother and Son Wisdom

In the Tantric teachings, when we experience this flash, it means we have received the wisdom of the son. Mother wisdom means that from the moment of the flash, you are forever in light and there is no more dark. We all have mother wisdom, but it does not manifest; Mother wisdom does not manifest because we are in samsara and have infinite negative karmic potentialities. That is why we need to do purification practice and should develop our capacity for being in the state of contemplation.

Your teacher does not tell you that you are enlightened after you have received transmission and you have followed the teaching and had some kind of experience. Your teacher doesn't say that now that is enough and you are enlightened. Your teacher tells you to do practice and try to do Guruyoga and be in that state. We are in samsara because even after we experience the instant flash we are again in the dark. When we experience direct introduction we say we have now discovered our instant presence. When we have discovered instant presence we try to be in that state again and again for all of our lives. This is called the practice of Dzogchen.

Meditation & Instant Presence

When we discover the real sense of direct introduction we have a base for doing meditation. The Dzogchen way of meditation means we are in the state of our real nature. In general, meditation has a very open meaning. For example, you see a tree and you want to keep the vision of the tree in your mind. You keep the presence of the tree in your mind. That is also called meditation. That is not contemplation or being in instant presence. When you concentrate on an object or idea, you are meditating on it. Meditation has many meanings and many aspects. In the Dzogchen teaching you must understand, you can meditate, do contemplation, be in the state of Guruyoga, but the principle is always to be in the state of instant presence. We should discover that instant presence. That is the aim of why and how the teacher introduces you directly. The methods of the series of Longde teachings can help us after direct introduction if we still have doubt.

Integration & Menngagde Series

The most important student of Garab Dorje made a collection of Garab Dorje's teachings and divided them into three series. The first is Dzogchen Semde and the second is Dzogchen Longde. Longde is related to the second statement of Garab Dorje; not remaining in doubt. This is the aim of the practice of Dzogchen Longde. If you have no doubt, then you integrate and try to remain in that

state. If you have this knowledge and full confidence, you should go to the last statement of Garab Dorje and integrate. You should integrate totally with your body, speech, mind and your daily life. This is the main practice of people who have discovered their instant presence. These people no longer remain in doubt and go on integrating. Many people follow the last series of the Dzogchen teaching called Upadesha or Menngagde. *Men* is negative in Tibetan, *nga* means voice, voice means speaking, *men nga* means not to speak and that you keep the teaching secret. Many people receive teachings from a teacher and then they talk about it everywhere. Particularly people who drink or get drunk, they go to a bar and sit with friends, drink and get drunk. They speak loudly saying, "Do you remember what instant presence is like? [Laughter] What the teacher said we should do?" All these things are secret, but these people speak openly about them. They don't have a bad intention, but they are drunk and that is not the correct way in the Dzogchen teaching. We speak particularly in the Dzogchen teaching about our attitude. We do not say you can't drink or never get drunk. Drinking is not forbidden. You are free, but you must be aware. You must be aware of what your capacity is for drinking. If you drink a glass of wine maybe there is no problem, but if you drink a bottle of wine maybe you feel a little abnormal. If you drink more than one bottle of wine, then you are drunk [laughter] and you do strange things. That does not correspond with your awareness. It is the same way with people who smoke. There are so many heavy things to smoke today. Some people find this very useful because when they smoke they feel more interested in the teachings. You are interested in the Dzogchen teaching because you have some connection with this teaching and this teacher, you are not interested through the power of the drug. That is not true at all. Some people smoke and see strange things and believe they are enlightened at that moment, even if the enlightenment does not remain a very long time. That is not enlightenment or a manifestation of your qualification. That is because you have charged your energy. For example, you are charging and charging, you have some kind of experience, but the consequence of charging is that one day you will explode. Your clarity diminishes even if you don't explode. That is what Guru Padmasambhava said; I am not inventing that. You become passive and receive all negativities. Your clarity diminishes and that does not correspond with the teaching. The teaching is for increasing clarity and for protecting our energy and existence from all negativities. If you become passive, you cannot be protected. It is very easy to understand and it is very important that everybody really understands that. People have a kind of ancient trace of being a "hippie". It is much better to be aware and stop

continued on the next page

this trace. You should try to help yourself and not destroy yourself in this life. Life is precious and we have many good occasions to have total realization in this life. We should not destroy this precious life. It is very important to learn what being aware really means. That is something very useful for knowledge in our daily lives. The teaching helps us to be present and understand all these things.

Empowerment & Direct Introduction

At this retreat we will work with the method of Longde. First we need a kind of empowerment and direct introduction. Empowerment and direct introduction are indispensable for following the Dzogchen teaching and for connecting with the transmission. If we do not have the base of discovering our instant presence, even if we learn many methods and practices, it is like a field with no seed. There can be nice earth, weather, light, water, etc., but if there is no seed, nothing grows. Instant presence is indispensable in Dzogchen. Dzogchen practice means being in the state of instant presence. If you have not discovered your instant presence, the base is missing. You need to receive direct introduction for that reason. If you receive direct introduction but still do not discover instant presence, the teacher can give advice. You can also remember how you received that direct introduction; even if you did not receive direct introduction from your own teacher, you apply that method and integrate that teacher into your state of presence in Guruyoga. You try and repeat that method. That method is secret, so you should try and repeat it in a secret and quiet place where no one will disturb you. You should not repeat these things where there is a thoroughfare of people and movement. If you do this practice publicly, then there is a problem for your transmission because you

Santi Maha Sangha Base Level Retreat with Chogyal Namkhai Norbu

Tashigar Norte, Margarita Island, Venezuela

January 27 - February 5, 2006

by Gloria Pera

I Vaso Prezioso, La Jarra Preciosa, The Precious Vase, Dragotsenny Sosud.... We're in Margarita and this is the book that we all carry with us, each in our own language. We have come from all over the world. There are some who have already read it and reread it to do the exam, and others who have picked it up for the first time. We see this precious book that accompanies us in the teaching at the sea, in the village, at the Gar; it's always with us as we revise, read, form practice groups.

Here on the Island everything is very intense and full of energy. And now the retreat is starting! It's truly an important opportunity, hearing the Master talking about the subjects contained in the Precious Vase; it's as if the concepts expressed in the book took shape through the Master's words and penetrated the depths of our being, integrating with the personal experiences of each one.

are not keeping it secret. If you do not keep it secret it becomes negative and you will not be able to have the real experience of discovering your real nature of instant presence. You should do this practice in a correct way and repeat it. You can repeat it for one month or one year if necessary.

Monkey Mind & Primordial Potentiality

If you have discovered your nature of mind but still remain in doubt, you can follow the teaching of Dzogchen Longde. Dzogchen Longde is very important for Dzogchen practitioners to make their knowledge certain. We cannot make knowledge certain with the method of Dzogchen Semde, but it is possible with Dzogchen Longde. If you remember the names of the two series, *sem* and *long*, you can understand what the difference is. Through Dzogchen Longde, something can manifest in space but it is not fantasy or imagination. People say, "Oh, I see something manifesting in space", but it is not a manifestation in the real sense. It is people going after their minds. It is said in the teaching that the mind is like a monkey; the monkey never stops, it is always moving and doing something. In the same way, our mind never stops manifesting. In our mind we think and imagine and then that something becomes a manifestation. This is not manifestation. It is fantasy. You can create and apply this kind of fantasy, but that is not connected with your real nature or potentiality at all. When we use methods like Dzogchen Longde with the potentiality of transmission and method together, we can have some kinds of visions. That vision is related to our primordial potentiality of sound, light and rays, which all sentient beings have in their nature.

Transcribed and edited by Naomi Zeitz

Listening to the Master talking about the Paramitas or Bodhicitta in such a direct way, everything becomes more concrete and accessible.

In the afternoon we do the practices of the Base with Adriano Clemente or the Semzin with Grisha Mokhin or the Rushen with Elio Guarisco.

It all goes by very fast. It seems the retreat started just now and the Master is already giving us the last day's advice.

As nourishment we have tried to take in every word he says, without losing as much as a comma, and now in a lightning flash we have reached the end.

We are a bit sad, as at the end of every retreat. But everything passes, is impermanent, and we are ready to try to integrate in every day life, doing our best. Some people are leaving, some staying, some arriving already for the next retreat. All happy and sad at the same time.

What we are all aware of is how fortunate we are!

CONTEMPLATION by Chögyal Namkhai Norbu

Of the three sacred principles contemplation is right at the center of them, and in fact it is really the main point of them all. Whenever we begin a session of teaching in the Dzogchen Community we always sing the Song of the Vajra. We do this in order to bring ourselves into the state of contemplation. This is particularly important for those who already have knowledge of the state but do not yet remain in that state all the time. Entering into the state of contemplation together through the Song of the Vajra at the beginning of a session of teachings reawakens us to the fact that the process involved in receiving teachings from a Master is one of working together in collaboration through transmission, and not one in which the student is either merely passive or only engaged at an intellectual level.

Following the teachings of Tantra or Dzogchen always involves the principle of transmission, and this transmission is not something one can receive through reading books or through the words of an oral explanation alone. That kind of approach is more characteristic of how one might follow the teachings at the level of the Sutra. In Dzogchen, transmission is the life of the teaching; one cannot attain realization without it. There are three kinds of transmission: direct, oral and symbolic. Garab Dorje was the first human teacher of Dzogchen on this planet in this time cycle. Before concluding his life in the realization of the Body of Light he summarized his teaching in what became known as the Three Statements of Garab Dorje. The first of these statements is Direct Introduction. In this Direct Introduction the teacher introduces the student to the state of contemplation through experiences of body, voice and mind. The second statement is Not Remaining in Doubt. The student experiences the state of contemplation through the transmission he or she has received in the Direct Introduction and no longer remains in any doubt as to what contemplation is. The third statement is Continuing in the State. This means that the student seeks to remain in the state of contemplation all the time, remaining in the natural condition of instant presence without correcting it when it is there, and applying practices as necessary according to circumstances to re-enter the state when she or he has become distracted from it.

Thus when we practice Guruyoga what we are trying to do is to find ourselves, through our practice, in the state which the teacher has transmitted, the state in which the teacher remains all the time. When we are in the state of contemplation there is no separation between the teacher and ourselves. Through Guruyoga we can enter the state of contemplation, but the teacher is indispensable in Dzogchen because without receiving direct transmission from the teacher there can be no realization.

Parallel to the Direct Introduction I have just explained there are in fact two other kinds of transmission spoken of in the Dzogchen teachings. When we listen to general explanations of the teachings or to particular instructions relating to various methods such as, for example, instructions for visualizations, special examples etc., which is called Oral Transmission. And then there is what is known as Symbolic Transmission, which refers to the use by the Master of objects such as a crystal, a mirror, or a peacock feather as symbols to help the student discover the nature of the inherent potentiality of their

own state, and how that potentiality manifests as energy in various ways.

The reason we sing the Song of the Vajra so often in the Dzogchen Community is to enable us to find ourselves in the state of contemplation. When we are in that state, we are in union with our Master, united in the experience of the knowledge that he or she transmits, united in contemplation. In contemplation we find ourselves beyond the distracted state of our habitually confused minds, completely relaxed in the naked awareness that is our natural condition. In this natural condition thoughts or emotions can arise, but they do not disturb us: we remain in the non-dual state integrated with whatever arises, without accepting or rejecting anything. Practicing in this way we are able to remain in contemplation working with whatever situation or circumstance we find ourselves in.

In the state of non-dual contemplation there is really nothing to do, nothing to apply. There is no need to struggle with anything, everything can be left just 'as it is', with nothing to purify or transform. Then we discover for ourselves what is meant by The Great Perfection, or Total Perfection, which are both ways in which the Tibetan word Dzogchen can be translated. When we discover the self-perfected nature of our own state we understand that Dzogchen is a word that, rather than referring to a tradition or school, really refers to our own inherent condition, the 'self-perfected state' that is always there in each of us, but which is only experienced in contemplation. So contemplation is the most important of the three sacred principles.

This is an excerpt from the book *Foundations of the Path, Transcriptions from Oral Teachings* by Chögyal Namkhai Norbu published by Shang Shung Edizioni, Italy.
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ChNN's schedule continued from page 1

Merigar West Retreat, Merigar
Teaching and nature of web cast undecided.

SPAIN

October 23
Leave for Barcelona

October 26-30
Barcelona Retreat
Longsal Ati'i Gongpa Ngotrod
Upadesha of Introduction to the State of Ati
Restricted Web Cast

BRAZIL

November 1
Leave for Sao Paulo

Brazil Retreat
November 3-7
Teaching and nature of web cast undecided.

ARGENTINA

November 8
Leave for Buenos Aires

November 10-12
Buenos Aires Retreat

November 13
Leave for Tashigar Sur

SANTI MAHA SANGHA
December 4-7 SMS Base Level Exam
December 8-12 SMS Level I Training

December 26-January 1, 2007
Longsal Ati'i Gongpa Ngotrod
Upadesha of Introduction to the State of Ati
Restricted Web Cast

2006 asia calendar



In Tibet, the elderly are the custodians of a world of traditions and of wisdom that is running the risk of disappearing. They are the thread linking the young to their roots.

Witnesses to the tragedy of the occupation of their land, they have lived first hand the constant and inexorable destruction of their heritage of knowledge and of their way of life, which had survived for thousands of years. They have lost their dear ones during the cultural revolution, but have not lost their dignity and play a fundamental role in their community: they look after the children, who are often orphans entrusted exclusively to their care; they take care of the house; and above all they transmit to the new generations the heart of Tibetan culture through their stories, their customs and their great devotion.

Small prayer flags, auspicious symbols and votive offerings around the house, always make an elderly person's presence in the house discernible from the outside.

For years ASIA has been supporting elderly Tibetans through development and emergency projects. By means

of distribution of food and medicine in crisis situations, interventions in the health sector and long distance support in refugee settlements in India, ASIA provides the elderly with the care and assistance necessary for a dignified life.

