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Nina Meyerhof, USA

## Peace, Peace, Peace....now and forever

Peace is something we all want. We know it is more than the absence of war. We know it is a state of Being as well. We learn the words and seek the experience of inner peace for the road to world peace. With so many wars, confrontations, challenges and competitions, how do we ever even learn to live this word PEACE?

Peace is a rare state of non-violence and the mantra is total harmlessness. This is a truism reflected through thought, word and deed. Violence is a projection that resides in the mind resulting from our many life experiences. In this pursuit of peace we recognize a state of mindful nonviolence. Violence, living in the mind, is every mental separation and slicing of life into segments for our own personal ego gratification. It is the heart that knows no boundaries nor ego gratification thus knows no violence and remains open to love. Love is PEACE.

Our goal is to experience unitive synergy: uniting as one and furthering the understanding of the collaborative group. Oneness of the soul within the self, co-aligned with oneness within all other selves. The soul self becomes united until it experiences one with the whole. The heart is where this potential resides. PEACE is possible.

We know we are interdependent and interconnected but are looking for ways to know how to live this and what does this mean in our daily lives. We seek to lead with our hearts...and live love.

If we are to change our behaviors then our education must change. Our systems need to reflect this deepest understanding of what it means to be human and to live at a time when the true essence of a global society is truly the interconnectedness of all intentions and deeds. There has been an on-going evolution for the need for moral education and the rising potential of the empowered voice of individuals. To take this deeper is to know that the next relevant educational model is to educate for tapping into higher consciousness and translating the experience into societal actions for external global harmony. We must lead with our hearts, use our minds to further our understandings of how our universe works, and then to learn how to behave as one family of humankind.

Children of the Earth is founded for this purpose of spreading peace. We serve young people to become spiritually conscious leaders, through personal educational processes for the purpose of social transformation for the advancement of a peaceful and sustainable earth. We are determined to create an arena that serves to attract those who are inspired to serve the world through the discovery of their inner authentic soul self's passion for living a life of meaning. They respond in actualizing their personal intention, becoming inspired to altruism, and weaving a web bridging all personal, cultural, national and religious divides. Children of the Earth's goal is to contribute to the facilitation of a conscious movement towards inner peace, unitive thinking and evolving positive social change. We offer workshops based on our training model: Reflect-Connect -Act building this synergistic momentum. We are building an "inner revolution for our social evolution". We recognize that the youth are not only the inheritors of our past but the pilgrims pioneering our future. Education is a calling...a vocation of passion for individuals who care about our next generation and our collective future. Educators today are so often bogged down by the subjects they are teaching that they often forget they are builders of this most important future. The young people are not only inheritors of our past but are also our initiators into the next phase of evolutionary consciousness. They are the architects for the coming phases that include social, cultural and global development. They have the potential to no longer imitate what has come before them but rather imagining the scaffolding for structures that lead us into a better future. They are offered an opportunity to clear their minds of negativity and replace this with leading from the heart.

As educators, we need to invite children and youth to envision a world they want. They must engage in a process of how to fully realize their inner potential and share this with the world. Furthermore they need to explore and imagine how could we co-exist as one humanity and what does it truly mean that humanity is interconnected and interdependent. If we are to educate our children for these deeper understandings of life, then we must prepare them for the understanding that all consciousness is always evolving and is more and more accessible.

We must further the recognition that each and every one of us has a divine essence hidden beneath the many layers of cultural, ethnic and religious differences. That we are basically the same and it is our minds that create separation. From duality into unity consciousness allows us to build a world that works for all.

Today, science and spirituality are coming to the same conclusion that all people are intrinsically similar; the human genome project has proven that we are genetically 99.9% alike with only 1 tenth of one percent that makes us different. Until we realize that I am you and you are me, only then will right action and thought be supported by the universal laws of nature. Until we can concentrate on what makes us the same instead of what makes us different, only then can we deal with the challenges ahead. It is imperative that we spend our time and resources on young people, supporting leadership and educational experiences that promote respectful communities, common ethics, sustainable practices, peace, and economic opportunities.

We are also learning that one's genetic makeup can be always changing depending on one's intent. Increase our positive intention and change our genetic makeup. This gives our future a better mapping of possibilities. Education can serve building genetically new pathways.

Education comes from the word educate...which means to draw forth or lead out. This drawing forth implies that there is someone or some understandings that are residing within us. This drawing forth is focused on a request to explore through intuitive knowing what emanates from the eternal self, the Divine Spark, that is an historic essence that continues in time and space. This is a means of reflecting our true individual identity. Educating for seeking inner truths of who each student is individually and how one is connected as one humanity, is a process of self-reflection and inner valuing of an Authentic Self. This essence, an Authentic Self, the Divine Spark, that which each and every one of us contains has a personal expression and something of value to offer the world. This spark is where interconnectedness and interdependence unite with the source of all. This spark carries within it a sense of selfness that can only be described by the individual and known through self-exploration. This essence has no personal negative nor positive self-esteem but rather is fully evolved and has purpose. It is through the recognition of that life purpose that the student can fully reach his or her potential and be fully empowered to make a difference in the world. As one recognizes this true self, one begins to explore the relationship of self to others and the realization that each and every life has meaning and relevance and can impact the whole.

This inner self is always asking to be fully recognized. Thus schooling no longer is looked at as a place of not only preparation for a professional future but schooling is considered for the personal realization for the individual to be fully actualized and pursue a life of caring for all of life from one's self to the greater whole.

Our world is changing and we see our global family as one. Looking at the world landscape it is obvious that we are amidst a grand revolution that is pushing us into a sea of new understanding. The scientific realization of interconnectivity and union translated into the field of education can lead educators to foster the understanding of evolution of consciousness. We can teach to know the self as one with others and that one can help build the potential of altering the world to be a better place for all. It is with this support of the inner self, leading to inner peace for self-actualization to fostering greater peace for all.



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Altering our educational philosophy for "Authentic Learning" becomes the source of teaching rather than the present day practice of schooling for information. Information can be acquired easily through many means. . If educators would begin to realize that we are the fore runners of building culture then we would take this responsibility a little more to heart and work from the understanding of supporting the young person in his/her personal journey to becoming an authentic learner and person of caring.

The new emerging educational philosophy recognizes that within each and every one of us resides a Divine Spark that is the true essence of who we are. Relying on the divine spark we are able to learn the essence of educating for such principles as truth, justice, compassion and equity for all. Education then is able to forward the hope for a better world—one in which each child has the opportunity to dream a dream of self-fulfillment within the context of the whole. The student 's essence or divine spark is the mirror of self-acceptance and love of the other while learning to live in conscious awareness of the greater good.

The question then is how are principles and the concept of a true essence of the individual become translated into the subject areas needed in schools? How do we as educators prepare our young people to use these principles "respect for all life, reject violence, share with others, listen to understand, preserve the planet, and rediscover solidarity" as the overarching theme. We can begin to design curriculum for academic growth but within its content includes principles for conscious life skills. These life skills are focused on participating in a global society as a positive member of our world community. We can educate and redesign our strategies for learning based on the study of the self from the life of the atom to progress in the outer world. This means studying from the inner Divine Spark to our place in the human family, our place in our community, our place in time, our place in the world and our place in our planetary universe. This curriculum includes all the expected academic basics but more importantly emphasizes the miracle of life, the importance of interdependence, and the recognition that consciousness exists and is what holds together through what we call the web of life.

This is the potential of educational reform or the reformation of the "I" into the understanding of wholeness of the human family. It is through education that a future generation can bring forth a culture that recognizes our present ills and become fully self realized as interconnected and interdependent and thus clearing the mind for inner and outer peace for one and for all.

