

## The Mirror 155 is Now Available Online

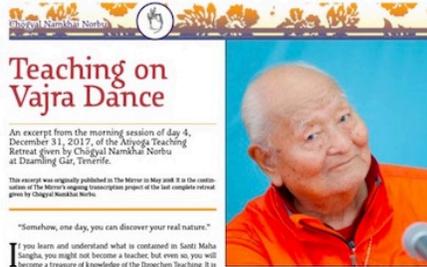
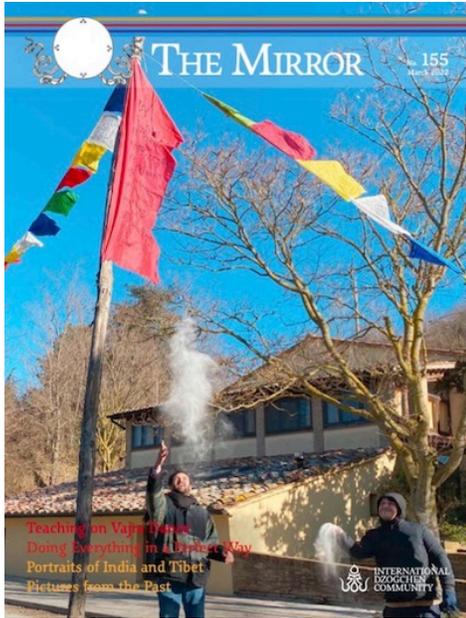
**Date :** April 8, 2022

Dear Readers,

We are happy to inform you that the latest issue of The Mirror, issue 155, March 2022, is now online and ready for downloading at [melong.com](https://melong.com) and [dzogchen.net](https://dzogchen.net). You can find links to those articles already published online.

As an editorial we present [Rosa Namkhai's inspiring message](#) which she shared with all those present in the Gönpa of Merigar West on the occasion of Losar, followed by a beautiful [Losar poem by Jacqueline Gens](#).

The new issue includes [Chögyal Namkhai Norbu's teaching on Vajra Dance](#) (continued from the previous issue) given just before the New Year of 2018 at Dzamling Gar and **Doing Everything in a Perfect Way**, a short interview with Rinpoche during an informal talk with the Gakyil in summer 2009 at Merigar East, courtesy of the Czech Dzogchen Community.



"Somehow, one day, you can discover your real nature."

If you learn and understand what is contained in Sattī Maha Sangha, you might not become a teacher, but even so, you will become a treasure of knowledge of the Dzogchen Teaching. It is very important to understand that. Related to teaching Sattī Maha Sangha, I told you already yesterday: it is the same with Yantra Yoga and Vajra Dance. Vajra Dance is something very important. In Vajra Dance we are dancing and dealing with the Song of the Vajra. The Dzogchen Tantra of the Upadesha says that if you received direct introduction in an authentic way, but you remain in doubt, then what can you do to overcome that? You remember how the Teacher gave direct introduction, you repeat this many times by yourself. And somehow one day you can discover your real nature. Then the Upadesha Tantra says, "If you do not discover your real nature despite a lot of effort, then what should you do?" In this case, it is not sufficient that you repeat the practice you learned with direct introduction. You should do Air Guryogya and be in the state of Guryogya, you should sing the Song of Vajra and integrate with it. The Song of Vajra is not like ordinary mantras. It's not the same. For example, in higher tantric such as the Kalachakra, there is a root mantra: the root mantra is HŪM KṢĀM MA LA YA RA YA. That is the Kalachakra mantra. Similarly, maybe you follow Khogya or Chakrasamvara, or any of these kinds of high tantric. To succeed in reaching the development stage, the accomplishment stage, and the non-dual state called Mahamandala. In order to do this, it is very important to know how it works in general with these mantras. But the Song of Vajra is different from these kinds of mantras, which are for chanting for that purpose. It is explained that there are three ways of learning and knowing the function of the Song of Vajra.