"When an elderly person dies, a whole library burns down" Leopold Senghor, Senegalese poet and statesman

Please help ASIA help the elders of Tibet and more by buying these beautiful calendars.

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For further information please contact ASIA to adozioni@asia-onlus.org or to +390644340034

Longde Retreat continued from page 1

signs of accomplishment, and final integration.

Most of the people at the retreat purchased meditation sticks for doing the practice. Fabio demonstrated the positions while students snapped photos. On New Year's Eve everyone participated in a Ganapuja led by Adriano, and as everyone awaited the arrival of the New Year, we enjoyed an entertaining lottery for Merigar East in which seventy-five people won something big or small. A beautiful Guam Devi statue was the first prize that ended up in the hands of a young girl from Bolivia. ASIA, Tsegialgar and Tashigar Norte all auctioned various items and raised modest funds for their respective projects.

Early morning showers fell again on the New Year's Day, the last day of the retreat, but by

the time Rinpoche arrived the sky was clearing. Rinpoche concluded the retreat in typical form with advice regarding our daily lives and behavior. He spoke out strongly against the use of drugs, overdrinking without awareness, and encouraged his students to engage in practices related to the four phases of walking, sleeping, eating and sitting. While stressing the importance of Guru Yoga as the central unifying focus of all our practice, he offered many traditions to develop our practice according to specific conditions and circumstances. Those who attended the retreat either in Margarita or through the web cast could not have found a better way to start the New Year.

YOU NEVER THOUGHT ABOUT OFFERING A SCHOLARSHIP TO A STUDENT LIKE TENZIN?



Tenzin is 15 years old and lives in a rural village in Tibet. He has always shown special talent for learning. It is his dream to become a doctor. However, Tenzin's family is without assistance and will soon have to interrupt his education. Should he be able to continue, he could become a valuable member of his community and assist in preserving the 1,000+ year old culture and traditions of his country and village while integrating the beneficial aspects of modern knowledge that he acquires in his education.

If you'd decide to pay for his scholarship, you will offer him the possibility to continue getting a higher education and a qualified professional training \$12.50 US per week is enough to make the dream of Tenzin come true.

There are 80 other students in his school that also need assistance to continue their studies. With regular updates you will be able to follow his progress through school and you'll get pictures of him directly from our on-site staff. If you want, you'll be able to meet him during an open house or organized by the school. You'll have the opportunity to visit the Tibetan community that is Tenzin's village with its rich culture and traditions that have been supported and protected for the last 18 years by ASIA Onlus.

Send an e-mail to: adozioni@asia-onlus.org and we'll send you all the necessary information to start a scholarship. Tenzin and 80 other Tibetan students are waiting for your assistance. You could change their lives. Thank you.

**Via San Martino della Battaglia, 31 – 00185 Roma
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ASIA Onlus News: 2005-2007 Looking Ahead

ASIA ONLUS, Associazione per la Solidarietà Internazionale in Asia, is a non-profit organization founded in 1988 and recognized as an NGO (non-governmental organization) by the Italian Ministry of Foreign Affairs. ASIA has started and completed over 100 different projects in China, India, Nepal, Mongolia, and Sri Lanka with the goal of promoting the health, educational, economic, social, and cultural development of minorities living in Asia, with particular regard to the Himalayan area. The projects have been mainly financed by Italian and international institutions such as the Italian Ministry of Foreign Affairs, the EU- European Community, and others. The rest of the funding has come from private donors; through individual long distance scholarships; the sponsorship of children, monks, young Tibetan artists and the elderly; and through the annual memberships.

At the present time donors to ASIA ONLUS contribute to the organization through the following 6 channels:

Sponsorship At Distance (SAD) of children, monks and elderly people: donations for assisting children with elementary education and related expenses: 25 Euro/month or 300 Euro/year (30 US\$/month or 360 US\$/year)

Sponsorship At Distance of monks in the Traditional Buddhist and Bönpo Study and Practice Colleges: 192 Euro/year (250 US\$/Year)

Secondary Education Scholarships (for high school): 500 Euro/year (600 US\$) (food, housing, school costs)

Membership: 55 Euro (66 US\$) for annual Basic membership

Specific project sponsorship: these can be classified according to the type of intervention - emergency, health, education, cultural, etc.

Unrestricted donations

Sponsorship At A Distance

At the present time there are 880 donors financing 1,200 children, approximately 40 monks, and about

40 elderly people. After an offer of sponsorship has been made, an application form with details of the child, documentation about the organization and the sponsorship program are sent to the donor. A DVD is being produced about the project that will be sent to donors. It would be beneficial to increase media exposure about the Sponsorship At A Distance Project, so that those looking to sponsor could find us.

The Sponsorship at Distance of monks in the Traditional Buddhist and Bönpo Study and Practice Colleges is aimed to preserve the spiritual heritage of Tibet guaranteeing the transmission of the pure and ancient teachings.

Scholarships

The scholarships are aimed at safeguarding Tibetan culture and training young people to enable their contribution to modern society. Through this program ASIA supports the best and most needy students in their higher studies only in those high schools whose curriculum is taught in Tibetan and favor the widening of Tibetan culture.

Association Membership

In this next 3-year period we would like to make a concerted effort to expand this segment of our funding. We hope you will become a member of ASIA in 2006 and enjoy contributing to ASIA's continued success in aiding the Tibetan people.

Specific Projects

These projects have been proposed and financed by private international donors. The possibility of allowing public institutions and private donors to collaborate and co-finance a specific project could be developed.

Projected Activities for 2005-2007

We plan to give greater emphasis to sponsorships (SAD) and scholarships (BdS) in this triennium. At the same time it is planned to introduce two new ways to participate in our activities:

- 1) A S2S (School to School) or C2C (Class to Class) program.

continued on page 9

The Annual Report of the Shang-Shung Institute, Austria 2005

The year 2005 was a very work-intensive and fruitful year. The Ka-ter Translation Project made most of the progress:

The new book of Rinpoche "On Birth, Life and Death" will be published in Spring 2006 in English and following in several other languages. Very special thanks to Elio Guarisco for all his efforts in order to make a correct and very precise translation.

The three main translators of the Dzogchen-Community - Elio Guarisco, Jim Valby and Adriano Clemente - collaborated very intensively on the translation of a very important Dzogchen Tantra, the Mejung. It really is a pain striking and extremely difficult work as from this Tantra there exist eight different versions of Tibetan texts that are not the same. It is the very first time that such a difficult work of translation into a Western language has been done up to now and it never would be possible without the so generous and compassionate help of Chögyal Namkhai Norbu. The translation of this Tantra probably will be ready for publishing in 2007.

In Summer 2005, the third Training for Translators from Tibetan under the guidance of Elio Guarisco was held in Merigar. Ten translators from the worldwide Dzogchen Community worked for four weeks on the translation of another marvelous Dzogchen Tantra, the Khanyam, and "The Primordial State Equal to Sky". Due to this work, all the participants could progress in their ability to translate spiritual Tibetan texts. In Summer 2006, the fourth Training for Translators will again take place in Merigar.

The Ka-ter Translation Project is financed by donations only and I want to express my deepest gratitude to all donors who have supported our work for making available these texts of wisdom to all interested people in Western languages. I especially want to thank Chögyal Namkhai Norbu for all his support. In order to guarantee a continuation of our work in the future, it will be necessary that our activities be supported in the same generous way as has been done until now. Thank you so much for all your collaboration. You can also make online donations via our web safe site:
<https://ssl13.inode.at/ssi-austria.at/creditcardoffering.htm>

Here is a list of all the donors of 2005

Chögyal Namkhai Norbu
Austria: Gontscharev Viktor; Gelter Horst; Günther-Ziegler Gisela; Kern Gabriele; Keutz Michaela; Kogler Ursula; Köllbichler Monika; Leick Gabriele; Leick Oliver; Müller Gerhard; Nopp Alfred; Leitner Edith; Peddi Stephan; Saletu Karoline; Samlicki Ingrid; Schmidt Axel; Sommerauer Klaus; Wagner Gerhard; Wihreim Uli
Australia: Dzogchen Community Namyalgar; King-Salter Julian; Sands Angela
Canada: Busby Liliane; Miyagawa Arnold
Czech Republic: LMC Ltd.; Maly Libor
France: Blondeaux Giraud Elisabeth; Le Tuan Bao
Germany: Blickling Ralf; Emerenziani Renate; Hasp Ingo; Nelke Achim; Vormizeele Edith
Hungary: Dzogchen Community Hungary
Ireland: Golden Jan
Italy: Gracis Francesco & Patricia; Pirovano Stefano & Carolione
Netherlands: Blanson Henkemans Anneco; Kubiszowska A. Mevrouw
Poland: Skura Artur from Russia: Kopanev Igor
Slovakia: Linczenyi Peter & Gabriela; Watzka Riki
Spain: Aguilar Oriol
R.o.C.: Chen Cheng-Ho (Taiwan), Jason Cheung (Hong Kong)
USA: Bass Carolyn and the Dzogchen-Community of Mexico; Daugherty Judy; Fox James; Friend Rosemary; Harris Ted; King Lidian; Page Janis; Sutherland Lynn; Wright William
Venezuela: Debarge Beata

If you want to read more about the various activities of the Shang-Shung Institute, Austria, you can download the PHONYA, The First International Newsletter of the Shang Shung Institute, in English:
<http://www.ssi-austria.at/ssi-engl/ssi-frame-engl.htm>

German speaking people can read all the five issues of the Phonya that have been published up to now at:
<http://www.ssi-austria.at/ssi-frame-deutsch.htm>

*Very best wishes and a happy and wonderful new year,
Oliver F. Leick
Shang-Shung Institute Austria*

phonya

FIRST INTERNATIONAL NEWSPAPER
Shang-Shung Institute Austria

The brand new newsletter of the Shang-Shung Institute Austria is called PHONYA (pronounced Ponya). Chögyal Namkhai Norbu gave this name. Phonya is Tibetan and means "messenger" or "courier". So the Phonya is the messenger of the Shang-Shung Institute Austria.

In this first issue our various activities of the year 2005 are listed and you can find a precise description of the Ka-ter Translation Project. The newsletter contains seventeen pages and includes several color photos. It is in PDF format. You find the link to the PHONYA here:
<http://www.ssi-austria.at/ssi-engl/ssi-frame-engl.htm>

Thank you for your interest in our work and your collaboration,
Very best wishes for 2006 and all the best,

Oliver F. Leick
Shang-Shung Institute Austria
Email: office@ssi-austria.at
Web site: www.ssi-austria.at

The Project "Complete Works of Chögyal Namkhai Norbu"

Here is the annual report regarding the Project "Complete Works of Chögyal Namkhai Norbu". Our goal is to collect an adequate amount of money every year so that all of Chögyal Namkhai Norbu's Tibetan works could be translated into the Western languages in the best way possible.

In the last year and a half of this project (July 2004 – December 2005) we collected about 17,000US\$ that were generously given by the following donors:

Anna Pucci
Barbara Hammann
Bernhard Schweizer
Clara Bordeu
David Meyer
Dzogchen Community – France
Dzogchen Community – Germany
Dzogchen Community – Siena, Italy
Dzogchen Community – Tashigar Sur
Ed Hayes
Fabio Orlandini
Francesco Gracis
Françoise Van Der Berg
Gabor Hardy
George Blaha
Giordano and Jo Asoli
Giorgio Minuzzo
Gloria Pera
Janis Page
Jiri Rys
Johanne Tonsich
Johannes Binder
Kevin Galea
Lee Bray
Liakos Evangelopoulos
Lynn Sutherland
Marina Sukhanova and Mark Drachinski
Massimo Orsi
Mimmo Mercogliano
Nick Dudka and Sveta Shenkhorov
Paola Zingali
Paolo Brunatto
Paolo Pappone
Petra Seibert
Raimondo Bultrini
Riccardo Giambarresi
Riccardo Moraglia
Shang Shung Institut – Austria
Stefano Pirovano
Terry Di Pompeo
Ugo Cardea
Yolanda Ferrandiz

We are listing below the translations done by Adriano Clemente in the past year and his future plans for this project.

TRANSLATIONS OF CHÖGYAL NAMKHAÏ NORBU'S WORKS IN 2004-2005

THE UPADESHA ON THE TREGCHÖ OF PRIMORDIAL PURITY (ka dag khregs chod kyi man ngag), in LONGSALTEACHINGS VOL. 5.

THE UPADESHA ON THE GURUYOGA OF THE WHITE A (a dkar bla ma'i rnal 'byor gyi man ngag), in LONGSAL TEACHINGS VOL. 6.

THE ACTIONS OF THE GURU JÑANADHAKINI (bla ma ye shes mkha' 'gro'i phrin las r gya), in LONGSAL TEACHINGS VOL. 6.

THE PROFOUND ESSENTIAL UPADESHA OF THE LONG LIFE PRACTICE "THE THIGLE OF VAJRA LIFE", in LONGSAL TEACHINGS VOL. 6.

TIBETAN DRAJYOR (editing).

WORKS IN PROGRESS

THE TREASURY OF ATI SAMADHI, FIRST LEVEL OF SANTI MAHA SANGHA, new revised and enlarged edition (a ti bsam gtan dgongs mdzod).

THE TOTAL SPACE OF VAJRASATTVA: ROOT TEXT AND COMMENTARY (rdo rje sems dpa' nam mkha' che rtsa 'grel).

FUTURE PROJECTS

LONGSAL TEACHINGS VOLUME SEVEN (Total Integration of Behavior, 25 Longchens, Bardo).

LONGSAL TEACHINGS VOLUME EIGHT (Thugthig of

continued on next page

Jñanadhakini, Kalachakra etc.).

BIOGRAPHY OF TOGDEN UGYEN TENDZIN.
LHALUNG SANGDAG TEACHINGS ON VAJRAPANI.
SANTI MAHA SANGHA SECOND LEVEL, NEW EDITION.
SANTI MAHA SANGHA THIRD LEVEL, NEW EDITION.

