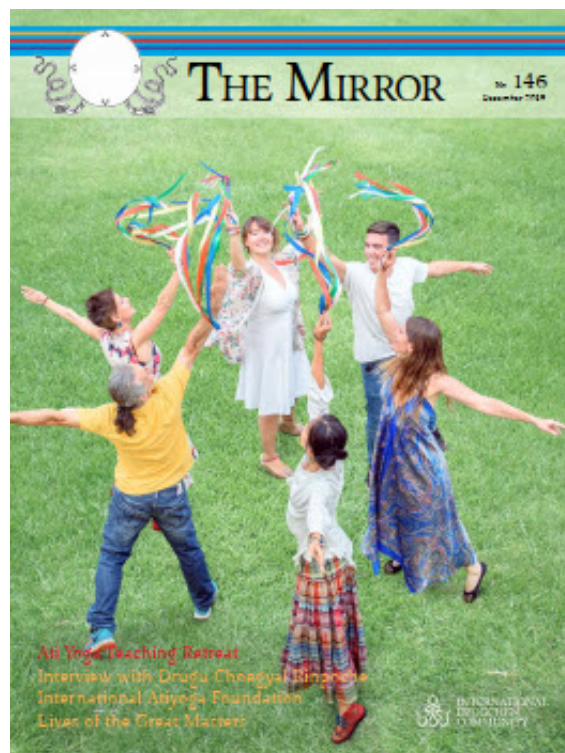


The Mirror n° 146, dicembre 2019, ora disponibile Online

Date : January 14, 2020



Buon anno dal The Mirror! Il numero 146 è ora disponibile online e a breve anche in forma cartacea. All'interno troverete molti argomenti interessanti mentre inizia il nuovo decennio.

Si inizia con la seconda parte dell'insegnamento Ati Yoga che ha dato a dicembre 2017 a Dzamling Gar, poi troverete un articolo sulle puja di Vajrasattva che si sono svolte nell'India del nord a Tashijong e a Jangchub Jong su iniziativa di S.E. Drugu Choegyal Rinpoche in onore di Chögyal Namkhai Norbu. Durante la sua visita a Merigar West a settembre per partecipare agli eventi in memoria del nostro Maestro Drugu Choegyal ha gentilmente consentito ad essere intervistato dal The Mirror, Approfondire il supremo insegnamento Dzogchen.



The Importance of the Dzogchen Community

"The Dzogchen Community was established as the safeguard for the continuation of the Dzogchen Ati teaching and its transmissions until the total realization of all who are interested in this path and are seriously related to my transmission."

An extract from Chogyal Namkhai Norbu's message to the Dzogchen Community published in The Mirror issue 43, January-/February 1998.

There are many newer and older students in the Dzogchen Community who do not have a clear idea or understanding about what the Dzogchen Community is and why it is so important. Since I have created the Dzogchen Community, it is my duty to clarify this...

When you are my student, a member of the Dzogchen Community, and do Santi Maha Sangha Trainings regularly, then you should understand that the Dzogchen Community is like a Big Boat that carries all my students to whom I have transmitted my transmissions of Dzogchen Ati Yoga and takes them to the final goal of the practice. That means that the Dzogchen Community is

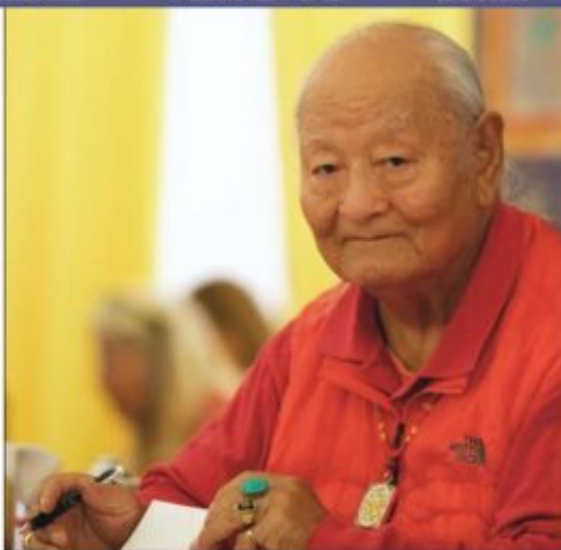


Photo by Ralf Flüsckle

asked me repeatedly to teach Dharma to Italian Dharma followers. But I had hesitated for some years reflecting on it, because I knew that to stay teaching must involve with the transmission and

Il Gakyil Internazionale offre un messaggio sul futuro della Comunità in quando Sangha e sul rinnovo della quota associativa, seguito da un discorso di Chögyal Namkhai Norbu, pubblicato alcuni anni fa, sull'importanza della Comunità Dzogchen.

L'istruttore del Santi Maha Sangha si sono incontrati a dicembre e hanno fatto un resoconto in risposta alle molte domande che recentemente sono emerse. Poi c'è un'intervista con Marco Baseggio dell'Atiyoga Foundation in cui chiarisce diversi punti sulla storia e sulla situazione attuale dell'ATIF. Troverete anche le parole di Chögyal Namkhai Norbu che spiega la funzione di ombrello dell'ATIF a dicembre 2017.

Presentiamo un aggiornamento della School for Tibetan Language and Translation, un appello per aiutare il Ka-ter Project dell'ISS Austria, un aggiornamento sui libri pubblicati dalla Shang Shung Publications e un interessante resoconto della visita dei monaci del Drepung Loseling all'ISS UK dove hanno creato un mandala. L'appello di ASIA Onlus per il suo Mensana Project per aiutare a nutrire i bambini del Nepal.