As an educator, I define several modes or models for thinking about this potential. These modes or models are terms used to help categorize activities for use within the classroom setting and included in the model for Authentic Learning. An important conceptual model is "inquiry learning" and/or "reflective learning" that emphasizes the truth and acceptance that we each have an inherent wisdom. This wisdom needs to be explored and supported. Teaching needs to focus on asking the right questions and offering the resources. Thus the teacher becomes a facilitator rather than the instructor. As a result of the reflective process for "altruistic learning" occurs implying to serve another's needs is equivalent to serving one's own needs. Another aspect of Authentic Learning is "experiential learning" that allows the learner to experience learning on a deeper more intense manner using experiences as a source for reflection and acquiring information. Examining the world and reaching personal and social conclusions leads to the needs for each individual to know and understand their relationship within the whole. Included in this thinking mode is "systems learning" so that we educate for the understanding that all parts belong to a whole. Holistic thinking is a process that allows us to incorporate the self while learning that the whole is greater than all of its parts within a system. Another model for thinking and including in building true authentic learning style is "transpersonal learning". This includes personal and interpersonal relationships as a means for learning abut the self in relationship to the others for the building a future culture. All these models working together educate the individual learner to invent ideas while serving the greater good.

Education for living consciously using life's principles of justice, equity and goodness fosters a set of universal ethics. Ethics are a standard by which all humanity needs to adhere to for us to live successfully as one human family. Education offers this bridge from personal ethics to collective freedom. This freedom is expressed as harmony within the self and with others or known as where the heart and the mind unite bringing peace and deep understanding.

The search for this authentic self, the universal human that lives as fulfilled and connected to source.

For educators interested in methods of discovery of the divine spark there are certain types of exercises that fulfill this possibility.

REFLECT is the journey we take to awaken the inner self. The path may include meditation, contemplation, and or prayer. As we become still, we hear the inner calling of our authentic self and experience personal purpose.

The inner quest for the authentic self

As you go more deeply into the self, you realize that you are not defined by your surroundings, parents, culture nor religion. Rather, inside you dwells a loving human being seeking full expression.

Questions

1. Who am I really as my authentic self?
2. What unique gifts do I bring to the world?
3. How can I manifest my inner dreams for the world?

CONNECT bridges the gap between self and others, leading to unity. Through deep compassion and listening, conflict transcendence, and non-violent communication we learn that it is possible to live in harmony, weaving the interconnectedness of our family worldwide.

Deep compassion for others

You become conscious of how you can best express yourself in the world for the highest good. Transforming conflict, using language that recognizes the other, appreciating without judging, all these can occur when you no longer judge yourself. You begin to act as part of a whole. A sense of unity occurs that can be called love or spirituality in action.

Questions

4. How do I find connectedness and build a purposeful unity?
5. How do I hear the inner heart of another person?
6. How do I handle conflict in my life?

ACT is taking the inspired will to serve others in the world through individual actions, local projects and global work. These acts are based on spiritual principles and ethics of Spiritual Activism.

Knowing what to do

The third step is based on awareness of a global community of young people who are waiting to connect with you. Together you are the new leaders of this evolving

Consciousness for social change. You share a growing awareness of how to live as stewards of all of life. From this consciousness, new models of how to live in our world emerge ensuring a sustainable future for all of humanity.



## Questions

7. What does it mean to live as a Spiritual Activist?
8. What actions can I take to promote conscious social change?
9. What skills and abilities do I need to make a positive difference in the lives of others?

Our children's future lies in our hands. The mind is a tool used for learning but the wisdom of the heart is the driving guidance. As young people focus on inner reflection they are called forth to do acts of kindness in their lives and in the lives of others.

There are many examples of young people who have recognized their inner truth, living their Divine Spark, and set out into the world to make a difference.

Lawrence of Liberia saw his father murdered and then ended up in a refugee camp to live in the same room as the murderer. Lawrence through inner reflection and prayer was able to forgive this man and come to peace within himself.

- o Karoline's father was abducted and shot and Karoline met the man who committed this atrocity and forgave him through seeking and spiritual knowledge she learned to be at peace with him and her loss.
- o In Nepal Jimmy attended many programs starting at age 22, became inspired and now has built schools in rural Nepal serving over 5000 students .
- o Mark from the Philippines started school bag programs based on children needing supplies to go to school as he had done and thus is now serving over 100 schools.
- o Apeadu Center initiated by deeper learnings has in Ghana offered trainings to local school children from the area and programs for teachers on self-esteem and leadership for students for the past 10 years.
- o Ashfaque raised funds to serve the many children during earthquake times with medical supplies and school materials.
- o In Switzerland a group of youth work for many years on Free Hugs in the cities such as Berne, Zurich, Basel etc. breaking cultural barriers of touching and expressing feelings expressing their inner need to fulfill the understanding that we are one family of humanity., heart to heart.

In conclusion, it is a timely moment in our history of humanity. We are so fortunate to be born now and to have this great choice to walk into a brilliant future and redesign our systems. We educate to move beyond religious divides into the understanding that we are all spiritual beings. Our philosophical premise recognizes that all of life is sacred. Each of us contains that sacred divine spark and thus all know all life is to be valued and is valuable. Our goal is to live in unitive syncretic experiences of our deepest understanding that we are collective species who may use our consciousness to evolve systems that bring us into an interdependent, interconnected harmonious family of humankind stewarding the needs of our earth.







Claudia Proushan, Brazil

## Peace Media

I met Lama Gangchen in 1987. I have always been interested and curious about the world. As a child I used to spend time looking at atlases and maps. This enormous curiosity and the need to find a greater meaning in life culminated when I met him in Campos do Jordão, (Brazil), at a Chenrezig retreat.

I followed Lama Gangchen on his first trip as he returned to his country home: Tibet. I spent two and a half months having intense emotions visiting monasteries and sacred places and getting to know the village where he was born. Thousands of people came to see him in Gangchen - the place of his monastery and where he would give his blessings. Such unforgettable scenes and so many others, as well as the experience of meeting with Panchen Lama affected me deeply, and I started to realize that I was on the right track.

Lama Gangchen's striking figure became a source of inspiration in my life and in my artistic pursuits.

When I went to the Potala Palace in Lhasa I saw an altar with dozens of golden statues of little Buddhas. I paused for a while to contemplate all that beauty and energy and at that very moment I felt an intense desire to share that experience with others. I visited Tibet two other times, and some years later my first book came out: Tibet in the Heart of the Himalayas, which portrayed with my watercolors and photos the experience in that spectacular country.

Throughout many years I took trips to Mongolia, Tibet, India, Nepal, China and Indonesia following Lama Gangchen and I was always interested in getting a deeper understanding of his teachings on Ngalso Self-Healing.

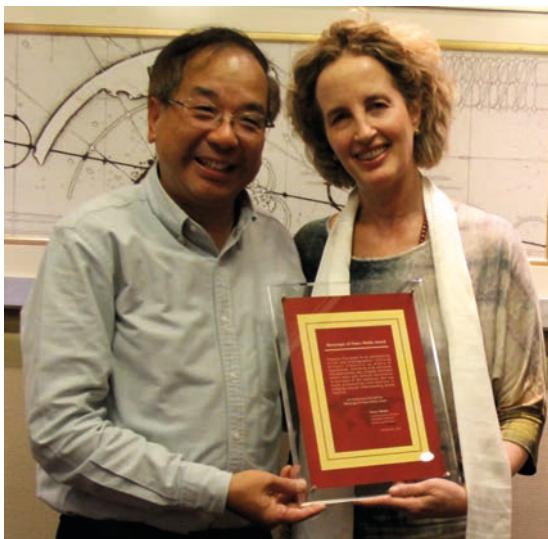
### Borobudur

I have been four times in the Borobudur Temple during the years 1990, 1991, 1998 and 2014, an internal pilgrimage in search of balance, self-knowledge and Ngalso Self-Healing. The feeling I had in those visits, besides the splendor of the aesthetic beauty of the monument, was the experience that there is a subtle energy available emerging from the sculptures. A truly transformative experience.