THE TOTAL SPACE OF VAJRASATTVA WITH THREE COMMENTARIES.
VAJRA DANCE, ORIGINAL TEXT INCLUDING THE HISTORY OF ITS DISCOVERY.
THE BOOK OF DREAMS.
THE AUTOBIOGRAPHY.

In the last year and a half the funds raised for this very important project were less than expected and therefore the continuity of this translation work cannot be guaranteed. Therefore the Merigar Gakyil, with the approval of Chögyal Namkhai Norbu, decided to boost this project by entrusting it to Oliver Leick who has already proved very effective in fundraising for several activities as for instance the Ka-Ter Translation Project and other projects of the Shang-Shung Institute Austria.

Soon Oliver Leick will issue an announcement explaining the new undertakings that were conceived for making this fundraising more effective. In the meanwhile the donations can be handed over manually to the Merigar Office or can be sent by bank transfer to the following account:

893, Banca Popolare dell'Etruria, Branch of Casteldelpiano, in the name of Comunità Dzogchen FA
IBAN Code: IT98Q 05390 72190 0000 0000 0893
BIC Code: ARBAIT 33126

We hope that all the Gars, Gakyils and practitioners of our Dzogchen Community will continue to give to this project their very precious and generous support.

Best wishes,
Merigar Gakyil
January 2006

Training for Translators from Tibetan Sponsored by Shang-Shung Institute Austria

Merigar West, Italy Summer 2006

Shang-Shung Institute Austria is once again offering a TRAINING FOR TRANSLATORS FROM TIBETAN. This will be the fourth training in the activity of the Ka-ter Translation Project. The aim of this long-lasting project, which started in the summer of 2003, is to guarantee that there will be precise translations of the sacred texts available in Western languages in the future. The result of the first Training in 2003, a book entitled "On Birth, Life and Death" will be available very soon in English and after in several other languages. The Shang-Shung Institute Austria is the organizer and sponsor of this initiative.

The Training 2006 will be held again at Merigar from June 21 until July 28, 2006. Elio Guarisco will again be the instructor of this Training. The precise text for this Training is not yet decided, but will be chosen by Chögyal Namkhai Norbu shortly.

Everyone with a good knowledge of Tibetan language and grammar can apply to take part in this wonderful opportunity to get a deep and insightful understanding of the ancient Dzogchen Tantras. Before being accepted for the Training, participants are required to take a two page written test of a Tibetan text to be translated. These will be checked by Elio to ascertain if participants have enough qualifications. Interested people should contact the Institute.

It would also be extremely helpful and generous if people could continue to support the Ka-ter Translation Project and all its activities. You can make donations online via our web safe site:

<https://ssl13.inode.at/ssi-austria.at/creditcardoffering.htm>

Thank you very much for all your help and support,
Very best wishes,
Oliver Leick
Shang-Shung Institute Austria
www.ssi-austria.at

KA-TER TRANSLATION PROJECT UPDATE ON TRANSLATION WORK IN MARGARITA ISLAND SHANG-SHUNG INSTITUTE, AUSTRIA

In December 2005 and January 2006 the three main translators of the Dzogchen Community - Elio Guarisco, Adriano Clemente and Jim Valby - met in Margarita in order to work on the translation of a very important Dzogchen Tantra called the Mejung Tantra. They have worked for several weeks and soon Elio and Adriano will continue their work again. Their translation work is part of the Ka-ter Translation Project, an initiative of the Shang-Shung Institute Austria that started some years ago.

Thanks to the loving kindness, the patience and compassion of our Master, and thanks to the incredible effort and dedication towards the Teachings of Elio, Adriano and Jim, it will be possible for us to be able to read and understand these extraordinary texts in Western languages. Thank you for all your work! I also want to thank Gloria Pera for making these photos of the translation work in Margarita.

Please see the photos of Rinpoche working with the three translators:
<http://www.ssi-austria.at/ssi-engl/ka-ter-dzog-tantras.htm>
(or the German site: <http://www.ssi-austria.at/ka-ter-dzog-uebersetz.htm>)

Please feel free to support the activities of the Shang-Shung Institute Austria, so that we can continue to finance the Ka-ter Translation Project. You can give your donations online through our web safe site:
<https://ssl13.inode.at/ssi-austria.at/creditcardoffering.htm> (or the German site: <https://ssl13.inode.at/ssi-austria.at/kreditkartenspende.htm>)

Thank you for your support, Oliver Leick

America's First Full Traditional Tibetan Medicine Program Now Accepting New Students Institute seeks to become first accredited school of Tibetan Medicine in the West

Conway, MA – The **Shang-Shung Institute of America** is now accepting applications for Fall 2006 enrollment in its newly created **Traditional Tibetan Medicine Program**. The certification program, now in its second year follows a recent revival of Tibetan medicine in the East and marks one of the most significant advances for its preservation and practice since His Holiness, the 14th **Dalai Lama** in exile, re-established the Men-Tsee-Khang in Dharamsala, India in 1961.

The innovative curriculum is the first-of-its-kind in English and the only full-time, four-year traditional Tibetan medicine certification program offered in the United States. Graduates will be among the first American-trained certified practitioners and will help put the institute on the path of becoming the first fully accredited school of Tibetan medicine in the West.

The institute also offers introductory seasonal intensives that can be applied toward certification. Limited work-study opportunities are available, and new students can apply online for both fall enrollment and summer intensives at ShangShung.org.

Four-year Certification Program

Under the direction of **Dr. Phuntsog Wangmo**, a physician with an advanced degree from Lhasa University in Traditional Tibetan Medicine, the program closely parallels traditional training rooted in the **Gyud Zhi** (pronounced "gyu shee"), the fundamental text of Tibetan medicine better known as "The Four Tantras" in English. The ancient Tantras classify an amazing 1600 types of diseases and corresponding treatments using more than 3,000 medicinal plants native to the Himalayas. The comprehensive curriculum also covers Tibetan physician ethics, medical history and language and includes clinical training; medicine preparation and Kunye massage therapy.

Traditional Tibetan Medicine

With a history going back over 2,500 years, traditional Tibetan medicine is one of the oldest continuously practiced healing systems on Earth. Regarded as science, art and philosophy, it is an ancient form of holistic health care indigenous to the Tibetan people that integrates the core Buddhist principles of altruism, karma and ethics. Initially influenced by Ayurveda, traditional Tibetan medicine evolved into a synthesis of thousands of years of accumulated empirical knowledge from China, Persia, India and Greece. It was practiced continuously in Tibet until the Chinese invasion in the 1950s and is still practiced today wherever Tibetans live in exile.

Summer 2006 Intensives

Course:	Introduction to Tibetan Medical History and Fundamental Theory
Teacher:	Yang Ga, assistant professor of Tibetan medicine at Tibetan Medical College in Lhasa, Tibet and Harvard PhD candidate
Dates:	June 5-15 daily from 9:30a to 4:00p
Tuition:	\$500 (\$400 with Shang Shung membership)
Lodging:	\$15 per night (\$10 per night with Shang Shung membership)
Course:	History and Origin of the Science of Tibetan Astrology
Teacher:	Professor Chimed Rabten, a full-fledged Tibetan scholar and physician
Dates:	June 19-29 daily from 9:30a to 4:00p
Tuition:	\$500 (\$400 with Shang Shung membership)
Lodging:	\$15 per night (\$10 per night with Shang Shung membership)
Course:	Health of Body, Mind & Spirit in Tibetan Medicine
Teacher:	Dr. Kunchok Gyaltzen, Tibetan Medical Doctor and Buddhist Monk
Dates:	July 17-27 daily from 9:30a to 4:00p
Tuition:	\$500 (\$400 with Shang Shung membership)
Lodging:	\$15 per night (\$10 per night with Shang Shung membership)
Course:	Kunye Level One
Teacher:	Dr. Phuntsog Wangmo, a Tibetan-trained physician and director of the Shang Shung Institute's Traditional Tibetan Medicine Program
Dates:	August 21-26 daily from 9:30a to 4:00p
Tuition:	\$375 (\$300 with Shang Shung membership)
Lodging:	\$15 per night (\$10 per night with Shang Shung membership)

For more information, please visit ShangShung.org.

Shang-Shung Institute of America

Founded at Tsegylgar in 1994 by Chögyal Namkhai Norbu, the primary mission of the Shang Shung Institute in America is to preserve Tibetan cultural knowledge and to foster interest in Tibetan Arts, Culture, History, Philosophy and Religion.

Among the Institute's achievements in the nine years since its inception are; translating Chögyal Namkhai Norbu's groundbreaking three-volume history of Tibet, Light of Kailash (ongoing, under the direction of Dr. Donatella Rossi); developing a comprehensive English-language curriculum and texts for the study of Tibetan Medicine (including the year-round residency of Tibetan physician, Dr. Phuntsog Wangmo); maintaining an extensive audio library of educational resources in Tibetan Medicine (open to study by individuals from every continent), and supporting the creation of thanka series associated with the Dzogchen lineages (created by Master painter Glen Eddy).

The Shang-Shung Institute in America is a non-profit and tax-exempt 501(c) organization located in Conway, Massachusetts. The Institute receives funding from members, private donors, corporate matching grants and foundations.

Special Practice Calendar

Fire Dog Years

2006-2007

GLOBAL TIMETABLE

**Anniversary of Garab Dorje
1st Tibetan month – 15th day
Celebration at 8 a.m.
Oddiyana time.**

Monday March 13th 2006

17:00 Hawaii
19:00 San Francisco, Los Angeles, Vancouver (US Pacific Time)
20:00 Denver (US Mountain Time)
21:00 Chicago, Mexico City, Belize (US Central Time)
22:00 New York, Montreal, Detroit, Havana
23:00 Caracas

Tuesday March 14th 2006

00:00 Buenos Aires, Sao Paulo, Santiago
03:00 GMT, London, Dublin, Lisbon
04:00 Rome, Berlin, Oslo, Paris, Amsterdam, Stockholm
05:00 Helsinki, Athens, Jerusalem
06:00 Moscow
08:00 Oddiyana (Karachi-Pakistan)
08:30 Delhi, Bombay
08:45 Kathmandu
09:00 Dacca
10:00 Bangkok, Jakarta
11:00 Singapore, Hong Kong
12:00 Tokyo
14:00 Melbourne, Sydney

1st Month, 1st day Tue. 28th Feb. 2006

The Tibetan New Year starts today. It is good to do a Long life practice as early as possible in the morning and a Ganapuja during the day. Prayer flags can be authenticated during the Ganapuja. On the morning of the third day of the New Year you can do the rite of the Sang and hang up the prayer flags.

1st Month, 4th day Fri. 3rd March 2006

The fourth day of the first month is a special day for doing the Long life practice of the Dakini Mandarava. It is also a very special day for doing the practice of Ekajati so today try to do the Long life practice "Cycle of Life's Vajra" in the morning and the Long Thun in the evening. If you don't have this possibility, you can try to do the Long life practice included in the Medium or Long Thun, with the rite of Ekajati, reciting the heart *mantra* of Ekajati as much as possible.

1st Month, 8th day Tue. 7th March 2006

This is an important day for doing the practice of Ekajati; so try to do the Long Thun either collectively or personally. If you don't have that possibility then try to do the Medium Thun and in either case recite the heart *mantra* of Ekajati as many times as possible.

1st Month, 10th day Thu. 9th March 2006

This is the day on which Padmasambhava was ordained by Ananta, or, according to Jigmed Lingpa ('Jigs med gLing pa), the day on which he left the kingdom of Oddiyana to go to the cemetery at Maghadha called Citavana. You can do a Ganapuja in the usual way or if you do not have the possibility you can try to do the long life practice linked to the Guruyoga of Guru Rinpoche (Universal Wisdom Union) either collectively or alone. Otherwise you can do a Medium Thun (Tundrin) with an intense practice of the Guruyoga of Padmasambhava.

1st Month, 15th day Tue. 14th March 2006

FULL MOON. The anniversary of the great Dzogchen Master Garab Dorje as well as that of the founder of Bön, the great Master Shenrab Miwoche, falls on the day of the first full moon of the Tibetan year. It is also a special day of Buddha Shakyamuni when he manifested several miracles and the anniversary of the Master Marpa. Thus it is an especially important day for both Buddhist and Bönpo practitioners, in particular those who practice the Dzogchen teachings.

On this day, therefore, when it is 8 am in Oddiyana, Chögyal Namkhai Norbu will give the transmission of Guruyoga with the specific practice linked to the anniversary of Garab Dorje. In this way the transmission will be live because the transmission has no distance. Rinpoche will transmit and throughout the world people who do the practice at the same moment will be in the transmission and will thus receive the transmission. This practice should be done at the appointed time together with your Vajra brothers and sisters or, if that is not possible, alone. (In Italy, this practice will be done at 4 am.) SEE GLOBAL TIMETABLE

1st Month, 25th day Fri. 24th March 2006

This is the day of the Dakini and in particular the anniversary of the lady Master Ayu Khandro, so it is good to do the *Akar Lamai Naljor* or a Ganapuja with transformation into the Dakini Simhamukha.

1st Month, 30th day Wed. 29th March 2006

DARK MOON. This day is suitable for purification practice so try to do purification with the *Namcho Shitroi Naljor*, the practice of the peaceful and wrathful manifestations, either collectively or alone, as well as a collective Ganapuja.

2nd Month



6th day Tue. 4th April 2006

This is an important day for the practice of Ekajati, so try to do a Long or Medium Thun in the usual way, reciting the heart *mantra* of Ekajati as many times as possible.

2nd Month, 10th day Sat. 8th April 2006

This is a special day of Guru Padmasambhava, the day on which King Sahora tried to burn him alive and when he transformed the fire into a lake, so try to perform a Ganapuja collectively, but if that is not possible do the Long life practice Universal Wisdom Union.