Wonderful Wednesday

Constance Soehrlen and Laura Graci

December 4, 2019

Imagine 70 children (4th graders) going to public school in Rome, Italy and there encountering two yantra yoga teachers ready to present an hour lesson of Kumar-Kumari Children's Yoga as part of their school day. Yes, this can happen and is happening here in Rome and also in Naples.

Thanks to ASIA's recent project 'Distinti ma non Distanti', la project implemented in Italy, funded by the Italian Agency for Development Cooperation AICS, with the main aim of raising awareness and spreading three of the most important values of Buddhist philosophy: empathy, non-violence and interdependence), Kumar Kumari's yantra yoga is presented to four different 4th grade classes in two different public schools in Rome.

We (Laura Graci, Yantra Yoga and Kumar Kumari instructor and Constance Soehrlen, Kumar-Kumari teacher) start our Wednesdays at Plesso Bonghi, near the area of Vittorio Emanuele and Colle Oppio. From 9:30 to 11:30, we have three back-to-back classes in a small, well lit gym. Each class has from 22 to 25 children. We then



Teachers Laura Graci and Constance Soehrlen.



Due insegnanti di Kumar Kumari, lo Yantra Yoga per i bambini, parlano delle loro esperienze con i bambini delle elementari di Roma, a cui segue la descrizione di una importante evento culturale, Enjoy Tibet, che si è svolto a Dzamling Gar che ha presentato danzatori tibetani (i video hanno avuto 12.000 visitatori), cultura tibetana, arte e cucina. Poi vi offriamo informazioni sulla nuova app Khaita, sulla Khaita Dance School, sull'app Sangha ora disponibile per i soci della Comunità Dzogchen.

Stupa Finishing and Summer in Merigar East 2020

We are very happy to invite you all to join the second Stupa finishing preparations... Now we already have the deadline. The actual finishing – filling the Stupa will take place on **15th of July 2020** with Migmar Tsering.

We start the final preparations in the Gar on **1st of July** and continue till the **main filling day 15th of July**. The building team will be present to prepare the construction to access all the necessary parts of Stupa. We have to make final selection and completion of the relics to put inside and most of all, we would also like to dedicate this period to practicing together... **AND we will need many helping hands to join and enjoy the filling day!**

As there are not so many people physically present in the Gar, most of the preparations during autumn, winter and spring is taking place in various countries and lings of Merigar East. We would like to express our **gratitude and many thanks** to all who are participating by sending financial support, by donating their time and ded-



Top left: Budapest rolling the Green Tara mantras October 2019. Top right: Phendeling tsatsa, Czech Rep, April 2019. Lower right: Prague, Mantra rolling in Kunkyabling, October 2019. Lower center: Tábor, Czech Rep, Mantra rolling, Nov. 2019. Lower right: Wangdenling, Slovakia, Mantra rolling, July 2019.

Program 2020
June 5-10

The relation between ordinary mind and the enlightened possibility in theory and practice
with **Steven Landsberg**

And here we are bringing information about another type of program in Merigar East next year. Some activities are therapy training and methods and are dedicated to bring Rinpoche's vision of the Gar to fulfilment, to learn and evolve together. We wish that your circumambulation will sl-

Troverete aggiornamenti da Merigar West, dalla Zikhang Library, da Merigar East, da Rinchenling a Mosca e impressioni del ritiro del mare in Costa Rica a settembre. Drugu Choegyul Rinpoche ha visitato il ling romano, Zhenphenling, durante il suo soggiorno in Italia, dove ha offerto dei consigli ai presenti.

Artists in the Dzogchen Community

The Evolution of an Artist

Filmmaker Vladimir Maykov
December 2, 2019
Dzamling Gar

I grew up in a family where my father was very close to art, especially to opera and singing, as he was a dramatic tenor, so from early childhood, even before I started to speak, I heard the voices of the greatest singers in the world. When I was a child my father encouraged me to put my attention in the subtle differences in voices, but my passion was physics, science and psychology, but science more. I dreamed about the cosmos, astrophysics, and I read a lot of fantasy books.



My first Dzogchen retreat, Conway, 1990. Vladimir is in the center with the blue shirt.

from the underground transpersonal circles in Moscow. They translated books by Stan Groff, John Lilly, etc., so I read my first book by Stan Groff and I was excited, I had finally found some new dimensions and se-

In 1982 my friend, who was the director of the transpersonal movement, and I decided to go to Buryatia. In all the Soviet Union, Buryatia was the only place where there were people with real knowledge of

L'artista Dzogchen di questo numero è il film maker Vladimir Maykov, poi c'è una intervista ad Elio Guarisco in Perù, Cosa sai veramente sulla meditazione e la contemplazione.

Pubblichiamo il primo articolo di una serie sulle vite dei grandi Maestri, una recensione su "Food and Sinful Demons" di Alex Studholme ed infine come Amely Becker ha incontrato Chögyal Namkhai Norbu.

Il The Mirror in pdf è disponibile gratuitamente su dzogchen.net per i soci della Comunità Internazionale Dzogchen e per una piccola cifra su melong.com.

Il numero stampato sarà disponibile presso la segreteria di Merigar, la libreria di Dzamling Gar e di Tsegylgar.

Speriamo vi piaccia il numero!

Il Mirror team