When practising Self-Healing during the path of the stupa mandala following Lama Gangchen, we feel an exchange of energy that happens there at a level that normally we have no access. Lama Gangchen with his infinite generosity and wisdom offers us the key of this portal as it opens our perception not only at individual level but also collective. Borobudur is a constant inspiration for my art and my life.

My gratitude to Lama Gangchen, and my heart's desire that more and more people can share his wisdom.





More recently, in February 2014 I had the opportunity to travel to Japan, Indonesia, Hong Kong and Taiwan after having been invited by "Peace Media", an organization founded by Lama Gangchen and directed by Sunny Kuo.

The trip had many facets. I participated in numerous tributes to the great artist Kuo Hsueh Hu, father of Sunny Kuo. He lived intensely until the age of 104, always dedicated to his art. The homages were held in Fukuoka, southern Japan, in the East Asian Modern Art Museum, as well as in three different museums and galleries in Taiwan.

It was an honor for me and a lot of joy to participate in those events and to learn more about the power and the beauty of his work.

The trip was crowned in Hong Kong when I received the Peace Media Award.

Peace Media is one of the most remarkable Lama Gangchen's activities that inspired and continue to inspire so many people around the world.

I hope I will be able to organize and to expand the Peace Media projects in Brazil, which would include the exhibition of the art of Kuo Hsueh Hu.

I cannot imagine what my life would have been if I had not met Lama Gangchen.





Suny Kuo - USA

## Lama Gangchen World Peace Media

### Objective

Under the inspiring guidance of Lama Gangchen and the generous sponsorship of my best friend in high school Mr Felix Chen, I am fortunate to participate in the peace media projects with a series of art production. In the last few years, the following DVDs have been made:

Pilgrimage to Holy Land  
Dharma and Heritage  
World Congress 2003  
Life as a Clear Light  
Buddha's Relics in Brazil  
Lama Gangchen's Vision of World Peace

These productions capture not only the valuable teachings by Lama Gangchen in different parts of the world but more significantly, his philosophical vision and actions in promoting world peace. As Lama Gangchen's work involves a wide spectrum of activities crossing different continents in the past two decades, therefore, the numerous documentaries will have to be arranged in due course. It is my honour to be appointed to fulfill this important task; and it is my pleasure today to formally announce the establishment of "Lama Gangchen World Peace Media", once again following the great guidance of Lama Gangchen with generous support by Mr Felix Chen.

This organization will continue to promote the vision of Lama Gangchen to achieve world peace as well as to recollect his past contributions in a more systematic way. It is our plan to start with the release of the above-mentioned DVDs from the second half of the year through multiple channels. Furthermore, we will build global websites in coordination with associated multi-media organizations as an effective means to disseminate the blessings from the teachings of Lama Gangchen.

Our entire team feels that we are so fortunate to participate in setting up the long expected "Lama Gangchen World Peace Media". We believe under his great leadership, we will be able to build a new dynamic team in the world of media. It is our goal to work together with the related groups with concerted efforts in order to make our utmost contributions to our master and to world peace.

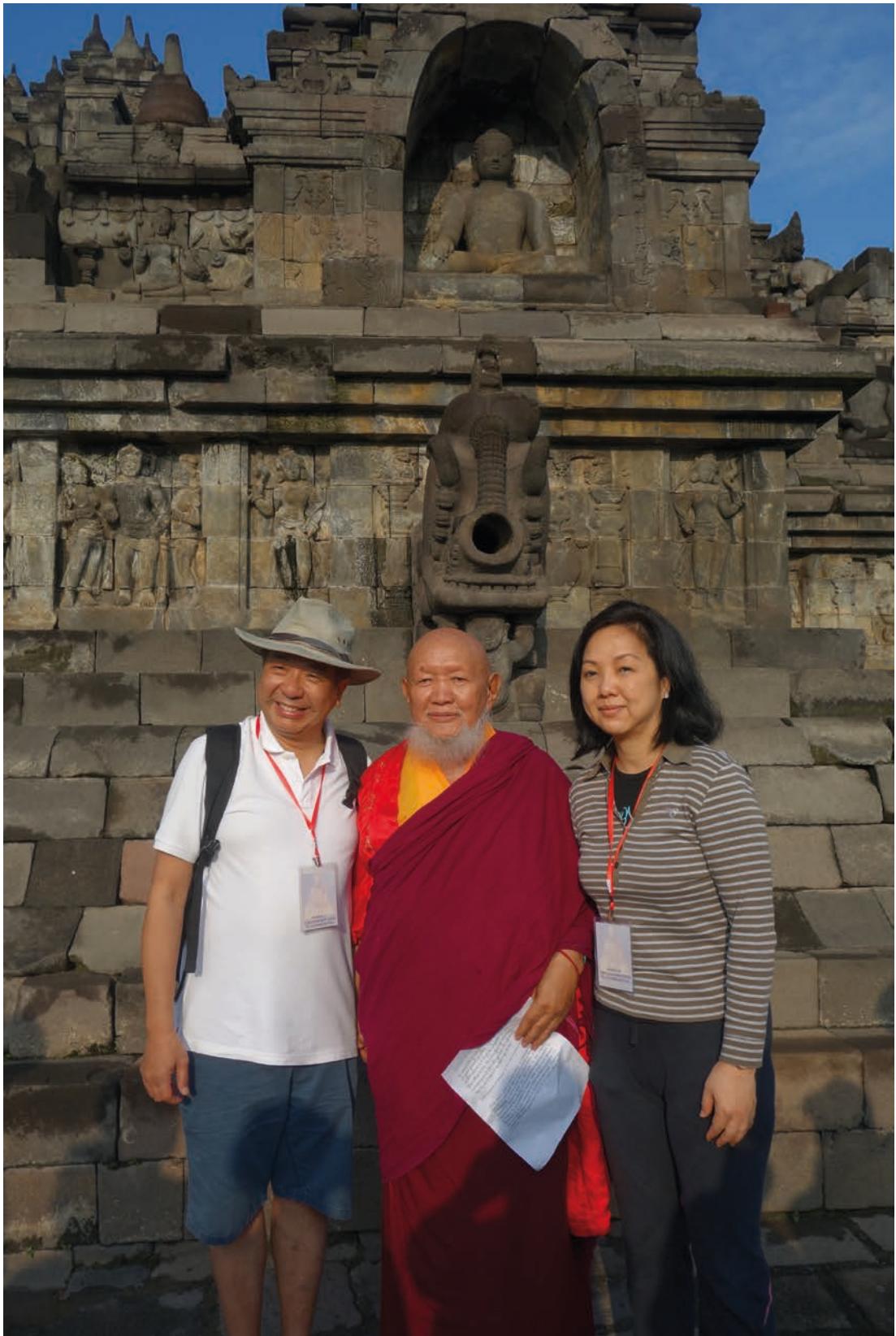
I would like to end my speech with the quotation of Lama Gangchen:

Inner Peace is the most Solid Foundation for World Peace  
Inner Peace, World Peace, Now and Forever  
By the Power of the Truth  
By all Human Being's Attention  
By all Holy Being's Blessing  
Let me pray that world peace will be disseminated to every corner of the world.