2nd Month, 12th day Mon. 10th April 2006

This is the anniversary of Jetsun Dragma Gyaltzen (1147-1216), one of the first great Masters of the Sakyapa tradition, so try to do the *Akar Lamai Naljor*, the Guruyoga of the White A.

2nd Month, 15th day Thu. 13th April 2006

FULL MOON. This is one of the best days for doing the long life practice of Guru Amitayus, with a Ganapuja if possible. Try to do it collectively or, if that is not possible, alone.

2nd Month, 20th day Tue. 18th April 2006

This is the anniversary of the great Dzogchen Master Do Gyaltzen Yeshe Dorje (born 1800), a disciple of the first Dodrubchen Rinpoche and a master of Nyagla Padma Dundul. It is therefore a good day to do *Akar Lamai Naljor*, the Guruyoga with the White A.

2nd Month, 25th day Sun. 23rd April 2006

This is a Dakini day so try to do a Ganapuja with your Vajra brothers and sisters or if that is not possible, a Medium Thun, either collectively or alone.

2nd Month, 30th day Thu. 27th April 2006

DARK MOON. On this day,

which is the anniversary of the great Terton Loter Wangpo, try to do the *Akar Lamai Naljor*, Guruyoga of the White A with the Master Garab Dorje either collectively or alone, with a Ganapuja if possible.

3rd Month, 4th day Mon. 1st May 2006

This is an important day for the practice of Ekajati, so try to do a Long or Medium Thun in the usual way, reciting the heart *mantra* of Ekajati as many times as possible.

3rd Month, 10th day Sun. 7th May 2006

This is a special day of Guru Padmasambhava. Those who have received transmission should do a Guruyoga with Padmasambhava with the long life *mantra* and a Ganapuja as we usually do, otherwise you can do the long life practice "Universal Wisdom Union". If it is possible, the best time to do the Guruyoga and long life practice is in the morning between 7 and 8. You can do the Ganapuja later in the afternoon.

Usually the best way to do the Ganapuja and the Guruyoga is collectively, with your Vajra brothers and sisters, but if this is not possible you can always do this practice alone when you have time. The important thing is to try to communicate with all practitioners linked to the same transmission so that you can develop the potentiality of the transmission that you have received and through it your understanding and capacity to integrate your daily life in the state of contemplation. Those who have not received the transmission of the Thun practice can learn it from other practitioners and then receive the transmission when there is the opportunity. Otherwise on this day those who have not received transmission of the Thun practice can do a purification practice with breathing and Yantra Yoga exercises and movements or practices linked to controlling the *prana*.

3rd month, 15th day Sat. 13th May 2006

FULL MOON. This is one of the best days for long life practices and in particular for the practice of the "Union of Primordial Essences". It is best to do it early in the morning between 7 and 8am if you can but if this isn't possible you can do it in the afternoon or even in the evening when you are not busy.

Today is also the anniversary of the *Kalachakra*, the day when Buddha Shakyamuni first gave the teaching of *Kalachakra* so it is good to do a Ganapuja or Long Thun in the evening either collectively or alone.

3rd Month, 25th day Mon. 22nd May 2006

Today is a Dakini day. It is also the anniversary of the Fifth Dalai Lama, a great *terton* and practitioner of Dzogchen so it is a very beneficial day to reinforce the function of our energy and create a more vital contact with the energy of the universe. If you have the possibility, it is good to do a Guruyoga of the White A in the morning and in the evening a Ganapuja with an intensive practice of Ekajati, repeating the heart *mantra* as many times as possible. Otherwise you can do the Medium Thun with the practice of Ekajati, repeating the heart *mantra* as much as possible. The best time for this practice is around 8 in the evening.

3rd Month, 30th day Sat. 27th May 2006

NEW MOON. Today is the anniversary of Sangyas Lingpa (1340-1396) a great *terton* and Dzogchen master. You can do a Guruyoga of the White A from the cycle of teachings Universal Clarity with a Ganapuja. It is also a good day to do the Purification of the Six Lokas.

4th Month, 6th and 8th days 2nd & 4th June 2006

These are important days for the practice of Ekajati so try to do a Long or Medium Thun with your Vajra brothers and sisters. If that is not possible you can do the Medium Thun alone, reciting the heart *mantra* of Ekajati as many times as possible.

4th month, 7th day Sat. 3rd June 2006

This is the anniversary of the birth of Buddha Shakyamuni, an important day for all Buddhists, so try to do a Ganapuja with your Vajra brothers and sisters.

4th Month, 10th day Tue. 6th June 2006

Today is the day of Guru Padmasambhava. In general you can do the practice of the Guruyoga of Padmasambhava on this day. If you have the possibility and enough time you can do a collective Ganapuja with your Vajra brothers and sisters otherwise you can do the Long life practice "Union of Primordial Essences".

4th Month, 15th day Sun. 11th June 2006

FULL MOON. This is the anniversary of the Parinirvana of Buddha Shakyamuni as well as an important day for the long life practice "Cycle of Life's Vajra". Therefore if you can, do the practice of the Dakini Mandarava in the morning (the best time is between 7 and 8 am) and a collective Ganapuja in the afternoon or evening according to your possibilities.

4th Month, 24th day Tue. 20th June 2006

continued on page 9

international community contacts

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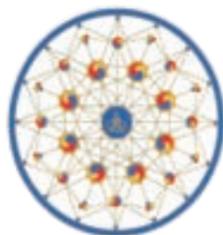
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Special Practices continued from page 7

This month there is no 25th day so today is Dakini day. It is also the anniversary of Ngor Chen (a great master of the Sakyapa tradition and initiator of the Ngor lineage), therefore it is a good day to do the Guruyoga of the White A, *Akar Lamai Naljor*, collectively or alone.

**4th Month, 30th day
Sun. 25th June 2006**

NEW MOON. Today is the anniversary of Nyagla Padma Dundul (1816-1872), one of the Masters of Changchub Dorje and the main Master of Namkhai Norbu Rinpoche. He discovered the Terma "T sedrub Gongdu" which two of his disciples, Ayu Khandro and Changchub Dorje, transmitted to Namkhai Norbu Rinpoche. Namkhai Norbu Rinpoche practiced this method as much as possible and started to transmit it to his students after visiting the sacred cave at Maratika. Therefore try to do the long life practice "Union of Primordial Essences" in the morning. In the afternoon or evening you can do the Guruyoga of the White A, *Akar Lamai Naljor*, collectively or alone, with a Ganapuja if possible.

2) An expanded membership campaign that would offer the possibility to join as a direct supporter of the organization.

Sponsorship At A Distance – (SAD)

The Sponsorship Project offers:

Direct help to poor, disenfranchised Tibetan children/monks/elderly who, in our assessment, are considered prime candidates for medical and educational assistance.

Creates an emotionally satisfying bond between the donors and the beneficiaries.

Provides the efficient use of donations.

Provides tax benefits to donors.

At present time we have 880 donors that provide assistance to 1,200 recipients.

At the end of 2007 we anticipate a total of approximately 3,000 SAD donors.

Scholarships

We plan to increase our efforts in this area. This will be an important addition to our overall educational assistance strategy as the SAD solely finances elementary education.

CLASS-2-CLASS and SCHOOL-2-SCHOOL

This new program foresees the creation of paired western non-Tibetan and local Tibetan classes and schools with individual children, other classes, or other schools, in order to foster an interesting and fruitful exchange of cultural information between the participants. Projected per student fees to sponsor a school or class are very low.

Donations to specific sector projects

We plan to give smaller firms, companies, foundations and groups of people, such as employees of a company, the opportunity to finance a specific project in a precise sector. Proposed projects are in different development sectors such as medical, educational, cultural, hydrologic, and emergency assistance and disaster relief.

Membership

This is an important area of development for ASIA. These funds are particularly important to ASIA ONLUS, especially because these funds are undesignated and are available to cover the most pressing needs that arise and/or cover overhead and management costs that are sometimes not duly considered by institutional donors.

Membership fees for the next triennium are:

- Basic Membership, 55-euro
- Supporting Membership, 150-euro
- Honorary Membership, 1.000-euro

Members will receive the bi-annual ASIA Onlus newsletter.

Handicrafts

ASIA plans to continue this form of fundraising activity. An online catalogue will be prepared, with all manner of Tibetan handicrafts. Among items that could be included are items produced by the ASIA sponsored children attending the Tibetan Children's Villages.

For more detailed information on how to become a Sponsor, create a Scholarship, become a Member of ASIA or about any of ASIA's specific projects, please contact us.

Thank you and Happy New Year! Happy Losar! Many Tashi Deleks to you!



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(* ASIA Onlus is an NGO recognized by the Foreign Affairs Ministry, and all the donations produce tax exemption.



INTERNATIONAL COMMUNITY NEWS

merigar west

CALENDAR OF EVENTS AT THE MERIGAR WEST COMMUNITY, ITALY March - June 2006

Events that are particularly indicated for those having their first contact with the Dzogchen Teaching are indicated by the Tibetan letter A (A). For people who are genuinely interested in the Teaching, it is indispensable to meet the Master. This is possible by following one of his Teaching Retreats or by participating in one of the worldwide Direct Transmission days. Regarding the webcasts, we would like to specify that the term "closed webcast" means that in order to be able to access it, one must be a member, while "open webcast" indicates that it is a teaching that can be accessed by anyone directly through the Internet. However in order to follow the Teachings at a Gar or a Ling of the Dzogchen Community it is indispensable to have a membership card.

MARCH

March Fri. 10 - Sun. 19
A Chögyal Namkhai Norbu
Audio and video webcast of the teaching and practice retreat
Of the Dzogchen Semlung Namkhache
Tashigar North, Margarita
(Open webcast)
The webcast starts daily at 21.00 (at 15.00 on the last day)

March Fri. 10 - Mon. 13
A Course of introduction to the practice of Contemplation
Led by Costantino Albini
The course starts on Friday March 10 at 17.00
Cost 120 €, with discounts for members.

March Mon. 13
A 17.00 Explanation of the Garab Dorje Guruyoga practice
with Costantino Albini

March Tue. 14
A Chögyal Namkhai Norbu
Audio and video webcast
4.00 Worldwide transmission of the Garab Dorje Guruyoga

March Fri. 24
Dance of the Vajra Day worldwide
Intensive practice of the Dance of the Vajra
Those who have Dance costumes are invited to wear them.

March Sat. 25 - Sun. 26
Dance of the Song of the Vajra Course for advanced students
First part (from Emakirikiri up to Kelanam)
Led by Prima Mai
The course starts on Saturday March 25 at 10.00.
Cost 80 €, with discounts for members.
Those who have Dance costumes are invited to wear them.

APRIL

April Sat. 8 - Sun. 9
Dance of the Song of the Vajra Course for advanced students
Second part (from Sambharata up to Ra Ra Ra)
Led by Prima Mai
The course starts on Saturday April 8 at 10.00.
Cost 80 €, with discounts for members.

April Fri. 14 - Mon. 17 (Easter)
A Retreat of Contemplation practice (Semdzin & Rushen) and Yantra Yoga
Led by Fabio Risolo, SMS Base teacher
The retreats start on Friday April 14 at 10.00.
Cost 160 €, with discounts for members.

MAY

May Tue. 25 April - Mon. 1
Song of the Vajra Dance course of explanation and practice
For beginners
Third part (from Sambharata, up to Ra Ra Ra)
Led by Rita Renzi
The course starts on Tuesday April 25 at 10.00.
Cost 280€, with discounts for members.

May Fri. 5 - Sun. 14
A Chögyal Namkhai Norbu
Audio and video webcast of the Longsal teaching retreat.
Preliminaries of the path of Ati on the Purification of the Six Lokas
Tashigar North, Margarita
(Open webcast)
The retreat starts daily at 22.00. (at 16.00 on the last day)

May Fri. 5 - Sun. 7

continued on next page

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A LETTER FROM MERIGAR MEMBERSHIP 2006

Dear members of the Dzogchen Community,

At the beginning of the New Year, we would like to take the opportunity of reminding you to renew your membership so that you can take advantage of the many discounts that are offered.

Ordinary membership costs 129 euro per year, gives a 20% discount on retreats and courses* and free subscriptions to the monthly Merigar Letter online and the four monthly Merigar magazine.

Sustaining membership costs 500 euro, gives free entry to all courses* and retreats in Europe, free subscription to the monthly Merigar Letter, Merigar magazine and The Mirror, free use of the personal retreat cabins at Merigar as well as a 50% discount on the Video Journal.

Meritorious membership costs 1500 euro and gives the same benefits as sustaining membership as well as a 100% discount on any new publications from Edizioni Shang Shung for the current year, plus a free subscription to the Video Journal. It will also include a special gift.

Reduced membership at a cost of 50 euro is for community members who can show an income which is lower than 700 euro per month and gives a 50% discount on courses* and retreats.

During 2006, the cost of the membership card will be deducted from the cost of the first retreat in which a new member participates. That is membership is a gift included in the cost of the retreat for new members.

Membership	Fee	Discount Retreats	Personal Retreats	Monthly ML	4 Monthly ML	Publications	Webcast	Video Journal	Gift	Mirror
Ordinary Member	129	20%	20%	Online	Both***		YES			
Sustaining Member	500	100%	20%	Online	Both	10%	YES	50%		Paper
Mentorship Member	1500	100%	100%	Online	Both	100%	YES	FREE	SPECIAL GIFT	Paper
Reduced Memberships	50	50%	50%	Online	Online		YES			

(*) Except courses organized by the Shang Shung Institute, SMS exams and SMS, YY and VD teachers' training. (*) Online and paper version.**

All types of membership also give members the right to participate via web cast in retreats given by Chögyal Namkhai Norbu abroad as well as to purchase the audio-visual material of the Shang-Shung Institute Archives.

In order to be able to carry on the Dzogchen Community Reorganization Project, membership should be registered no later than March 31, 2006. Membership is valid from January 1 to December 31, 2006.

For more details on membership concessions, please refer to the table above.

With all best wishes for a very prosperous Fire Dog year!

