

## Rushen of Body, Voice and Mind in Bulgaria

Date : June 24, 2017



Between 12 and 18 June 2017 we had the great opportunity to practice Rushen, led skillfully by Elio Guarisco. The event took place in Bulgaria, in a mountainous village near the capital city, Sofia. We knew that this practice is said to be of great value for every Dzogchen practitioner, but now we had the good fortune to concretely experience this.

The emphasis was on the outer Rushen of Body, Voice and Mind. On the last two days we also practiced the inner and secret practices.

We would like to express our deepest gratitude to Elio, who was very patient and gave us explanations in a simple, yet effective way about this extraordinary practice (and not only).