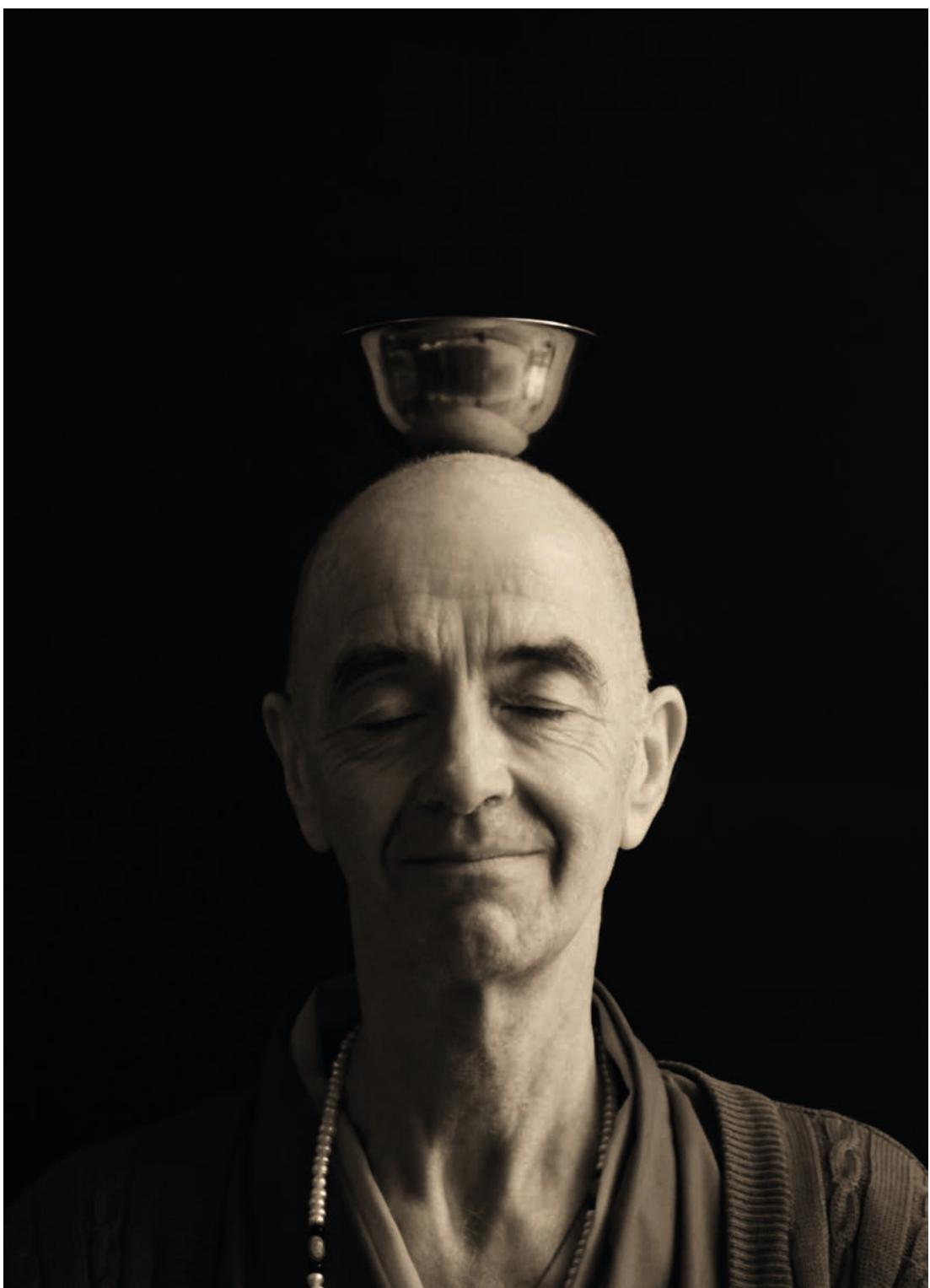




Felix Chan, Lama Gangchen and Sunny Kuo



*In Memoriam*



*“Albagnano is home, Borobudur is inside”*



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*On the 25th of August 2015 in Albagnano Healing Meditation Centre, Albagnano di Bee (Verbania), Lago Maggiore, Italy, Petrus Linnemann, "Pete", Sangye Choepel has left his body in harmonious, serene and auspicious circumstances.*

*Many members of the Dharma Community (sangha) immediately gathered in his presence to pay homage and offer prayers. In the same way the sangha community is committing itself to pray for his passage for forty-nine days of the intermediate state (bardo).*

*Innumerable people could appreciate Pete's special qualities such as his patience, his kindness, his love. Most remarkable was his ability to be always responsive to other people's needs, at any time of the day or of the night, and under all unexpected or unpredictable circumstances.*

*Sangye Choepel (meaning: the increase and spread of the teachings of the inner scientist Shakyamuni Buddha) has offered his unquestionably recognizable voice, profound and harmonious, for many NgakSo guided meditations, books and teachings heard within CDs as well as DVDs. In that way he has been and forever will be a source of inspiration and healing for countless people all over the world.*

*His great efforts represent an incredible amount of positive energy and virtue (merits) that will last forever!*

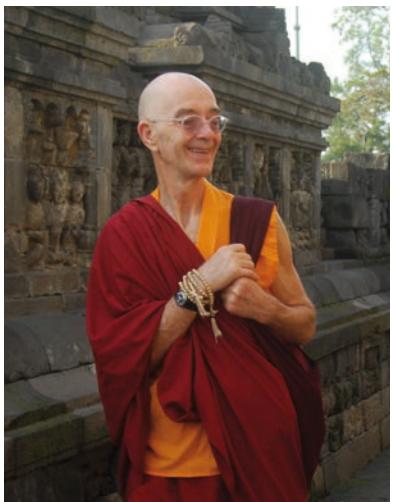
*Furthermore, his human qualities were also expressed through his artistic talents and manual skills in music, literature translations, wood creations, Tibetan language studies and many others.*

*Pete Sangye Choepel will live forever in my and everybody's heart as an example of a gracious server of sentient beings.*

*With great respect and sincere affection  
Tashi Delek - May All be Auspicious!*

*T.Y.S. Lama Gangchen - World Healer*

## Pilgrims' notes



Petrus Linnermann, England

### My heart opened in Dharamsala

"Around 35 years ago I left England. I didn't really have a plan but just followed my intuition. I had a deep inner certainty that I didn't want the security of a job or a career. I couldn't hold it down. So first I travelled overland to Greece, Turkey, Iran and then Afghanistan. I already felt more at home there. Then I moved on to Pakistan and India. 'What the heck am I doing here!', I thought. 'Let's study Sanskrit. That maybe good for my inner development.' But it was too hot. Somebody advised me to go to Dharamsala, because there was a nice Tibetan community there to experience and explore. So I went there and I was delighted to find that every experience and every memory I could catch, suddenly fell

into place. My heart opened there, it was a big homecoming. I stayed for almost a year. I worked, smoked, partied, and did my first retreat with Lama Zopa. That was my first Gelug experience. From there I went back to England and joined in the building of a Buddhist college where I stayed and moved around for 35 years. I met my two wives there, my children grew up there, my oldest friends live there and still I go back there.

### Something grave

Meanwhile, in 1996, I met Lama Gangchen, and later moved to Albagnano. I first joined the journey to Borobudur in 2009. With this great and exciting adventure ahead of me, I was quite busy with all kinds of things. By then I had already moved to Italy, and I went back to England for a health check and some family business. Then back to Italy. When I took off for Borobudur a couple of days later, I had a bit of a cold. On the way, and during the stop over in Bangkok I watched a couple of movies, took a big meal, had a massage and felt pretty miserable. But arriving in Borobudur felt like coming to a place that was so safe, welcoming, familiar and secure that I was able to relax completely. This 'relaxing' took the form of a total collapse of my immune system, and I contracted pneumonia and had to lie down for a week outside the conference room, our Gompa. Physically, I was in a bad state, had difficulty breathing, high fever and couldn't move, but mentally I was happy as Larry! Absolutely in heaven!