The Merigar Gakyil

HOW TO BECOME A MEMBER:

At Merigar: contact the administration office (Pia Bramezza) or the secretary (Anna De Sole)
At the Lings: contact the person in charge or the Yellow Gakyil.

FOR FURTHER INFORMATION AND CLARIFICATION:

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Tel: +39 0564 966837
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Administration (Pia Bramezza):
Tel: +39 0564 966322
Email: piabram@tiscali.it

- A** Guided practice of the Purification of the Six Lokas
The retreat starts on Friday 5th at 16.00
- May Thu. 11 - Sun. 14
A Six Spaces of Samantabhadra Vajra Dance course for beginners
Led by a local instructor under the supervision of Prima Mai
The course starts on Thursday May 11 at 16.00.
Cost 120 €, with discounts for members.
- May Mon. 15
Day of intensive practice of the Six Spaces of Samantabhadra Vajra Dance
Those who have Dance costumes are invited to wear them.
- May Wed. 17 - Sun. 21
In-depth course of the Three Dances of the Vajra, together with the Jñanadhakini practice
The course is only open to those who have already received transmission

PASSAGES

MARRIED

Alexandra Adamek and Dimitri Fieri of the Dzogchen Community at Merigar were married at the local Town Hall in Castel del Piano on January 4th, 2006. Dimitri's skills as a dental technician have put the smiles back on many Community faces while Alexandra has collaborated closely with the Shang-Shung Institute in the archeological department. All their friends at Merigar extend their best wishes to Alexandra and Dimitri on this happy occasion.



The Vajra Dance course of the Song of Vajra for advanced with Prima Mai in Munich was from February 3rd - 7th with 12 participants - one full mandala!

First Level Santi Maha Sangha Practice Retreat in Dejamling, France with Jim Valby July 7 - 16, 2006

We are happy to announce a **1st level Santi Maha Sangha practice retreat** with **Jim Valby** to be held in the south of **France** at **Dejamling**, the place of infinite beatitude. The retreat is for those who have passed the Base Level exam of Santi Maha Sangha

Please let us know if you would like to participate as soon as possible!

Nadia Pourreau: cadette@club-internet.fr
Stoffelina Verdonk: stoffelina@wanadoo.fr

Dates: **July 7 - 16, 2006**

Cost:

The price is 150 Euros, with the usual reduction for members of the Dzogchen Community.

Ordinary members = 120 Euro

Low income member = 75 Euro

Sustaining members for free

Price for accommodation in the dormitory = 7 Euro/pp. day

Camping = 5 Euro

There is a possibility to practice the Vajra Dance and Yantra Yoga in our Vajra Tent that opens on to the wonderful Cevenol countryside.

You all are very welcome to practice with us and also discover Dejamling!

On behalf of the French Gakyil

ACCOMMODATION SERVICE IN MERIGAR

INFORMATION FOR PEOPLE WHO INTEND TO COME TO MERIGAR FOR RETREATS OR TO FOLLOW COURSES

If you are looking for accommodation, airport transfer, local car hire or only logistic assistance, you can contact the following information and reservation service:

Accommodation Service

(Information available in English, German, French and Italian) Information service and reservation of accommodation during retreats, local transport, & logistic solutions:

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Tel: 0039 0564 957542

Mobile phone: 0039 339 1370739

We cooperate with local hotels, family pensions, residences, agriturismo, Community members who have rooms or houses to rent or sublet. Also we can advise on car rental (at airports or locally), on the best itinerary and time tables of trains and buses, and we have now a circuit of residents who offer various useful services like transfer from the airports, local taxi service, translations, baby sitting, etc.

e u r o p e

PARIS RETREAT WITH CHÖGYAL NAMKHAI NORBU MAY 18 - 22, 2006

The Dzogchen Community of France has just opened its information and pre-registration pages for Rinpoche's five-day retreat in Paris, May 18-22, 2006:
<http://association.dzogchen.free.fr>

The teaching place, vast and comfortable, is in Paris city itself, easy to reach from airports, railway and bus stations, etc. There are also large parking facilities nearby.

We have already posted a list of possible accommodations on our web site and already taken an option for rooms of two to eight people in an international accommodation center nearby at a modest price. We consider first offering them to national Gakyils as a bundle.

This retreat is open only to members of the Dzogchen Community and usual discounts will apply. We wish to limit taking membership on the spot to individuals living in countries without local community. So we invite practitioners to take first membership or renew membership ahead of Paris Retreat with their local community, a natural place for practice and collaboration, which in general will give them access to web casts translated in their own language.

A three day teaching will take place immediately after in Karma Ling, a friendly Kagyu Center in the French Alps where Rinpoche already taught two times. The Dzogchen Community does not organize this event and no discounts will apply there for members. We have also put a link on our website for this second event.

The Dzogchen Community of France wishes our Master and the whole Dzogchen Community a Happy New Year!

PARIS, FRANCE RETREAT WITH CHÖGYAL NAMKHAI NORBU

Accommodation Information for the Paris Retreat May 2006.

The Dzogchen Community of France has booked and paid a limited number of rooms at a reasonable price in an international accommodation center, a few bus stations from the place where the retreat is held:

CENTRE INTERNATIONAL DE SEJOUR DE PARIS (CISP)
6, avenue Maurice Ravel - 75012 Paris
Site : <http://www.cisp.asso.fr>
Métro: Porte de Vincennes
Bus line to retreat place: PC2

The price for all 4 nights from 18th to 21st of May in rooms (with private bathroom) of 2, 4 or 8 people, is 101 euro per person, continental breakfast included, which is excellent value.

In order to book please email to: [<chantal.francois4@wanadoo.fr>](mailto:chantal.francois4@wanadoo.fr) who will email you back for confirmation and payment instructions. We will consider national Gakyils booking full dormitories first, then individual requests.

Note there are also individual rooms in the same center, at a slightly higher rate (around 30 euros per night) for which CISP should be contacted directly.

See you at spring in Paris !

NEW FRENCH GAKYIL

RED:

Georges Richard giorgiosteo@yahoo.fr
Laurent Soen stoffelina@wanadoo.fr
Lorraine Gaultier lorraine.gaultier@wanadoo.fr

BLUE:

Cathy Braud 106666.3625@compuserve.com
Stoffelina Verdonk stoffelina@wanadoo.fr
Nadia Poureau cadette@club-internet.fr

YELLOW:

Joelle David DavidJoelle@aol.com
Beatrix Orbaiceta beatrix.orbaiceta@free.fr
Christine Perriguy ccperriguy@aol.com

2ND LEVEL YANTRA YOGA COURSE COVERING ALL ASPECTS OF THE 3RD AND 4TH GROUP OF YANTRAS

Instructor: John Renshaw
Supervised by: Laura Evangelisti

Dates: Friday May 26th - Monday 29th May 2006
Venue: Kunselling Retreat Centre, Powys, Wales
Cost: £100 non residential. Concessions are available.
Accommodation: At Kunselling £18 per day full board.

There will be 2 sessions of practice per day on Friday, Saturday, Sunday; 1 morning session on Monday.

The course is only open to those who have received transmission from Chögyal Namkhai Norbu and who are members of the Dzogchen Community (membership available on the spot at Kunselling). Having knowledge of the practice of the 8 movements of Yantra Yoga is necessary.

To book please contact Peter as soon as possible so that we can get an idea of numbers interested:

Tel: 07757 257 530 (from the 2nd March)
Email: peter@cambridgecupuncture.net (anytime)

Santi Maha Sangha 1st Level Retreat with Igor Berkhin Paldenling, Poland April 8 – 17, 2006

This retreat is for those who have passed the **Santi Maha Sangha Base Level Exam** and are interested. It is necessary that each registrant has been a continuous member of the Dzogchen Community since their SMS Base level examination.

The final (and the lowest possible price) is **100 EUR** for person. This price covers three meals a day and sleeping, so it is final without possibilities for discount.

Accommodations at Paldenling is limited to 20 persons, so send your reservation as soon as possible.

On how to reach Paldenling go to: blue@dzogczen.pl

People could book their participation at: mato@dzogchen.sk

This retreat is organized in co-operation of Slovak and Polish Dzogchen Community.

Changes in the Responsibilities of the Shang Shung Editions Austria

The project manager for the Shang Shung Editions Austria over the last years, Siegfried Schwaiger, can no longer continue with this task. Siegfried is overloaded with his ordinary job so that he does not have enough time to work for the Shang Shung Editions. We want to thank Siegi very much for the great job he did in the last years in a very correct and precise way. Shang Shung Institute Austria will continue to offer books of Chögyal Namkhai Norbu and useful practice items. From now on Oliver Leick, already in charge of the Shang-Shung Institute Austria, will also be responsible for the Shang Shung Editions Austria.

Due to this change there might be some delay in posting the last orders. I apologize for all inconveniences and will try to do my best to arrange everything as soon as possible.

Thank you for understanding and very best wishes,

Oliver F. Leick
Shang-Shung Institute Austria
www.ssi-austria.at

EASTER RETREAT IN THE UK DANCE OF THE VAJRA

It is with the greatest pleasure that the UK Gakyil announces a course of the Dance of the Three Vajras. Cindy Faulkner, our recently qualified local dance instructor, will lead it.

Although some of you may have already learned the Dance of the Three Vajras, it is well worth going over since there have been some recent changes in the dance, most notably with new timing and new music (as well as some changes in the arm movements). We will also take time to go over the irregular version and practice it. And if you already feel confident with one part, why not learn the other?

Dates: Friday April 14th -Monday April 17th 2006
Venue: Kunselling Retreat Centre, Powys, Wales UK
Cost to members: £100 (145 euros) non residential. Concessions are available.

The course is only open to those who have received transmission from Chögyal Namkhai Norbu.

To stay at Kunselling costs £18 (27 euros) per night with full board for members; £20 (30 euros) non-members.

To book a place on the Mandala, please send a £20 (30 euros) non-refundable deposit made out to Dzogchen Community UK) to:
Rowan Wylie
29 Almoners Avenue
Cambridge CB1 8NZ UK

More details to follow, but meanwhile you are most welcome to email any inquiries to <rowanwylie@hotmail.com>

With best wishes,

Rowan Wylie (Vajra Dance coordinator)

SECOND LEVEL YANTRA YOGA Milano, Italy

March 23rd to 26th, 2006

with Giovanna Conti under the supervision of Laura Evangelisti

Intensive seminar on the Second Level of Yantra Yoga
(Third and Fourth Yantra Series and Relevant Pranayamas)

The course is opened to all the people who already know the first level of Yantra Yoga (tsigjiong, lungsang, tsandul, first and second series of Yantra)

Program:
Thursday March 23rd, 19,30/21,30, at the Spazio Sirin,
Via Vela 15, Milano – near Piola/V.le Abruzzi
MM Verde Piola - Autobus 92

Friday March 24th, 19,30/21,30
Saturday March 25th 10,30/12,30 and 16,30/18,30
Sunday March 26th, 10,30/12,30 and 16,30/18,30
at the Centro Shin Wa, Via Manfredini 3, near Sempione/Arco della Pace
Autobus 57- 43 -Tram 1-33-29/30

Fees
The cost of the full seminar is 90 euros, for covering the organizing expenses
Cost for one session: 15 euros

For registration please contact:
Donatella Mazzer tel. 338 92 98645 donatella@effedipi.it

What to bring
Comfortable and suitable clothing, mat and a piece of cloth

For information:
Giovanna Conti tel 334 1844897 mailgiovanna@libero.it
Clara Lovisetti tel 335 5448718 redazione@edithabitat.it

The people not living in Milan and who need accommodations are kindly requested to inform us well in advance. In any case we advise to bring with you a sleeping bag. Please note that it is not allowed to sleep in the above Centers.



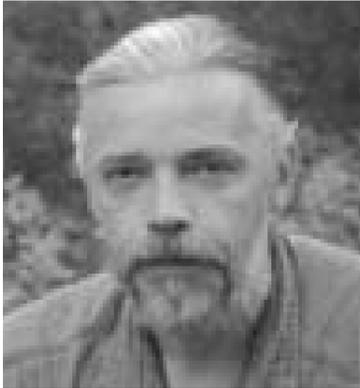
Jnanadhakini Practice Retreat in Haselbach, Austria.

m e r i g a r e a s t

PASSAGES

Died:

Misha Cherepanov passed away on February 15th, 2006 after a long illness. He was a member of the Dzogchen Community since 1992. Misha was a very talented artist and architect. Many people knew him in Russia as one of the main architects of Kunsangar. Please remember him in your Shitro practice.



Yantra Yoga Retreats in Kiev, Ukraine

First Level Yantra Yoga

March 31st - April 4th
led by Elena Chepurko
supervised by Laura Evangelisti
Two thuns a day.
Participation fee is 30 USD.

Second level YY (3rd and 4th groups of yantras)

April 6th - 10th
led by Victor Krachkovsky
supervised by Laura Evangelisti
Two thuns a day
Participation fee is 40 USD.

To participate, please register by sending an email to kiev@dzogchen.ru until 1st of March.

KUMBHAKA AT TSEGYALGAR EAST WITH FABIO ANDRICO CONWAY, MASSACHUSETTS APRIL 1-5, 2006

Tsegylgar is pleased to announce an upcoming course of fering in kumbhaka taught by Fabio Andrico. The kumbhaka course will be April 1st - 5th with daily sessions from 10:00-12:00am and 4:00-6:00pm. Participants must have received transmission from Chögyal Namkhai Norbu Rinpoche and have previous experience with Yantra Yoga.

Kumbhaka is a method of pranayama breathing which is important in Yantra Yoga and Dzogchen practices. Fabio Andrico is one of two internationally authorized Yantra Yoga instructors by Chögyal Namkhai Norbu Rinpoche, who specializes in teaching courses on kumbhaka.

The cost is \$175 after that date. The usual membership discounts apply.

Limited dorm space is available. For more information about this or any events at Tsegylgar, please contact our office.