First, the Song of Vajra is from the Siddhaya language or some language of other dimensions. Those who have knowledge, realized beings, for example, can understand a kind of translation of the words. We have a translation of the Song of Vajra in Tibetan done



**Tibetan Calendar 2022-2023, Water Tiger Year 2149**

This pocket agenda contains concise indications of the practices recommended by Chogyal Namkhai Norbu for special days, astrological aspects from the Tibetan lunar calendar, individual influences affecting those born between 2021 and 2022, and positive and negative days for Yoga practice. It is indispensable for identifying favorable and unfavorable days for daily activities and remembering special practice days. The calendar also includes a table with the first days of the Tibetan new year according to the Phugpa system. To better understand the information contained in our calendar refer to Key for Consulting the Tibetan Calendar, published by Shang Shung Publications.

new special 202 Practices Calendar 2022-2023 (ebook PDF version)

**The Longsal Rushen - An Oral Commentary**

At the beginning of 2021 Chogyal Namkhai Norbu transmitted the teachings on the practice of Separation of Samara and Nirvana belonging to the cycle of teaching known as The Luminous Clarity of the Dharmas, Heart Essence of the Dakinis Longsal.

These practices allow practitioners to swiftly discover their real nature by separating the mind and instant presence using various methods related to the body, voice and mind.

This book contains Rinpoche's oral commentary to two main texts published in Longsal Teaching, Volume Ten. The instructions on Outer, Inner and Secret Rushen and the related commentary clarifying the practice of the nose. The Upadesha on the Four Voice Trainings from the Longsal Rushen, given in Dzamling Gar, Tenzinje, 27 January - 1 February 2021.

The book is accompanied by an audio recording (mp3) to facilitate the practice of the voice.

**The Upadesha on the Primordially Pure Tregchod**

Longsal or The Luminous Clarity of the Dharmas (Klong chos gyi gsal mkha' grol) meaning that is a cycle of Upadesha teachings discovered by Chogyal Namkhai Norbu. These teachings were mainly received in dreams, and many root texts including the histories of their discoveries have already been translated and published on the Longsal Teachings series, of which some volumes containing twenty-four upadeshas have appeared so far.

This book continues the Longsal Commentary series, which aside from the histories and root texts includes the subcommentaries written by the author himself; occasionally supplemented with additional material to gather all information concerning a specific teaching in a single volume.

The Upadesha on the Primordially Pure Tregchod (Klong chos gyi gsal mkha' grol) originally received from the Fifth Dalai Lama Lodzang Gyatso (the Hong rgya mtsho, 1617-1682) in a dream and written down in its final form in 1708 contains special instructions on the practice of the Four Chakras; the essence of Tregchod. It was transmitted during three retreats in Tanjur, Nari, Ila Margaria, respectively in April 2004, October 2004, and November 2005.

The International Gakyil, Dzamling Gar and ASIA invite you to join the [Wheel of Solidarity](#) to help those affected by the crisis in Eastern Europe.

Shang Shung Publications shares **new releases**, while ASIA Onlus presents its joint projects with Merigar West and the Italian Buddhist Union: [‘Breathe the Earth’](#) helping children to be happy and healthy in these challenging times, and [Portraits of India and Tibet \(1996–2014\)](#), a photographic exhibition by Enrico Dell’Angelo taking place now at Merigar West.

As usual, we offer updates with current news and activities from different Gars of the Dzogchen Community around the world: [Dzamling Gar](#), [Merigar West](#), [Merigar East](#), [Kunsangar South](#), [Kunsangar North](#) and [Tsegyalgar East](#).

In this issue there is also a closing talk on the **continuation of Rinpoche’s transmission** given by Adriano Clemente at the end of the Vajrasattva Purification retreat held this winter at Dzamling Gar.

# Alix De Fermor, designer and head gardener of the beautiful Dzamling Gar gardens, describes the ongoing development of the new gardens there.



## Breathe the Earth

Resilient children mindful of themselves and the environment.

In a time of great uncertainty and stress due to the pandemic, children and young people are among the most fragile categories and those most exposed to psychological and emotional distress. Numerous studies have verified that almost 8 out of 10 people feel stressed at a medium-high level. Among those most affected are young people and children, who have suddenly seen their rhythms, habits of life, and social and emotional relationships vanish at school and in their contacts with friends, and who have often absorbed the worries and suffering of their parents.