I had experienced this before, in India: my body falling apart but mentally being happy. This state had lasted for around 2 years, and it appeared to have been a good preparation for what happened to me now, because this was nearly terminal. Rinpoche said: 'We try not to leave you here.' This is something grave, I thought. It indicates the grave...

Rinpoche told the group: If you are a healer, a doctor, or anything else useful, please feel free to give Pete a hand in this situation. So I was lying there outside the Gompa, on a mattress, Dawn protecting my head, Manuela sitting at my feet, while around twenty people very enthusiastically came to give me reiki, shiatsu, homeopathic things. Somehow it was quite forceful.

So that is how time passed. Weak like a baby, I couldn't breathe, couldn't walk, but I had no fear. Dying or not dying: it was not important. I have had plenty of dying experiences before, and now it was the same. But I was very aware that Rinpoche was taking care and that it was a delicate situation.



### From better to better

Rinpoche told Dawn to ask me to write a will. But she was afraid to make me scared, so she said that Rinpoche had asked me to write something. So I thought Rinpoche wanted me to write something about my experiences, but obviously I was not in a position to write anything that moment. When Dawn told me later what Rinpoche had really meant, I said: 'Dawn! For heavens sake!' But of course they protected me, taking any possible fear away. Good old them...

Anyway, it wasn't my time yet, because by the end of the retreat I was strong enough to travel on to Kathmandu with Rinpoche. In Kathmandu I recovered more and later I flew back to Albagnano. It was a good experience; the internal experience went on from better to better. It was sickness with great meaning, a great purification.

### Becoming a monk

In 2011, there came another opportunity to go to Borobudur. This time I was no longer Pete; I was Sangye Chöpel. Talking about making the decision to become a monk, it sounds very interesting. An old friend of mine once said: 'If you are on a journey and you reach a point where you cannot see clearly where you are heading, if you are kind of in the dark, you have to make a plan. But the more information you have, if you have the whole panorama in front of you, decision making is not necessary because you won't step into a bog. You just go and take your steps.'

One day I was speaking to Rinpoche about my life as a child, my religious life as a roman catholic, my relationship with the church. And we talked about my lack of ability to engage in religious practices. I remember explaining that even having been a Buddhist half of my life, with many lamas, teachers, pujas and sangha, it didn't change anything in my reluctance towards sadhanas, practices and temples. At this point Rinpoche indicated: 'monkhood.' This was the greatest present I could receive.

Becoming a monk changed every aspect of my life. When I arrived in Borobudur, I had already received the name, the blessings and the robes from Rinpoche in the Gompa of the Labrang in the presence of several monks from Shar Gaden Monastery in India. It was on Shakyamuni Buddha's birthday. In Borobudur, Khen Rinpoche from Shar Gaden Monastery gave us our vows. I was ordained at the same time as Liana and Daniel, Lama Michel's father. It was a moving event.

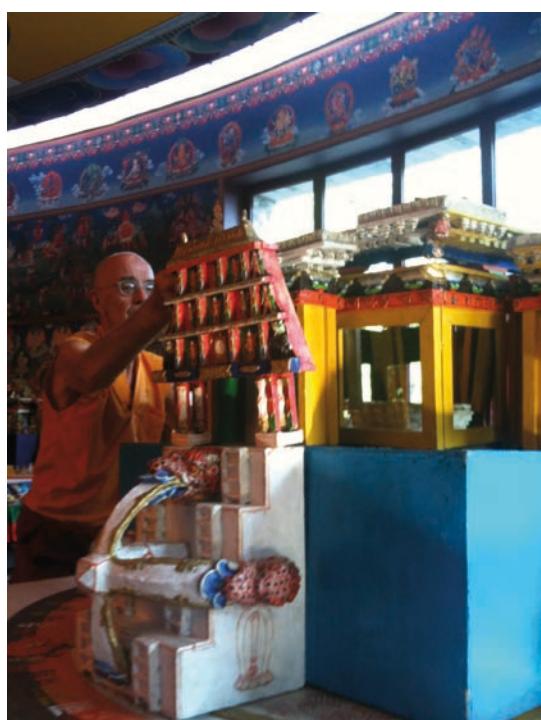


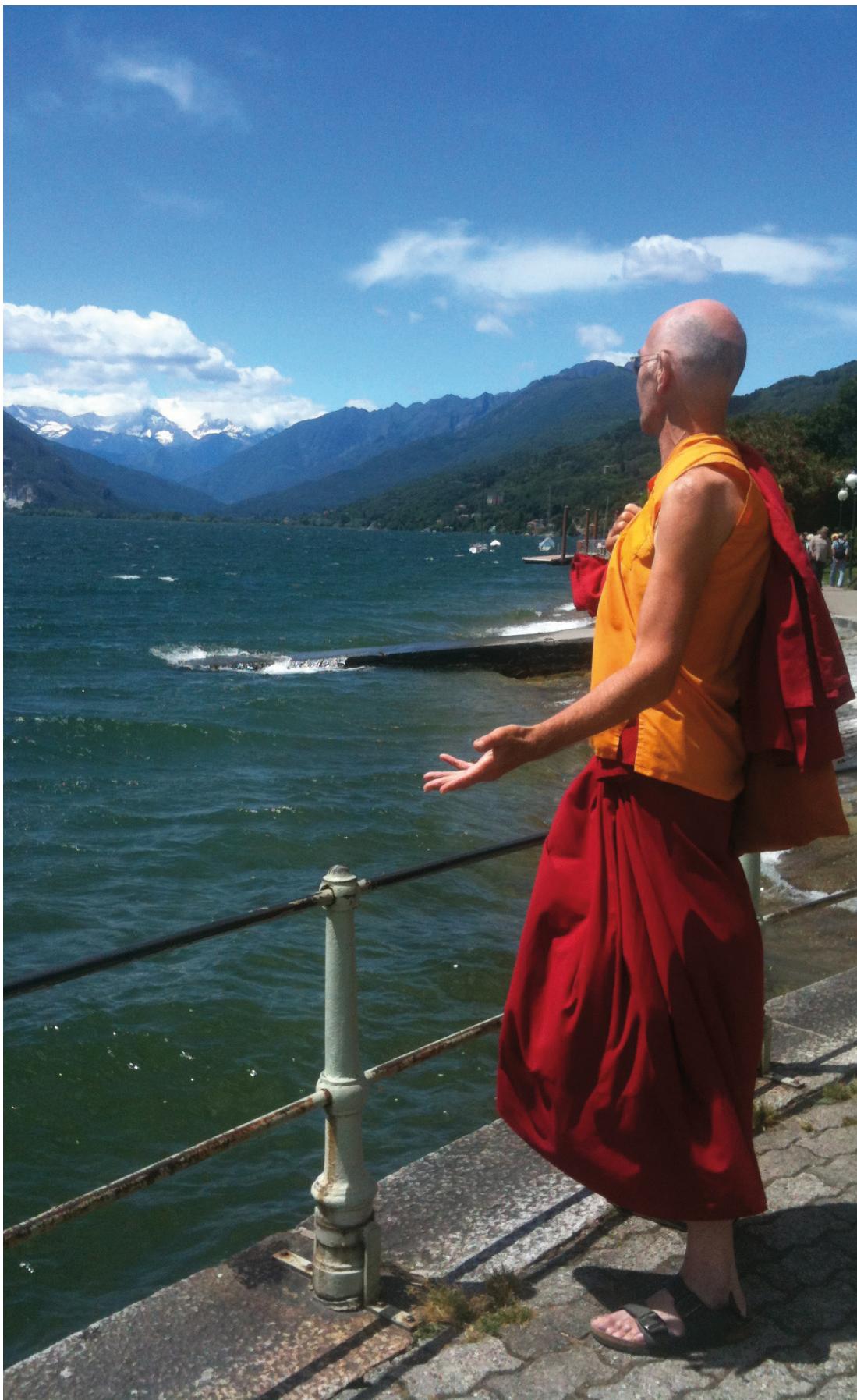
For me Borobudur felt like a natural ground for my spirit. It was not something secondary. I remember I went up to the top alone. It was not my intention but I somehow didn't catch up with the group at the right time. I expected to meet up with them on my way down because apparently I was early, but even that didn't work out. However, it was a very gentle experience making this khora by myself.