Email: secretary@tsegylgar.org
Telephone: 413 369 4153

Errata

Omission:

In issue 76 of The Mirror there was an omission. The author of the article Dream Yoga in Barcelona on page 11 was Michael Katz. Our apologies,
The Mirror

t s e g y a g a r e a s t & w e s t

Tsegylgar, Dzogchen Community in America,
PO Box 277
Conway, MA 01341
Tel: 413-369-4153 | Fax: 413-369-4473
Email: secretary@tsegylgar.org
Web site: www.tsegylgar.org

Tsegylgar West
Baja Mexico
Dzogchen Community West Coast
755 Euclid Ave.
Berkeley, CA 94708
USA
Email: cbass@prodigy.net.mx
carolmfields@aol.com

Tsegylgar Events Spring and Summer 2006

March 17, 18, 19
Yantra Yoga Weekend with Paula Barry
1st series of Yantras
1st series Pranayama
(5 sessions)
\$75 or \$15/session

April 1 - 5
Kumbhaka Course with Fabio Andrico
\$175 or \$20/session

April 29 & 30
Dream Yoga Retreat with Michael Katz
\$60(4 sessions) or \$15/session

May 5 - 14
A Retreat of Longsal Teaching with Chögyal Namkhai Norbu
The Preliminaries of the Path of Ati about the Purification of the Six Lokas, Teaching and Practice
Open Web Cast

May 5 - 7
Yantra Yoga
Details TBA
(5 sessions)
\$75 or \$15/session

July 19 - 26
Mandarava Retreat at Khandroling
with Nina Robinson
\$180 (14 sessions) or \$15 /session

Aug 5 - 23
Santi Maha Sangha Practice Retreat with Jim Valby at Khandroling
Yantra Yoga and Vajra Dance
(Teachers and Course Information to be announced)
(If Rinpoche offers an open web cast during the r etreat, we will drive to the school house in the mornings to participate in it, then r eturn to Khandroling for other classes.)

\$800 entire retreat
\$250 per session
\$15 per class

Session I SMS Base Level Aug. 5-8
Session II SMS Base Level Aug. 10-13
Session III SMS Level 1 Aug. 15-18
Session IV SMS Level 1 Aug. 20 - 23

Contact:
secretary@tsegylgar.org

PO Box 277
Conway, MA 01341
USA
Tel & fax: 413 369 4473



A SUMMER SANTI MAHA SANGHA INTENSIVE AT KHANDROLING:

August 5-23, 2006

SANTI MAHA SANGHA
Yantra Yoga & Vajra Dance

On the Sacred Land of Khandroling,
Buckland, Massachusetts-USA

Practice Retreat with Jim Valby
(Other Instructors To Be Announced)

2 daily session of SMS teaching,
Vajra Dance and Yantra Yoga

SMS Base: Aug. 5 - 8
& Aug. 10 - 13
SMS Level 1: Aug. 15 - 18
& Aug. 20 - 23

More details of price and instructors to be announced.

“On the Khandroling land you can obtain the same level of realization in 6 days as you would in 6 months anywhere else.”—Chögyal Namkhai Norbu

Mandarava Retreat at Tsegylgar East with Nina Robinson Khandroling, Buckland, Massachusetts Summer 2006

Tsegylgar is delighted to announce that Nina Robinson will return to the sacred land of Khandroling for the last week of July 2006 to lead a Mandarava retreat.

Exact dates and costs will be announced soon.
We'll keep you posted!

Tsegylgar Gakyil
Tel: 413-369-4153
Email: secretary@tsegylgar.org

Dream Yoga Weekend Retreat with Dr. Michael Katz, editor of “Dream Yoga”

April 29 & 30, 2006
Tsegylgar, Conway, Massachusetts

More details to follow soon.
To register, please contact:
secretary@tsegylgar.org

CYCLE OF DAY AND NIGHT BACK IN STOCK AT TSEGYALGAR BOOKSTORE

The book “The Cycle of Day and Night: An Essential Tibetan Text on the Practice of Dzogchen” by Chögyal Namkhai Norbu and translated and edited by John Reynolds is now back in stock at the Tsegylgar Bookstore!

Buy it now from our online bookstore by clicking on this link:

http://www.tsegylgar.org/cgi-bin/merchant2/merchant.mv?Screen=PROD&Store_Code=T&Product_Code=SH040&Category_Code=book

or call, mail, fax, or email in to us the following information:

Your billing and shipping addresses
The item or list of items you would like to order
Your VISA or MC number with expiration date

Thanks as always for your support,

Anna Bartenstein
Tsegylgar Bookstore
413-369-4473 (Ph/Fax)

P.O. Box 82
Conway, MA 01341

NEW GEKÖES NEEDED AT TSEGYALGAR

Tsegylgar will be saying goodbye to our beloved Geköes, Cindy, at the end of May, and will need a new Geköes. All those who are interested in the position, please write to our secretary Ed, at <secretary@tsegylgar.org>. Applicants need to have attended three retreats with Rinpoche, be a member of the Dzogchen Community and be able to work in the United States. It is useful to read the chapter, “The Task of the Gekoes” in Rinpoche’s book, The Dzogchen Community, to get an idea of how crucial this position is in the well being of the Gar.

Tsegylgar Gakyil
PO Box 277
Conway, MA 01341 USA
Tel & fax: 413 369 4473

SECRETARY NEEDED AT TSEGYALGAR EAST CONWAY, MASSACHUSETTS

The Tsegylgar Gakyil is looking to develop its office administration. We are looking for an independent, self-motivated practitioner committed to a strong future to work as secretary at Tsegylgar East.

We plan to open a full-time position at the Gar. Pay will be a competitive salary for 35-40 hours per week. Applicants must provide their own lodging and be able to work legally in the United States.

The position will include the following tasks:

Public Relations (phones and emails)
Use of Quick Books for basic accounting
Sound, video, multi-media set-up
Activity Scheduling for the Gar
Collecting and sorting mail
Working with Gakyil to Coordinate Basic Advertising for retreats and web casts
Acting as a liaison between the Gakyil and the Community
Compiling and editing the Community Newsletter
Maintaining databases

Applicants should be:

Calm, helpful, and welcoming
Eager to serve the Community
Familiar with office organization
Able to multi-task
Good communicators
Attendant to details
Familiar with basic PC operation (e-mail, Microsoft Office applications, etc.)
Familiar with the Dzogchen Community and its practices
Self directed and able to follow through with projects
Able to work well with others

To apply please send your resume and cover letter to Patricia Shahan, Yellow Gakyil, at patriciashahan@starpower.net or fax to 413-369-4473 as soon as possible. In your cover letter please refer to your date of availability and your pertinent skills.

Please feel free to contact the Tsegylgar Office at secretary@tsegylgar.org or 413-369-4153 with any questions.

NEW BOOKS AVAILABLE FROM THE TSEGYALGAR BOOKSTORE

The Foundation of the Path

#230E

\$15.00

This collection of teachings contains the foundation for observing ourselves and understanding our real condition: The Four Awarenesses, The Three Sacred Principles (Refuge, Bodhicitta, Dedication of Merit), The Three Trainings, and the Vajra State. This is a transcription from oral teachings by Chögyal Namkhai Norbu.

Dzogchen Teachings, Merigar, 6-11, July 2001

#220E

\$15.00

This book is a transcript of oral teachings given by Chögyal Namkhai Norbu at Merigar on July 6-11, 2001. Material covered includes: The true sense of the Dzogchen Teachings, discussions of Sutra, Tantra, and Dzogchen, information on Direct Introduction, Guruyoga and secondary practices, and the Practice of Daily Life.

Essential Notes on the Vajra Dance

#228E

\$10.00

This text is meant for practitioners of the Vajra Dance who have already received instruction in this practice and endeavors to clarify some of its technical aspects. The notes presented in this booklet are mainly indicating very basic particulars and positions of palms and feet in relation with each of the syllables of the Three Vajra Dances. Included are all adjustments and clarifications to the dance given by Rinpoche in recent years.

An Ornament of the Thought of Nagarjuna Clarifying the Core of Madhyamaka

By: Gendun Chopel with preface by Chögyal Namkhai Norbu

#224E

\$18.00

Gendun Chopel, eminent scholar of 20th century Tibet, was a master of both the traditional curricula of his time – the five branches of Buddhist wisdom and the five subjects of Tibetan culture – and of numerous modern subjects in such fields as Philosophy, Language, and History. The “Ludrub Gongyen” clearly demonstrates his profound knowledge of both Sutra and Tantra and his precise understanding of the essence of the teachings of Buddha and the thought of Nagarjuna. Careful study and analysis of this work will lead to an understanding of the essential meaning of the Buddha’s teachings.

The Life of Padmasambhava

By: Taranatha

continued on next page

#221E
\$13.00

Since it was Padmasambhava who brought Tantric Buddhism to Tibet, he is the most important guru in its lineages. Therefore, any reliable testimony regarding his life is extremely valuable for those who study and practice these teachings in the Western World. Tarantha (1575-?), the author of the biography contained in this book, is one of the major Tibetan historians of his age. His testimony is still considered reliable by Tibetans, and the source of his writings is in the *Kama* tradition.

If you would like to place an order for one of these books, or any other, please email, fax, or telephone me the following information:

Your billing and shipping addresses
Your VISA or MC number with expiration date
The list of items you would like to order

All of our contact information is below.

I look forward to hearing from you!

Anna Bartenstein
Tsegvalgar Bookstore
P.O. Box 82
Conway, MA 01341
Email: bookstore@tsegvalgar.org
Tel/fax: 413-369-4473

Dzogchen Community Gakyil:

Melinda Sacarob - President, Blue
Email: sunbear21@yahoo.com

Merle Wood - Treasurer, Yellow
Email: merlewood@hawaii.rr.com
Tel: 808 328 9548

Jerene - Secretary, Red
Email: jerenela@hawaii.rr.com
Tel: 808 323 9714

Susan Indich
Tel: 808-262-1820

Dzogchen Community of New Mexico Advanced Course in the Dance of the Song of the Vajra

with Adriana dal Borgo
March 28 - April 2 2006
Synergia Ranch near Santa Fe, New Mexico, USA
(<http://synergia ranch.com/price.html>)

This advanced course is aimed toward practitioners who wish to deepen their knowledge of the practice of the Dance of the Song of the Vajra and make it more precise. Thus, to attend the course one should know one part (male or female) well.

The Dance of the Song of the Vajra, a precious teaching from our Master Chögyal Namkhai Norbu, has as its main goal the integration of contemplation and movement, with the benefit of harmonizing our three existences of body, speech, and mind. It is practiced on a Mandala, representing both the inner existence of the individual and the outer dimension of the universe.

The course schedule will be sent out later, as the time gets closer, but we will most likely have evening teaching sessions weekdays and daytime teaching sessions over the weekend, with practice sessions set up to suit the schedules of participants.

Cost:
A sliding scale of \$235.00 - \$ 250.00 is the suggested donation.

For further information or to let us know you plan to attend, CONTACT Marta Macbeth (rubystone1215@hotmail.com) 505-986-1573 or Denise Coady (denisecoady@gmail.com) 505-867-3562
To reserve a place in the course, please send a check or money order for a deposit of \$ 75.00 or for the whole amount made out to DZOGCHEN COMMUNITY OF NEW MEXICO to

DCNM
Susie Marlow
20 Outliers Rd.
Jemez Springs, NM
87025

Please also indicate whether you plan to focus on the male or the female part.

MEMBERSHIP AT TSEGYALGAR EAST

As the year of the Wood Bird draws to a close, we would like to remind everyone to renew your Dzogchen Community membership. In 2006, membership is more important than ever for both you and Tsegvalgar. Your membership is a good way to demonstrate your commitment to Chögyal Namkhai Norbu's teachings and his vision for North America. This year, Tsegvalgar is undertaking many projects that need your support, such as the Tsegvalgar digital archive, a re-designed Tsegvalgar website, and the design and construction of a Vajra Hall to protect the world's only Universal Vajra Dance Mandala atop the sacred mountain of Khandroling.

Because 2005 memberships have now expired, it is important for people interested in participating in the upcoming February 17-26 Restricted Web Cast to renew or become members. Introductory memberships begin at only \$36. Memberships already purchased on or after December 1st, 2005, are valid for 2006. Memberships purchased before December 1st are no longer valid for Restricted Web Casts.

Your membership provides you with discounts on retreats at Tsegvalgar, with Rinpoche internationally, and use of the dorm and our retreat cabins. Most importantly, membership allows access to Rinpoche's restricted web casts of Dzogchen retreats.

We encourage people to become members using our online bookstore at:
http://www.tsegvalgar.org/cgi-bin/merchant2/merchant.mv?Screen=CTGY&Store_Code=T&Category_Code=dca

Or by writing to secretary@tsegvalgar.org or calling 413-369-4153.

Please feel free to contact our office with any questions.

All the best,
Ed Hayes

UPCOMING NEW YORK CITY EVENTS SPRING AND SUMMER

March, April & July 2006

March 10 - 19
Retreat with Chögyal Namkhai Norbu
Dzogchen Semlung Namkhache Retreat of Teaching and Practice of Namkhache at Tashigar Norte
Open Web cast

March 23 - 28
Yantra Yoga Beginner class led by Naomi Zeitz under the supervision of Fabio Andrico

April 7 - 8
Breathing class with Fabio Andrico.
This course is to practice and deepen the understanding of complete breathing; complete breathing is the base of Yantra Yoga and Kumbhaka.

April 21 - 23
Santi Maha Sangha Base Level Retreat with Jim Valby

July 27 - 29
Mandarava weekend with Nina Robinson

Please volunteer to assist with these events and/or volunteer to lead a weekend practice event.

Location:
Kundrolling - New York City
151 W. 30th St., #403, NYC
Tel: 212-564 1024
Email: nycdzogchen@aol.com

Email:
Michael zak10016@yahoo.com

VAJRA DANCE NEW YORK CITY

The New York City Dzogchen Community would like to promote the Vajra Dance now that there is a new Mandala. Due to the expense of organizing for a dance teacher to come, we would like to know how many people would be willing to commit and pre-pay a course.