Tension, variability, sleep disturbances, attention and concentration difficulties, and aggressive behavior are found more and more frequently in childhood.

Merger and ASIA have been active with projects in schools aimed at promoting the well-being and social-emotional development of children through activities that promote a concrete application of Buddhist precepts and values.

In September 2020, the project 'Breathe the Earth. Resilient children mindful of themselves and the environment' started in the primary schools of the municipalities of Mt. Amata and Bene. Ruby thanks to funding from the Italian Buddhist Union.

The goal of the project, which lasts one year, is to spread the values of awareness, respect for the environment, and the interdependence of all living beings, typical of the Buddhist view, in primary schools, and increase resilience and environmental awareness among students and teachers.

More specifically, the main themes of the project is awareness from two different points of view: on the one hand, awareness of oneself, one's emotions, thoughts and body, and on the other, awareness of the environment, understood both as contact with nature and as knowledge of the delicate planet that our planet is experiencing, and therefore learning about the issues of environmental protection and climate change.

The underlying principle is that reducing this unity with oneself, with the Earth and with other living beings, and overcoming the sense of separation is a source of psycho-physical well-being and helps to develop a broader view of citizenship and healthier relationships based on respect for oneself, for others, and for the environment.

Self-awareness is developed through two activities:

- training in mindfulness with which children acquire the ability to recognize and manage difficult emotions, calm their minds, improve relationships, and increase learning capacity; all benefits confirmed by the growing number of scientific studies and neuroscience experiments that have taken place in recent decades.

The trainings are also aimed at teachers in order to support the teaching staff, increasingly exposed to difficult and stressful working conditions, and to facilitate the mindfulness training for students.

Yantra Yoga Kumar Kumari training working on the mind, body and energy improves flexibility, coordination, concentration, and balance. As numerous experiments in the school environment have shown, yoga contributes to a harmonious development of children's personalities, and therefore learning about the issues of environmental protection and climate change.

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## Continuing the Dzamling Garden Paradise

An Interview with Alix De Fermor, designer and head gardener of the beautiful Dzamling Gar gardens. Dzamling Gar, March 6, 2022

The Mirror: Alix, you are the main designer and architect of the beautiful gardens of the Gar. How long have you been working to create these amazing green spaces?

Alix De Fermor: We started in the fall of 2013, so nearly nine years.

Mirror: When you began what was your original vision for the garden?

Alix: Rinpoche wanted something special at the Gar and so I tried to do something out of the ordinary. It's not a normal garden with a unity that combines all its parts, but there are a variety of different spaces so I think it's quite nice because it's very varied. There are many different types of gardens here.

Mirror: For example, now we are sitting in the Moon Garden. What are the names for some of the other gardens?

Alix: There is the Mandarin garden, the Mirrors garden, called this way after we had to take so many rocks out of the earth to make it. There is the Lingual garden and also the Corona garden because we created it during the winter of 2020 when there was the lockdown during the pandemic.

Mirror: How do you see the future of the gardens?

Alix: I think the gardens will continue to grow and evolve. We have a lot of work to do, but we are enjoying the process. We are finishing the left side of the garden. Last year we worked on the right side and it went very well. Now we will soon start to plant on the left side.



A view of the beautiful Dzamling Gar gardens planted last year.

Mirror: Now you're at the point where the creation of the last part of the garden is coming to an end.

Alix: Yes, although the garden will not be finished up to the gate at the side of the Gar. At the moment we are working on one of the gardens surrounding the Goopa and are finishing the left side of the garden. Last year we worked on the right side and it went very well. Now we will soon start to plant on the left side.



The new Dzamling Gar gardens ready to be planted.

## Artists in the Dzogchen Community

Ricky Sued

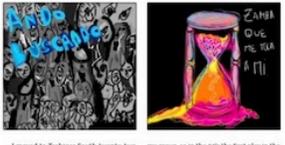
I met the Master in 1980. At that time I was returning from a trip to France after being in a Karma Kagyu monastery where I met different Masters of that lineage and also the Drepung Kagyu lineage. When Marina and I returned from that trip, our mutual friend, master Fin told us that she had met a Master in New York who had doubted her so much that she wanted to help us so to go to Dzogchen and meet him also. Honestly, I didn't feel like meeting any new Master at that time, but guru Rinpoche's excited enthusiasm and gift, I accepted.