#### Borobudur is inside

A third visit never happened, because ever since that last time my Borobudur is in Albagnano. Borobudur is more inside than outside. For me it is like a landing, an arrival, an accomplishment. Before I went to Borobudur the first time, I was offered a piece of land in England where I could grow my own food. I never got it because I decided to move to Albagnano. But Borobudur has a similar resonance. It is a place where you can grow something, where we can share some kind of fruits. In fact, I relate it to a feeling in the mist of my memory, of something that was there even before Borobudur was built.

I came from a very secure background, but I never owned a home, I was homeless but Rinpoche offered me Borobudur. Borobudur is home. That is quite a good thing to say. Home is safety, family, food.. a place where you can shut the door. That is what I feel."







## La mia Vacanza Spirituale Volge al Termine:

Vorrei ringraziare immensamente quanti hanno reso possibile la mia profonda esperienza al Borobudur. In ordine cronologico Peter che anche se non è qui con noi fisicamente lo è sicuramente con la sua mente, da mesi insisteva per farmi prendere una pausa mistica così da poter riflettere sui miei immersi progetti; Lome Gendje che un mese fa mi ha proposto di venire e sono certa che il suo intervento sia stato come un susseguirsi di piccoli miracoli che hanno rimosso tutti gli ostacoli che mi impedivano di partire. Maria Cristina che mi ha dato il pretesto di partire con lei per non forzare mai il viaggio da sola. Dione che ha insistito molto sul fatto che seppur io sia lontana dalle vostre pratiche, questi pochi intensi giorni si sarebbero rivelati preziosi per la mia crescita spirituale.

Dafne che da oltre un mese inventa cause giuste per farmi partire. Ringrazio chi ha iniziato questo pellegrinaggio 26 anni fa e Tutti i monaci che con le loro energie e il loro sforzo fisico e mentale hanno saputo raccolgere intorno a loro persone diverse da tutto il mondo con un solo scopo comune "LA PACE".

Li ho visti stanchi, affaticati dal sole, spinti dalle lunghe pratiche, ma sempre tutti con il sorriso e la compassione infinita che solo chi ha raggiunto l'illuminazione può avere.

Vorrei che il loro sforzo fosse da esempio per tutti nella vita domestica e lavorativa. "POSSIAMO FARE DI PIÙ" ... ma ancora di più mi auguro che fecciano gli operatori e i volontari dei vari centri, dove a volte ci si dimentica degli insegnamenti e si finisce con lo scoraggiare chi a volte cerca un po' di conforto e umanità, che una famiglia mistica dovrebbe sempre offrire.

IO QUI NON TROVATO LA MIA GRANDE FAMIGLIA MISTICA E VI RINGRAZIO TUTTI  
PER AVERMI RESO UNA GOCCIA D'ACQUA IN QUESTO FIUME D'AMORE

Thank you and peace  
To everybody for everybody

Grazie a Lome Michael per il suo caldo immenso abbraccio

A Lome Caroline per il suo sorriso amichevole

Thank you also for the great gelé show lunch





### Michela Calciati

My spiritual holiday draws to a close: I would like to thank immensely all those who made my deep experience at Borobudur possible. In chronological order - Peter who although is not here with us physically, but surely in spirit, insisting for months that I should take a mystical break so I can reflect on my many projects; Lama Gangchen who a month ago asked me to come and I am sure that his intervention was like a series of small miracles that have removed all the obstacles that prevented me from making the journey; Maria Cristina who offered me the pretext to leave with her so as not to make the journey alone; Liana who insisted on the fact that even though I am far from your practice, these few intense days would prove precious for my spiritual growth; Daphne who for over a month invented playful excuses to make me decide.

I thank those who began this pilgrimage 26 years ago and all the Lamas who, with their energy and their physical and mental effort, have been able to gather around them different people from all around the world with one common purpose "Peace". I saw them fatigued, tired from the sun, exhausted by long practices, but always with a smile and all the infinite compassion that only those who have attained enlightenment may have.

I wish for their effort to be an example for all, both in the domestic life and at work "We can do more" ... but even more, I do hope that the workers and volunteers of the various centers, where sometimes we forget the lessons and end up with discouraging those who sometimes look a bit of comfort and humanity, that a mystic family should always offer. Here I found my great mystic family and I thank you all for making me a drop of water in this river of love.

Thank you and peace to everybody for everybody  
Thanks to Lama Michel for his warm and immense embrace  
Lama Caroline for her friendly smile  
Thank you also for the great gala lunch and show.



**Jampa Detchen - Pepi Villar Garcia, Spain**

From "Mandala of Mandalas" - Borobudur

On the 18th of May, 2013 in Bailén I started writing some brief comments about Borobudur for Lama Gangchen Rinpoche, Tibetan Healer and Peace Messenger in this world of worlds. Jampa Detchen is the name He gave me. It means "great and joyful love". I request the holy beings to guide and help me to read correctly the signs and to be able to write them down. I love this world, to which I will return tirelessly while there remain sentient beings [who suffer].

1: The first time I saw a book about Borobudur, I felt something very special. At first sight, it seems that the Mandala is just a great pyramid, like "so" many others.

My first vision about it was a lotus flower, followed by the kundalini in the form of a great, vigorous snake. Since then, the Mandala awoke in me in a living way. It was a great cosmic pyramid that started to show me its mysteries to help me to remember.

Who am I? I asked myself. "A time-traveller", was the answer.

Borobudur is a great pyramidal Mandala and, at the same time, a great cosmic lotus flower. I had the vision of how the petals opened and closed. It also impressed me when I saw the great snake descend: it was an enlightened energy that passed perfectly through the arches and stairs. Another sign was the sun that reflected on her body and especially on her forehead. She came from the west and departed through the east, totally illuminated, looking towards the sun. The colour of her body was more energy than colour.

When I go to Borobudur I will enter through the west gate. It is said that it is the door that symbolizes worldly death, and I will come out from the east gate, looking towards the sun, towards the light and towards a new life.

Borobudur, the Mandalas of Mandalas, healing temple, the holy beings' home of all times.

Borobudur, a place where everything is possible; everything that has existed and is not yet born.

Borobudur, temple of enlightenment, with Mother Tara's help.

Borobudur, a path for the cessation of suffering, an endless source of love and compassion, a celestial house and a bridge to other worlds.

### **Borobudur...**

#### **Summary 2013**

The Borobudur Mandala is an active and living energy that transmutes energy, increasing it, whatever its origin. I believe that this Mandala is Ayurvedic, healing and feminine. It possibly belongs to or is made for Mother Tara. In addition, it is possible that it contains the four healing tantras. This Mandala is invoking and conjuring both the elements and all the directions. The result is a intensely healing Mandala.

