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On the occasion of the Ferrari Java Rally in May 2014, a journey to the holy Stupa Mandala of Borobudur...the prancing horses bow before the thrones of the Buddhas.



(By kind permission of Ms Anastasia Kolpakova - Head of Marketing ASEAN - Ferrari Far East Pte Ltd)



Pilgrims' notes



Angela Long, England

I have been to Borobudur with Lama Gangchen Rinpoche a few times and each time has been extremely beneficial, but the two that spring to mind follow:

In 1998 I stopped smoking cigarettes whilst in Borobudur and have not smoked a cigarette since. This was important for me as I was beginning to suffer from pains in the chest and had been addicted to cigarettes since being a teenager. Lama Gangchen had advised me in the summer that I should cut down on smoking, but I found it difficult both physically and emotionally.

I stopped smoking after arriving at Borobudur. The next day a friend asked me if I would like to go, with some other friends, to meet Lama Gangchen at the airport. As soon as I saw Lama Gangchen, I told Him I had stopped smoking, he shook my hand and gave me his radiant smile, and I have never looked back. The purity of the environment, and the Self-Healing practice with Lama Gangchen at the Borobudur stupa were enough for me to break a destructive habit of a lifetime.

The following spring and summer I was practising Self-Healing a lot in Bagni Di Lucca, in Italy. I perceived that my years of cigarette addiction had left scar tissue in my lungs and that the lung cells were in bad shape. Whilst I practised Self-Healing I concentrated on trying to heal and regenerate my damaged lungs. I felt I really was re-growing and restoring the tissues and cells with Self-Healing and concentration. I was so excited about this when I thought what a medical breakthrough it would be if people realised we can simply regrow our own cells through concentrated effort.

I talked to Lama Gangchen Rinpoche about it saying enthusiastically "Is it true Rinpoche that with Self-Healing, we can regenerate damaged cells and regrow tissue like this." Rinpoche replied "Yes, we can do this with Self-Healing and Tibetan herbal medicine."

Another time I was in Borobudur and being overweight, managed to lose two or three stone following the purification that started with the Self-Healing retreat in Borobudur. I felt I had regained control over my appetite and was able to lose the weight easily.

In 2012 I was suffering from intense headaches, they were like electric shocks, only very brief, but every time I moved my head a sharp pain ensued. This went on for several months. I knew I was working too hard but could not easily relax. I had a lot of grief as my mother had died that year, and perhaps a lot of anger as well as the anxiety. I used to drink coffee every day to keep going, as well as a lot of tea. The headaches were beginning to worry me as they were very painful and persistent. I was quite blocked emotionally I think with anger and resentment about the situation I was working in. I never felt I had enough mental space in my job to meditate or think and I needed to stay in the job for financial reasons.

That year I went to Borobudur for the Self-Healing retreat and pilgrimage. I stopped drinking coffee and tea as soon as I arrived. At one point in the retreat I sat on the stupa near Lama Gangchen, he gently put his hand on my chest and I leaned back against the stupa, all the tension went out of my body then and the anxiety dissolved, I was able to relax for the first time in a long while.

Not only have I not drunk tea or coffee since that retreat almost, two years ago, the headaches left me and have never returned. I cannot fully explain the benefits brought about by Lama Gangchen 's blessings and the Self-Healing practise in my life.

The process has been a lot deeper and would take more than these few words to describe, even if I could put it into words. I realised the other day as I do often, that Lama Gangchen has been extremely important to my survival in this life, not only on a mental, emotional and physical level, but even down to the practical abilities to simply deal with life's challenges.

So that now, at nearly 62, instead of thinking about winding down my life, I am able to consider where I am going next and still feel creative about the future. I cannot thank Lama Gangchen enough for his blessings in my life, and thank you too all our friends and people who work with him, tirelessly, to make his healing available to us.



Carlotta Segre, Italy

Once upon a time...

... in that period of my life I used to suffer from panic attacks which prevented me from traveling; it was difficult for me to take a train or a plane and every day life presented me with heaviness.

However I often went to Kunpen Lama Gangchen centre in Milano and I knew that Lama Gangchen was planning to leave on his annual pilgrimage to Borobudur....a utopia as far as I was concerned... distant... hours away by plane.

I remember one of our dear friends Giusy telling me to try and ask Lama for advice about the journey but I was unwilling even to attempt such a thing ... seeing so many delusions arising in my weak mind.

Anyway, I did eventually call Lama Gangchen who said immediately "Yes, you come!".

And so, in a way impossible to relate, having organized the journey thanks to the help of dharma brothers and sisters, a few weeks later I found myself on a plane, bound for Indonesia.

Since that time, my mind has been more peaceful, content, serene, free from panic attacks and less fearful ...!... since that time I have a great spiritual companion who accompanies me ... the sacred mandala of Borobudur !

I wish that everyone, at least once in their life, be able to experience the profound secret meaning of this temple of peace and healing... with the blessing of Lama Gangchen Rinpoche !

I shall never cease to thank my guru in this and in all future lives!