Since I didn't speak English and I knew that the Master was going to Caracas after Geneva, we asked Rinpoche if she minded that we use the money to go to Venezuela instead, to which she replied that the only thing that would make her happy is that we could meet Chigyal Namka Norbu no matter where. So that year we headed to Caracas.

In Venezuela, we and others went to receive the Master at the airport. Honestly, I had no expectations. When someone dressed in red and wearing a strange hat got off the plane, I began to cry uncontrollably for no reason. I had never had a similar emotion before! The day after, because of dreams that I had that same night, my state of emotion, I realized with absolute certainty that I had arrived home. I had found without looking for the person who would mark my life and the path to love.

Six months after that, the Master visited Argentina and we organized our first retreat in a center of Footcare in Cordoba. The following year, with the help of the international community, we were able to buy the place where the Master established Tashigar South.

Tashigar Sur is my home, the Master is my home, the teachings are my home. I mean, everything I do revolves around that, even if it's something other than writing a poem or composing a song or whatever. In the heart of all this activity is the Master and the teachings. And of course, also the Sangha without whom none of this would exist.



So my life is this, my friends are here, when I go out of my house I can see the Drepas that we have built. I can only thank and thank the Master for this tremendous gift and all those who maintain it at this time.

As far as my work as an artist, for example, when the Master gave us some teachings on the retreat in the dark, at that moment I asked myself, what about doing theater in the dark? What about taking out one of the most important elements in theater, which is light? I told the Master and began to experiment with the project with

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I moved to Tashigar South twenty-two years ago. I built my family here together with Nor, we have two beautiful daughters very related to the Dharma. Zue and Uma who always lived here, they grew up between Gatsungas, practices, Yoga and the teachings. And of course, also the Sangha without whom none of this would exist.

Dina Priymak, Yantra Yoga instructor from Italy, speaks on her experience of participating in the 'Breathe the Earth' project, teaching **Kumar Kumari, Yantra Yoga for children**, at the schools of the Amiata Area. Maria Sevostianova shares her impressions on the recent **Kumar Kumari course at Dzamling Gar**.

The international team of Khaita dancers from Dzamling Gar send their [wishes for peace and unity](#) on the occasion of Losar.

Monica Gentile presents the **Mentalize project** initiated by Jose Miguel Rodriguez Fraga, the Mayor of Adeje (Tenerife, Spain) which helps local citizens cope with the consequences of the pandemic on their mental health.

'Pictures from the Past' continues a series of accounts by journalist and writer Raimondo Bultrini based on his diary and his impressions of traveling in Tibet with Chögyal Namkhai Norbu in 1988: part three describes [arriving in Derghe, the highlands, and Galenteen](#).

'Artists in the Dzogchen Community' features Ricky Sued, actor, painter, song-writer and poet from Argentina.



*Continued from previous page*  
To maintain energy and develop knowledge and understanding of Chögyal Namkhai Norbu's teachings, Kamsangar North regularly conducts practices in Zoom, practice of the Guardians with Samba Palanta on Tuesdays, practice of advanced pranayamas with Osa McKinstry on Saturdays, practice of Khata Juyal dances on Saturdays, led by Khata instructors from different countries.

There is a very large living area at Kamsangar North, buildings, facilities, a canteen, retreat houses, teachers' houses, and a boiler room. It is very difficult to maintain it all. The task of the Gakyil during this period has been to try to correctly allocate resources for repairs and develop a strategy for preserving the Gar in this difficult time. If the Dzogchen Community stays together and sticks together as one team, then we will definitely manage to do it.

In winter there was a heavy snowfall at the Gar and our groundskeepers had a very hard time, but they successfully cleared the entire territory. Despite the fact that we have an excellent canteen at the Gar, we decided to restore the kitchen for the members of the Dzogchen Community. Now we have the opportunity to cook our own food and eat it as at home.

Our Gar also has the second largest stupa in Europe with a height of 14 meters. Inside there is a spacious room with an altar where we can come to do personal and collective practices.



Inside the stupa.



After Gongyog on occasion of Lent.