#### **Summary 2014**

Borobudur is a three-dimensional and fractal Mandala that contains all the mandalas created and still to be created, the feminine ones being the most powerful in the sense of realization.

The whole of Java is consecrated with its 21 main temples to the divine, creative and compassionate Mother. Here I must correct myself since I said: "I think it is a mandala made for Tara". Although it is feminine and may contain many other masculine and feminine deities, like Vajrayogini, the Mandala



is made for Buddha Amitabha. Still, Tara is the main life and soul because She was the first emanation of the Buddha who exists and coexists in many worlds parallel to ours.

Amitabha was the second emanation of Buddha. When He ran out of energy and sat under the tree, His worst fears manifested -perhaps because of His exhaustion or perhaps because, in that moment, He took the decision to face His conflicts, meditating without limits. He accepted His responsibilities and achieved enlightenment.

In my meditations, I see those light beings. I see how Mother Tara says to Him: "Flesh of my flesh, light of my light, touch me and clean yourself".

Buddha did so and while He touched the earth, in that same instant, Buddha Amitabha emanated from His heart and covered Him with His light, so Buddha was illuminated. The red brightness transformed into pure gold: now it was the Buddha Amitayus who turned around and looked into my eyes.

#### Summary 2015

Today I know I have a special link to the Mandala. Some days ago, I was organizing some papers and I found one where I was talking about the first time I visited a Kalachakra stupa in Malaga. While I was there, I spoke to Buddha from my heart and said: "I don't know what I have to do here to be able to speak to you, help me". He gave me the answers I needed in that moment. I must confess I didn't believe Him since I thought it was myself giving the answers. Now that many years have passed and I have many experiences related to Buddha, I can say that everything He said was true.

Buddha lives in our hearts, waiting to help us.

Om Mani Padme Hum

*Translated from Spanish by Maria Barazas Quesada*



**Maria Barazas Quesada**, a Canadian native living in Spain, is a teacher and a well known acupuncturist.

She regularly offers her time to translate NgalSo books, and has accepted to translate Pepi Villar Garcia's Mandala of Mandalas of Borobudur upon Lama Gangchen's request.

The English translation was proof read by **Sarah Steines**, one of our most invaluable expert text editor and translator.



### Lola Hernandez, Art restorer/Painter, Spain

Before beginning I want to say that it is a little difficult for me to tell these experiences, since they are very intimate and personal and very few people knew them before you, dear reader. Lama Gangchen Rinpoche asked me personally to write them to give people faith in practices and I hope that this humble story helps, somehow.

Everyone knows me as Lola. I was born in Almeria, Spain in 1978. Since I was a child I have been interested in psychology and art, but decided to study story of art and artistic restoration. I met Rinpoche in spring 2008, at the famous Madrid Medicine Congress, and while I was not too sure about who I was following and what I was doing, I decided to get carried away by him in all aspects of my life, and I am still

doing it to this day, and for a lot of lives I hope.

The majority of Rinpoche's sangha has gone to Borobudur, or so I think. Most of you surely have very interesting and meaningful experiences that you did not want to tell, maybe because you are not in the mood or maybe because you are afraid of what people can or would say about you... I am in the second group. The experiences I have had since I met Rinpoche started the first time I set foot in the gompa and keep happening day by day, but very few people know these experiences because, when I told any of them to people I thought I could trust, their reactions were baffling, reaching to the conclusion that I should tell them only to those who were really willing to listen.

Since I know Rinpoche I have heard him say that Borobudur should be visited at least once in a lifetime. I know a lot of you have gone there, but it was not particularly appealing for me... I did not have money to go nor shared your feelings about the stupa. That is why this experience is so important for me, because I did not expect it to be like this.

I apologize beforehand because I am not pretty good at storytelling.

I went to Borobudur in February 2014. Truth to be told I was not especially excited, but Rinpoche always says that people should go so, at the moment we were offered to be sponsored I was happy to go visit the famous stupa.

Lots of people told me about their experience there, about how it feels, about the magic that engulfed the place... Truth was I was happy only by the fact that I was able to go to see it. I did not expect to feel or see anything as I was told to happen. I only wanted to have a good time and meet a new place.

Preparing the travel was easy, since a lot of people were willing to help from the very first moment. The day we left, just arrived to Madrid Airport, we knew that a volcano had erupted and planes could not reach their destination. I was still determined to go anyway. A call from Rinpoche gave us confirmation, and we left for Jakarta.

However, as we arrived we were informed that there were no flights to Yogyakarta so the whole group had to accommodate in a hotel at Jakarta where we spent the night... And that is where that experience that I was told about started.

I must say that I did not know anything about the stupa. I was not interested in it until the voyage ended ... I did not even know the practice, nor its story. I knew about its existence in my student times, but it never clicked on me... That is why what I am about to tell you surprised me so much because, to my understanding, it had no connection whatsoever. I was wrong.



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I shared room with my companion. We were very happy to be on the other side of the world so we went to sleep looking forward to arrive in Borobudur... and that is when my experience began.

In my first dream, a gorgeous path opened before me, a vast street full of people who talked and argued, most of them dressed in white. They carried texts and there were temples on both sides of the street. Later, I realized that the Mendut Temple was a lot alike those I saw around the stupa in my dream. Down the street was Borobudur, as I had never seen it. People walked around it, people that went up and down its stairs... but it was different, it was not black, but colorful, not completely but there were a myriad of colors... white, gold, green, blue, red... And I also recall the 'needle' that crowned the core stupa, golden, dazzling under the sun.

The next day we took our flight to Borobudur, thanks to our friend Juan we got a flight to a nearby location where we would take a taxi to Borobudur. The rest of the group had to take the bus. Poor things...

I remember the entrance of the street where you can see the stupa far away... It thrilled me to see it, it was incredible to be there, but I really expected to see more temples around it, so when we got near the stupa I felt a bit disappointed. Later, Rinpoche arrived and we started the visits to the stupa at 5 a.m. You already know what I mean.

During the retreat I felt the need to be alone. I did not want to practise, but to stay seated looking at the stupa, and that is exactly what I did, mostly because it was closed because of the eruption, so this was another letdown.

Until one morning, we slip inside. Lama Michel decided that we would enter for a few minutes, so we got permission and went inside. I stayed slightly behind because there were a lot of people and was about to fall downstairs when, by chance, I grabbed a relief... and that is when I got one of the visions that touched my soul the most in my whole life. A very tanned and slender man, wearing only a sort of white skirt, barefooted, with very black and wavy hair carved an elephant in a dark volcanic rock. It was hot, I was sweating... I felt a creak in my chest and started to cry... Looked where I put my hand and there was it, the same stone that man was carving. It was there, under my hand, and the most intense feeling of nostalgia I ever had in my life reached me. I could not stop crying while a voice inside me told me over and over again that I was back home. I was home... and suddenly everything changed around me. I was not myself, I was not Lola, I did not recognize myself. We kept climbing and the feeling of having already seen it did not leave me. I looked around me and felt incredibly happy and bewildered at the same time. Everything around me felt so familiar and different at the same time...

Days passed by and I felt like home. I loved everything, was happy and felt that I had to be there forever. The desire of not coming back took me over and I did not want to go back to Spain. I wished to stay there.

Dreams kept appearing, everyday scenes, and landscapes from the past... but I remember specially one where you could see the whole complex from above, from the highest point of a temple very similar to Mendut. I looked down and there were people on the stairs. I remember the whispering of the conversations and seeing far away Borobudur in its former glory, fully colored, with its golden needle.

Back in Spain the dreams did not stop, all very similar to the last one. Dreams, feelings and experiences I will never forget, because they were so vivid that I had no other choice but to share them with Rinpoche.