According to Anastasia McGee, one of the appointed dance teachers, the Song of the Vajra course would be presented over 4-5 weekends. The other two dances would be presented over one weekend each.

We are projecting that each weekend course would be approximately \$150 per participant and that we would need a minimum of 10 participants to approach breaking even. There may be a possibility of inviting another teacher to present the Song of the Vajra course over 1 full week. In this case the projected cost would be approximately \$250 per participant.

Assuming that the timing was right, please indicate your willingness to participate and pre-pay for one of the weekend courses and/or a full week course.

Please be specific as to which course you could commit and pre-pay and email me directly.

Thank you,
Michael Katz, Gakyil Director
Email: zak10016@yahoo.com

VOLUNTEERS NEEDED IN BAJA CALIFORNIA

MARCH 2006

We need volunteers at the Gar in Baja California Sur, Mexico, starting in March, who have a strong desire to contribute to the Gar and live in the beneficent tropical dry lands of Baja for a period of time. Our preferences are for those practitioners who have experience in developing rural property; who have construction experience; who like gardening, cooking and/or shopping; are comfortable in the outdoors; and who have a positive attitude of Bodhicitta toward those around them and the tasks at hand.

We offer tent accommodations, food, local transportation, filtered spring water, hot showers, Internet connection, and supervision on site. Those with practice experience in the Dzogchen Community can earn retreat time with their volunteer participation, and volunteers attend any Dzogchen events held on the land for free. We expect to offer experience with stabilized earth building techniques.

Spanish/English fluency preferred.

Please contact: carolmfields@aol.com or gar@bajasangha.org for an application.

GUARANTEED LOW RENT RETREAT CASITAS IN BAJA MEXICO

There is still the opportunity to secure 3 weeks per year of guaranteed low rent at the Baja Gar (\$200/week) in a nicely furnished casita (one room with deck) for the next fifteen years. The cost is \$1,500 per early subscriber. THIS EARLY-SUBSCRIPTION OPPORTUNITY ENDS ON APRIL 1, 2006. These subscriptions are of inestimable help in refurbishing and furnishing the casitas for comfortable use at the Gar. Early subscribers have first priority for times and occupancy each year.

Correction: if two people (maximum) who are not a couple are sharing this opportunity, they will get 3 weeks EACH guaranteed each year at \$200 per week, for an enrollment fee of \$2,500. (Total of 6 weeks per year).

Finally, a NEW CASITA ENDOWMENT PROGRAM has also been initiated, due to demand. Under this opportunity, the subscriber or Community site may endow an entire casita for \$20,000 in a one-time payment. This gives them unlimited time preference and use of the casita for the 15-year period (4-person maximum occupancy), without a weekly rental fee. When they are not in residence, the Gar will rent out the casita as needed. The endowment program is limited to 5 casitas at the present time.

NEW GAKYIL AND GEKÖES NEEDED IN TASHIGAR SOUTH, ARGENTINA

Tashigar South is looking for a new Geköes and Secretary to commit for one year starting in April 2006. We can offer a minimum salary, house, services, free retreats and courses.

Email: tashigarsur@gmail.com
Tel: 0054-3541-498356.

News from Noumea New Caledonia

2006: A Happy Year in the South Pacific

2006 started with the auspicious Ganapuja we had with Tiramisu, in the orange house of Koutio that is the shelter of the newly registered association: AS DZOGCHEN NC created by the Nouméa Gakyil. Following the web cast of the Longsal Longde retreat four of us gathered around the computer under the purr of the air conditioning in the dark hours of the night (1am to 3am) for a Gakyil meeting. Every Wednesday we meet for a practice of the Guruyoga of the White A and shall soon have a new hall to unfold the Vajra Dance Mandala.

Anyone who has received the transmission from Chögyal Namkhai Norbu is welcome for the collective practices, the Vajra Dance and the open web casts that we shall keep on organizing.

We want to inform the international Community that we now have a house (the orange house under the mango trees) to welcome practitioners should they come visit us on our small island.

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Prolongación de la Calle Bolívar
Valle de Pedro González, Isla de
Margarita
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Email: tashinor@mail.dzogchen.ru
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Email: tashigarsur@gmail.com



Ku Nye Course with Dr Phuntsog Wangmo in Margarita January 2006

south america

Dreaming in Margarita

by Roland Wright

Removed from my life's usual unrelenting pace, and being in a place like Margarita in Rinpoche's presence, it's possible to appreciate a bit the dream-like nature of our existence. Therefore I was happy to learn that Michael Katz had been asked and had agreed to host an abbreviated two-day Dream Yoga course during the precious Longsal Longde teachings.

As the course started, Michael, in his easygoing way, explained that in lieu of any personal fees or remuneration for the two days he would appreciate our dream submissions. The New York City Dzogchen Community (www.nydzogchen.com) has created a section devoted to practitioners "interesting lucid dreams and dreams of clarity" all to be posted anonymously. He explained that with Rinpoche's permission, this site would be a place where we can be inspired by the fruit of the "Practice of the Night" and read some of the dreams of our Vajra Kin. He also encouraged us to submit our own dreams for others to. With this agreement, our short experience together began.

Michael started by explaining his understanding of the difference between Dream Yoga, and the Practice of Natural light. The first day, we focused on Dream Yoga.

We did a very interesting exercise during which we roamed around the beautiful grounds of Tashigar wearing sunglasses, doing our best to experience it as the dream state!! The point of the exercise was to carry awareness of the dream into daily life and by

mingling dream with reality assist our practice during the night. We also looked for unusual and interesting things to act as triggers for a lucid dream. Upon seeing something very unusual or interesting, we were to tell ourselves that if we would dream of this unusual thing in the future, we should recognize the dream experience as a dream, and become lucid. After we finished this exercise, we sat together and shared some of our experiences. For myself, the most unusual thing I saw, something I'll not soon forget, were a few dozen beautiful Yogi's and Yogini's walking around in sunglasses pretending they were dreaming!!!

On the second day, we focused more on the practices of natural light connected to Guru Yoga that Rinpoche has kindly transmitted to us. We also did a session of Namkha Arte as described in the 2nd edition of the Dream Yoga book. We took a short nap on both days. I had difficulty sleeping, but some of the more relaxed among us were able to tune out the noise and heat, and actually dream.

Several participants including one new practitioner from Australia, Ben, even had lucid dreams. Ben's brief lucid experience was of trying to hold a tent down. John "Nirvana" Bidleman once told me that a tent is a great dream image - so I personally found this dream of Ben's very interesting.

Due to time constraints we didn't have as much time for sharing as normally occurs in Michael's courses. It was still however a wonderful experience to be together and focus intensely for a time on these essential practices.

Many thanks to Michael for giving freely of his time and experience in this area - And of course, to Rinpoche for his unfailing kindness in the transmission of these precious teachings."

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namgyalgar & pacific rim

NAMGYALGAR GAKYIL 2006

BLUE

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Graeme Horner
Lisa Kempster

YELLOW

Madeleine Fogarty (Treasurer & Vice-President)
Helen Castle

RED

Joanna Tyshing
Jean Mackintosh
Andrew Palmer

INTERNATIONAL VAJRA DANCE DAY AYU KHANDRO'S BIRTHDAY AND DAKINI DAY MARCH 24, 2006

We would like to inform you that our Master has indicated that on the international Vajra Dance day, Ayu Khandro's Birthday and Dakini day (the 25th day of the first month in the Tibetan calendar corresponding to March 24, 2006), it is better to combine all three Vajra Dances. On this day we can dance on all the Mandalas in the world and spread the precious light of this teaching by doing one thun of the Vajra Dance. We can do it in such a way that all who are present can participate in the practice of the Vajra Dance by dancing the dance they know, whether it is the Vajra Dance of the Dance of the Song of the Vajra, the Vajra Dance of the Dance of the Six Spaces of Samantabhadra, the Vajra Dance of the Dance of the Three Vajras, or the complete Vajra Dance. We can do more thuns on that day or a small retreat of several days according to our circumstances. May all dimensions have the fortune of spreading the true essence of the Dzogchen Teaching for the benefit and realization of all sentient beings.

In homage to our Master, Chögyal Namkhai Norbu.
May He enjoy long life!

Vajra Dance teachers and instructors

VAJRA DANCE CLOTHES UPDATE

Dear Practitioners of the Vajra Dance,

In October 2004, Chogyal Namkhai Norbu introduced to the Dzogchen Community the Vajra Dance Clothes that were prepared according to his transmission.

During the last two years about thirty practitioners from all over the world have started dancing with the Vajra Dance Clothes. Those who have experienced dancing with them have said it is a very special experience of integration, especially if the group is complete on the Mandala.

Our first production of the Vajra Dance Clothes took place in Nepal, and they were of very good quality but a little expensive. Since then, following Rinpoche's indications, we have tried our best to look for a new producer that could guarantee quality but offer a better price. Today we are in a position to offer the Vajra Dance Clothes for only 170 Euro, and this cost just covers the basic expenses.

We hope that this will enable most of the practitioners to afford them, so there will soon be more possibility of dancing with complete Mandalas all around the world.

To optimize the production of the clothes, we should have group orders so please, if you are interested, contact us as soon as possible so that we can reach the minimum required.

With our best wishes!

The Vajra Dance Clothes Production Team

8TH ISSUE OF THE VIDEO JOURNAL

Dear Dzogchen Community Members,

The 8th issue of the Dzogchen Community Video Journal, the last one of 2005, has by now reached our subscribers. It is a particularly rich issue with images and extracts of Rinpoche's Teachings all over Europe and is, in fact, a double issue, with a first and a second part.

We are sure you will enjoy watching video clips from Australia, beautiful Budapest, the sea and the mountains of Crimea, home to the future Merigar East Gar where the biggest retreat ever was held in 2005 with over 1600 participants, the many events that took place in Merigar (with very rare footage from the Archives) and finally Spain, where over 800 people gathered in Barcelona to listen to the Master's teaching.

The Video Journal is now entering its third year. We would like to thank all our subscribers for their support, and the many people who have given their collaboration or have in any way contributed to making the Video Journal possible and better.

The subscription fee for 2006 is still the same as in 2004, 100 Euros for 4 issues, including mailing expenses. Sustaining members have the right to a 50% discount. To subscribe send an email to

orders@istitutoshangshung.org

The next issue will be ready by the end of March and you will find a special Archive's section dedicated to ASIA and their projects in Tibet. We invite you all to renew your subscriptions or take one out for the first time.

With deep gratitude to our Master and with many thanks to you all we wish everybody a Happy Losar!

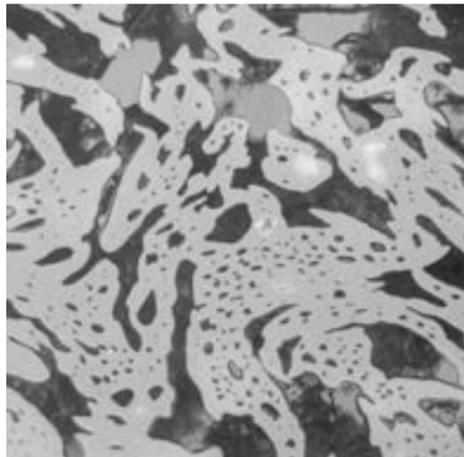
The Video Journal Editorial Team

ART AND DZOGCHEN

What is art and what is dharma and how does this all relate to Dzogchen? This is the topic that I would like to explore here in a few words and pictures.

"Genuine art - dharma art - is simply the activity of non-aggression."
Chögyam Trungpa Rinpoche

The dharma art teachings by the late scholar, artist and meditation master Chögyam Trungpa Rinpoche are based on the view that every sentient being has basic goodness. Basic goodness means that we have an intrinsic capacity to go beyond conditioned existence simply by being open. Chögyam Trungpa Rinpoche talks about coming back to square one. Square one is a state in which there is nothing much going on. There is space for things to occur but nothing has occurred yet. Everything is full of possibilities but there is an openness that has no bias or judgment. The path of dharma art



is the practice of non-aggression that comes from square one. Synchronizing body and mind we mix everyday life with non-aggression and we pay attention to detail in what we do. In this way any activity of daily life becomes wakeful and genuine. The fruition of dharma art is that by being genuine and non-aggressive we benefit the world. As Chögyam Trungpa Rinpoche said: "The artist has the power to change the world. You could play a tremendous role in developing peace throughout the world." In this case we uplift the world by being genuine and wakeful.

Miksang Contemplative Photography is part of the dharma art teachings introduced by Chögyam Trungpa Rinpoche. Miksang - in Tibetan meaning 'good eye' - is also based on the view of basic goodness; in other words, the ability to be completely



open towards the world and towards any experience.