Come on the Yoga Dance that Benefits All Design with Tenzin Prochawa and Ansa Nelson.

We try to remember how rare it is to meet a real Dzogchen master, to receive instruction, knowledge and how important and the Three Jewels are: The Teacher, the Teaching and the Sangha. We are in the same boat until full realization.

We are waiting for everyone to come here for retreats and practices, or just

come and relax. We also invite Karmayogas to the Gar. Write to us if you would like to participate in the life of the Gar.  
Looking forward to seeing you here!  
With love,  
Gakyil of Kamsangar North

*Continued from previous page*

In the biography of the Töglön, masterfully translated by Adriano Clemente, I found a significant detail to help understand the determination of these masters in pursuing the path of ARI. I knew the legend of Milarepa who threw away his only possession, a bowl to eat wild berries, and in "The Body of Light" Rinpoche will tell the story of how a wealthy local family advised the Töglön a sherpas not to bow but for his icy hermitage and he harvested it for a certain sacred inscription in stone for the protection of beings.

These inaccessible places at times shielded only by wooden planks were for the young Norbu and his uncle also places

see this teacher-disciple relationship alternating through numerous generations of sages. I observed their places of retreat in the distance from the road. However, even ignoring most of the events made public by the master in his detailed biography, I could not start to understand the historical role that these lineages of lamas of monasteries, even important ones, played at that time, openly breaking the rules imposed by their own administrations. Aware of the degeneration caused by money many rigpas refused to bow or to command a certain number of teachings and blessings a day to monks and devotees.

However, I fully understood the privilege of studying with a practitioner of the path

But being close to him, observing him with his ordinary gestures, and the extraordinary effects of the energy that he transmitted around him, was a constant and unbroken teaching. During his long conversations in Tibetan and Chinese with ordinary people, high lamas, political officials and intellectuals, his voice was to my ears like a mantra that sometimes turned into a hymn and would draw off in public, much to Rinpoche's embarrassment. Speaking of presence in contemplation...

We had two stops in Galenteen and I did not know about the biography of Khyentse already written two years earlier by the master, then updated by him and translated in 1999 by Enzo DelAngelo with the



The crowd of people at the 100th Anniversary celebration in Galenteen.

to practice Tantra Yoga, which the Töglön had learned from Adam Dragma as one of his closest disciples. Anyone who knows the history of lineages knows that Dragma was the previous incarnation of Namkhai Norbu. The young lama entrusted Rinpoche's uncle, the Töglön, with the red and white striped shawl, the bell and the vajra intended for his successor. Trying to mag-

ic of self-liberation, a direct disciple of these solitary lamas, who often only transmitted instructions to a student from mouth to ear, I must admit that Rinpoche never once uttered special mantras for my hearing alone, except for the invocation of Manjushri: "Om aragalata nadi from phat", after I asked him how I could increase my low intelligence. "You can try" he said smiling.

"The Lamp That Enlightens Narrow Minds" I will therefore discover only later the meaning of many things that Rinpoche told me in those days but which I did not understand or immediately write in my notebook. But they came back to life thanks to expert Tibetologists such as Enza and Adriano Clemente who transcribed with precision the stories recounted from

Every 1 The Mirror

THE MIRROR

News from the International Dzogchen Community of Chögyal Namkhai Norbu

Read online at [www.melong.com](http://www.melong.com)

Margaret Jasinski contributes to our 'Reflections' section with **Stuff and Stuffing** while Tamara Kozhakharaova shares the story behind the creation of [Lungsang](#), a new booklet by Shang Shung Publications with the Eight Movements of Yantra Yoga.

Steven Landsberg, IG President and Santi Maha Sangha instructor, shares his account of his meeting with Rinpoche in the **'How I Met'** feature.

We hope you enjoy this issue!

With love,  
The Mirror team

*The Mirror in pdf is available for free for members of the International Dzogchen Community on [dzogchen.net](http://dzogchen.net). Those who wish to support publishing costs by donating any amount can contribute here: <http://melong.com/donations/>. If you are interested in a print version subscription, please contact Liz Granger at [lizgranger.mirror@gmail.com](mailto:lizgranger.mirror@gmail.com).*