First I talked to Lama Caroline, since she has great knowledge about Borobudur, and told her about my dreams and experiences. She told me that it was recently known that, effectively, Borobudur was colored at some point, and around it was a complex of temples, but she also told me that I should tell my experiences to Rinpoche, since he could give me better answers.

I followed her advice, and so back in Albagnano, I talked to Rinpoche and told him everything I experienced. His answer, I should say, left me speechless. Indeed, Borobudur and its surroundings were as I saw them, he also told me that that this flashback that shocked me was a glimpse of a past life in which that Lola was not Lola, when I worked on the construction of the stupa. Probably the stone I touched was carved by me in that life, and that is why that memory came back to me. He also added that he had great plans for me, and that together we would build another Borobudur.

Rinpoche expressed his gratitude for telling him all those experiences and asked me to write and share them with you all, although it is I who should thank him... I always wondered what am I doing here, how can I be useful... Now I understand the connection, I understand a lot of things and I am immensely thankful for being where I am, along with my master, being useful again for him, collaborating with his projects.

Please, do not think that there is some kind of ambition behind this story. It is something that I would rather keep in secret, but I am sharing with everyone according to Rinpoche's wish, hoping that it can be useful for those who have not faith.

I am thankful from the bottom of my heart to Lama Caroline, for being a very big support in this kind of experiences, for her understanding and time employed in listening to me. To Ishtar, a great friend of mine, who was willing to listen to me and encouraged me to tell this to all of you. To Paco, my partner in life and best friend for listening to me, bear with all my stories and encouraging me to write. But overall I am thankful to my master, Lama Gangchen Rinpoche, for listening to me, for being always there, for being father, mother, friend and brother. I feel blessed and fortunate more than anyone for being with you in this life.



Borobudur is a Buddhist temple from the kingdom of Ancient Mataram which was built in the 9th century and has religious background of Indianism. Borobudur was included by UNESCO in the list of World Heritage List (WHL) as a World Cultural Heritage with the number 348 dated 15 December 1991 and then updated to be number 662 Year 1997.

- As a World Cultural Heritage Borobudur Temple meets the criteria as follows :
- (1). Represent a masterpiece of human creative genius.
  - (2). Exhibit important interchange of human values over a span of time or within a cultural area of the world on developments in architecture or technology, monumental arts, town-planning or landscape design;
  - (3). Be directly or tangibly associated with events or living traditions with ideas or with beliefs, with artistic and literary works of outstanding universal significance.



Convention  
Concerning The Protection of The World Cultural and Natural Heritage  
The World Heritage Committee

Was inscribed

**BOROBUDUR TEMPLE COMPOUND**

On The World Heritage List

Inscription on this list confirms that the cultural value of a cultural or natural site which requires protection for the benefit of all humanity

inscribed in 1991

Candi Borobudur merupakan peringatan dari kerajaan Mataram Kuna yang dibangun pada abad VIII M dan berdiri belakang agama Buddha Candi Borobudur oleh UNESCO telah dimasukan dalam daftar World Heritage List (WHL) sebagai Warisan Budaya Dunia (World Cultural Heritage) dengan Nomor 348 tanggal 15 Desember 1991 dan ketentuan dijabarkan pada Nomor 662 Tahun 1997.

Sebagai Warisan Budaya Dunia Candi Borobudur memenuhi kriteria :

- (1). Memiliki sebuah makna kejayaan kreatif manusia;
- (2). Memperlihatkan pentingnya perkembangan nilai-nilai kemanusiaan, dalam suatu rentang waktu atau dalam suatu kewisataan budaya di dunia terhadap pengembangan akademik atau teknologi, serta monumen-alat, bisa lokal atau mencengah internasional;
- (3). Secara tegas mengandung nyata berkait dengan keberadaan dan perkembangan teknologi, dangan papasan, atau kewisataan, dengan karya seni dan sastera yang memiliki nilai-nilai universal yang signifikan.

*In Memoriam*



*Unshakable faith in Lama Gangchen*



### *Teresa Turricchia (1938-2015)*

*The Unforgettable Teresa, for friends “Teresina”, a diminutive alluding only to her physical minuteness, while taking into account her extraordinary strength of character and her many inner qualities.*

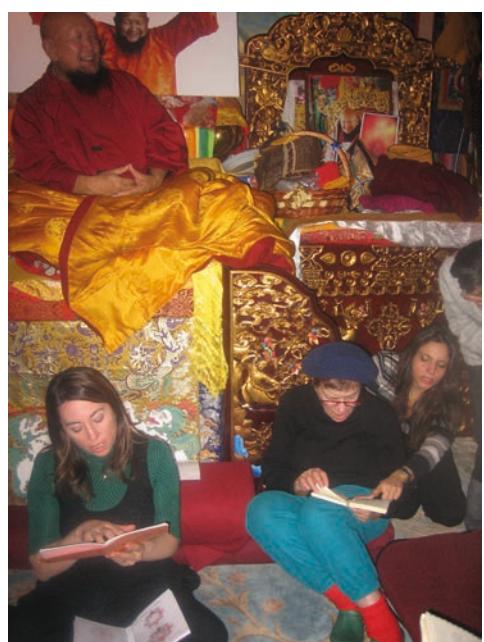
*Already a Buddhist scholar and Dharma practitioner since the early 80s, she was one of the first followers and devotees of Lama Gangchen in Italy and became a regular at Kunpen Lama Gangchen in Milan, where she also helped with the children’s homework and gave them music lessons. She graduated in classical harp. The young Teresa was a member of the orchestra of the ‘Teatro di Bologna’ and became a much appreciated music teacher for many classes in different schools in Bologna.*

*She is the author of many devotional songs dedicated to Lama Gangchen for whom her faith was unshakable.*

*But we also remember her most affectionately as the author of the music combined with her mantra of Lama Gangchen Rinpoche’s name in, which later became famous in all centres of Lama Gangchen as well as among His friends around the world.*

*Whoever met her, even if just once, will never forget her disarming candour. She voiced aloud any lack of good behaviour she might notice in anyone. She never tired of pointing out what she observed as “an error in the inner motivation.”*

*She passed away in Albagnano in July 2015 very peacefully, with the blessings of Lama Gangchen. She will always be remembered as one of the “protectors of the teachings” of our lineage and as our patron of music.*





*One of her most celebrated songs:*

*Guru prezioso  
(Teresa Turricchia)*

*Lama Gangchen Rinpoche*

*Guru prezioso  
Tu sei disceso a noi  
Per portare il dharma  
Dal tuo lontano  
Paese delle nevi*

*Om mani peme om mani peme om mani peme hum  
Om mani peme om mani peme om mani peme hum  
Om mani peme om mani peme om mani peme hum*

*Lama Gangchen Rinpoche*

*Guru gentile  
Tu sei disceso a noi  
Per portare il dharma  
Dal tuo lontano  
Paese delle nevi*

*Om mani peme om mani peme om mani peme hum  
Om mani peme om mani peme om mani peme hum  
Om mani peme om mani peme om mani peme hum*

*Lama Gangchen Rinpoche*

*Guru supremo  
Tu sei disceso a noi  
Per portare il dharma  
Dal tuo lontano  
Paese delle nevi*

*Om mani peme om mani peme om mani peme hum  
Om mani peme om mani peme om mani peme hum  
Om mani peme om mani peme om mani peme hum*

*Guru prezioso, raro e famoso  
Gioiello splendido da tutti ambito  
Rapida e preziosa guida per l'eternità  
Namo gurubye, namo buddhaya  
Namo darmaya namo sangaya  
Namo triratnaya  
Namo Rinpoche la*