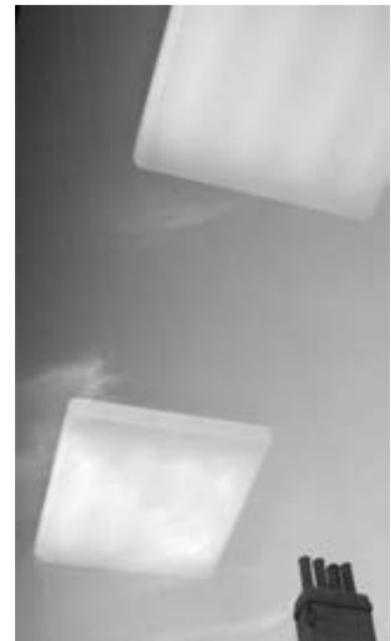
Here we use photography as a practice to synchronize eye and mind. Being fully present we are able to perceive things directly. We have flashes of perception free from concept. Seeing things in their own nature we share and express our perceptions by taking a picture. Without manipulation we simply perceive and express. As Chögyam Trungpa Rinpoche put it: "There is such a thing as unconditional expression that does not come from self or other. It manifests out of nowhere like mushrooms in a meadow, like hailstones, like thundershowers." The outcome is quite the same as in dharma art. By sharing what we have seen directly we are able to communicate the vividness of the world experienced through freshness of mind, which can be quite pleasing and awakening to the viewer. In my view, the Tregchöd teachings of Dzogchen taught by Chögyal Namkhai Norbu Rinpoche are

intimately interconnected to dharma art, as well as Miksang, in that we don't manipulate anything. We don't modify our experience. Whether our experience is related to our physical body, our emotions or our thought patterns, we don't reject, accept or remain indifferent about it. We mix our experience with contemplation thereby integrating experience with resting in our true state, an awakened state



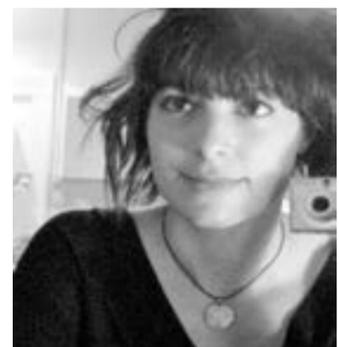
beyond the limitations of dualism. Experiences are neither good nor bad, they can have a flavor of course, just like blue is blue and not yellow, and red is red and is beautiful but we look, see and experience with the eyes of a lion who is beyond hope and fear.

For me, the experience of practicing Tregchöd, not modifying any experience related to body speech and mind, and the practice of dharma art and Miksang are related. One difference is that in Miksang, one chooses a medium to express the



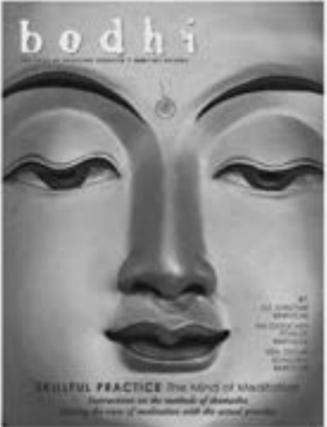
unmodified experience that comes from a space beyond concept. In Miksang, this medium is photography. In dharma art, in fact, it is any gesture, any movement and any activity of life. It is art in everyday life. As Chögyam Trungpa said: "Being an artist is not an occupation; it is your life, your whole being." In my opinion, an enlightened being who performs any action, be it as mundane as mundane can be, will be an expression of enlightened activity, like dharma art. Because everything an enlightened being does is completely integrated with contemplation, and resting in the primordial state. Its only function is to benefit others and to awaken us to the same possibility of being.

Nina Mudita has studied at Naropa University in Boulder, Colorado, USA. After completing her Master of Arts in Buddhism she studied Miksang with Michael Wood, who has been developing and teaching Miksang for 30 years, since he met Chögyam Trungpa Rinpoche. Currently Nina is Michael Wood's assistant coordinating courses as well as introducing Miksang in Europe.



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Helping the Crimea, Merigar East Update on the Golden Ring Lottery & Donations

Five beautiful prizes of the Golden Ring Lottery announced by Chögyal Namkhai Norbu for creating Merigar East are now presented at <http://merigar-east.dzogchen.ru/lottery-en.html>
The bank account for both the Golden Ring Lottery and Donations for Merigar-East is the same:

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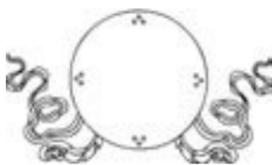
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Ajahn Chah on Working with Attachment

In the Spring issue of *Buddhadharma*, Ajahn Chah explains how to practice with a mind of giving up and letting go. **ALSO IN THE ISSUE: TRALEG RINPOCHE COMMENTS ON THE LIFE AND TEACHINGS OF CHÖGYAM TRUNGPA. CHARLES PREBISH LOOKS AT THE GROWING COMMUNITY OF SCHOLAR-PRACTITIONERS. AND ONE MONK'S INTIMATE REFLECTIONS ON THE CHALLENGING PRACTICE OF BEGGING FOR ALMS.**

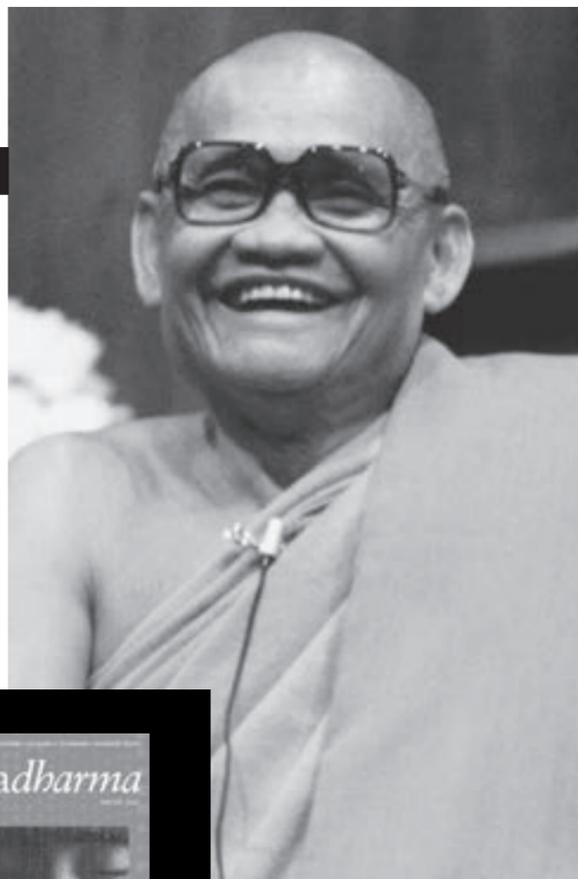
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HOW I MET CHÖGYAL NAMKHAÏ NORBU

by Tony Laurent

I have often thought a good friend of mine must be connected to our Master's transmission because on two separate occasions she was part of the how I met our precious Master, Chögyal Namkhai Norbu. From an early age I was inquisitive about things spiritual or beyond our world perhaps due to a recurring childhood dream. I would wake-up, sometimes in a cold sweat, from being cast on a large barren rock to which I was spread-eagled clutching, hurtling through a vast limitless space. The rock was attached to a long heavy metallic chain that disappeared through the cold expanse of vacuous space in a long arch and slowly swinging around and around from some distant lost origin. This recurring dream would wake me in a feeling of desperation and maybe instilled in me the thought that life was a journey from some situation not very pleasant. The idea of some kind of quest became ingrained in me, part of my life. I was raised in a Catholic family and a religious education from which I rebelled while still at school and felt strangely comfortable avoiding the church services of school and home. While still young I was fascinated by books on foreign cultures and places and later read avidly anything on eastern or western religions or philosophies. On leaving school I studied architecture at university and was fortunate to have some very good teachers who introduced me to the theory and principles of traditional architecture. Instead of graduating from university and getting a good start in a city office, I traveled to India and Southeast Asia to study the forms and architecture of traditional cultures. I completed my university thesis entitled 'Spatial Extension

and the Sense of Place' and this led me to study comparative religions and the works of Rene Guenon and Ananda Coomaraswamy. After this rather serious study based on Indian philosophy and Sufi cosmologies I submitted my thesis to the university with the rather hopeless conclusion that my sense of place was cast in a modern world and bereft of the possibility to meet an authentic Master necessary to lead one on a path to enlightenment. Not great stuff for one graduating after seven years of study and being unleashed into the working life of a city and the bustle of a modern architectural metropolis.

I did however graduate and found employment with an excellent architect who was very influenced by the work of the utopian American architect Frank Lloyd Wright and to whom I owe some really good training. After five years working in Sydney I still had this sense of loss about place in the modern world until I discovered the work of the Italian architect Carlo Scarpa. I resolved to go to Venice to study this architect's work. Just before leaving Sydney, this good friend of mine invited me to a dinner to meet an Italian art teacher from Venice. I thought this was a good opportunity to learn something about the works of Scarpa in Venice and to try out my few words of Italian. I arrived to my friend's place for dinner with a big book of Scarpa's work and when I opened the book to show Giuliana, the immediate reaction was a gasp "that's the place I met my Tibetan Master". Rinpoche had taught at the Querini Stampalia museum, one of Scarpa's noted restoration works in Venice. The words "Tibetan Master" stuck in my mind and later that night driving home it rained so hard that the



road suddenly flooded almost to the window level of the doors of the car. This left a deep impression on me that seemed somehow connected to this mysterious Tibetan Master in Italy and meeting Giuliana.

I left for overseas in 1987 and worked in Greece for that year before arriving in Venice and meeting up again with Giuliana. I felt reserved about asking too many questions about the Tibetan Master, I noticed she was obviously very dedicated to this Teacher living in Tuscany. I thought if it was the right path for me it would work out, besides I didn't speak Italian. I left Venice and traveled to Rome and then to London and worked there in 1988 at a great job before being caught out by customs without a current work permit. I had to leave London and went to live in Paris. I was desperate after some months because I had no work, and one night, it was full moon and acting on a sudden impulse, I telephoned an architect I had met the year before in Rome and the immediate response was we have a job for you, come to Rome tomorrow. This already seemed improbable and again I wondered about the Tibetan Master living in

Italy.

I spent six months working on the project in Rome and learning Italian and following an unsatisfactory love affair, I decided to return to Australia to start a proper working career based in Sydney. Very soon after arriving in Sydney, that same good friend of mine rang and invited me to a dinner to meet an Italian woman visiting Sydney. During the dinner I asked her why she was in Australia and her response was she had come to attend a retreat with her Tibetan Master from Italy. I was speechless, could that possibly be the same Tibetan Master I heard about in the same situation three years before? I lent Giuliana my car to travel to Melbourne to attend the retreat and she returned with a book for me, *Primordial Experience* by Manjusrimitra. This book remained next to my bed all that year; I was struck with the quality and scholarship of this Tibetan text and commentaries and was satisfied without doubt that here was something authentic. Meanwhile an architect friend in Rome was asking me to me to start an architectural practice in Rome so I thought to return, now convinced I should meet this Master. The day I arrived in Rome, without any prior arrangement, I went to the house of my friend in Rome and there was Giuliana having lunch and about to attend a teaching of the Tibetan Master that afternoon. I went with her, she introduced me to the Master and I remember looking into the Master's eyes and seeing something extraordinarily powerful. I hadn't understood anything very much of the Italian Teaching and I didn't feel prepared. But I stayed in Rome, started regular hatha yoga, became vegetarian, tried to learn meditation and of course it was all a bit like tasteless soup.

It wasn't until a year later in 1991 that I felt prepared and traveled to Tuscany to ask the Master if I could receive his Teachings. I arrived at the yellow house of Merigar and was struck by the kindness of Michelle, of Giorgio, of Clara. There were no scheduled teachings and the Master was in retreat. The next day I returned to the yellow house and was encouraged to attend a Ganapuja at the Gonpa. There didn't seem to be many people there and I walked down to the Gonpa alone to attend something I had no idea about. As I arrived at the Gonpa I turned around and walking down the hill some distance behind me were just two people. As they approached talking together, I recognized that these two were Giuliana and Giuliana who I had met separately at my friend's house in Sydney so many years before. That afternoon Rinpoche had finished his retreat and was teaching the Vajra Dance at the Cappanone, I plucked up my courage to ask if I could receive Teachings. His response was of course, I am teaching many retreats, prepare yourself... Many wonderful things happened that weekend, and late Sunday evening I returned to Rome by car with Andrea dell'Angello and Yuden Namkhai, we talked about ASIA and the situation in Tibet. We started immediately to prepare the projects of ASIA in Tibet and I remained living in Rome until 1998 working on these projects and started the extraordinary life of following Rinpoche's advice prepare yourself.

Note: Tony Laurent lives in Sydney and carries out development work for Namgyalgar and continues to collaborate with ASIA.

Calendar Agenda for the Fire Dog Year (2006-2007)

Euro 10.00

Pocket agenda containing concise indications of the practices recommended by Chögyal Namkhai Norbu for special days, positive and negative days for the Nagas Practice, astrological data of the Tibetan Calendar and the individual aspects for those born between 1915 and 2006. Indispensable for finding out favorable and unfavorable days for daily activities and to remember special practice days.

Key for Consulting the Tibetan Calendar

Edited by M.R. Leti

Euro 13.00

Much information on Tibetan astrology and on its application to daily life. A practical and complete manual, indispensable for the consultation of the annual astrological calendar.

The Key for Consulting the Tibetan Calendar came out of a course held by Chögyal Namkhai Norbu in Rome at the beginning of the 1980's as part of a seminar on Tibetan Medicine and Astrology. It represents a precious and indeed unique contribution towards an understanding of the value of the ancient knowledge of Tibetan astrology.

It aims to act as an introduction to the Tibetan astrological universe, so different from ours in its complex and fascinating richness. At the same time, it can serve as a useful instrument to guide those who understand how closely our lives are linked to the warp and weft of the movements of the universe, in the general interdependence of all phenomena.

None of us, when in a hurry, would dream of going the wrong way up a one-way street in a car, or shooting a red light while at the same time choosing the longest route to our destination: it would be a senseless and contradictory behavior or worse suicidal. And yet even if this would obviously be absurd in relation to space, sometimes that is indeed what we do in relation to time when we carry out certain actions. Amid our distractions and carelessness we ignore all the signals and we hurtle with apparent assurance towards virtually certain failure.

A calendar such as this one uses the knowledge and the synthesis of a thousand years of culture, even if we have forgotten it all. It is a tool which enables us to rediscover, at least in part, how we fit in with that universal energy and with that cosmos of which we are the living image and a part, a more intense and more intimate part than we are usually prepared to believe. If all days are not the same, then it is important and useful to recognize the flavor, color and cadence with which each day manifests. But such information would fail in its intent if it served only to make us apprehensive, anxious, or still worse, passive. As with traffic lights, this is not the aim.

What you have in your hands is a Key, a precious key for the interpretation and reading of temporal and cosmic cycles, but the only person who can open and close the door of your actions is yourself.

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