



Lama Caroline on her last visit to the Chilean Sangha

This lineage of blessings is nothing new, it goes back to the XVth and XIIIth century and even to the Vth; we really do not know exactly to when it goes back.

We are super lucky to be here. For me personally, as I said before, it's like a tsunami of blessings - *she sighs loudly*. Now I have to get some sleep and digest all this energy; but this is great for the future of our lineage.

We have received more than 75 empowerments, so nobody will ever be able to say that he is bored. We have a lot to do.

I wanted to thank Lama Gangchen for his great generosity.

For me going to Tibet is very difficult; I like the sea and being 0.5 meters above it; I get sick with height - *she laughs*. So it is amazing that Rinpoche brought Tibet to Albagnano.

When we go with Rinpoche to Tibet, it is wonderful, because they open everything to us, but even so, we still do not have any translation or amenities.

I hope this is the beginning of a new era in which many other great masters can come.

Many thanks to Rinpoche!

Events of Borobudur

Encounter with an Arhat

It is said that in sacred places one can meet an Arhat. Many disciples found Lama Gangchen during the circumambulations of the stupa of Borobudur on the island of Java, Indonesia.

This year was marked by innumerable events, meetings, news, and magical moments. A remarkable encounter took place between Rinpoche and a Bhutanese Abbot.

Rinpoche from the first level of the stupa (of Borobudur) calls a Lama who is accompanied by some nuns and who turns out to be an important abbot of a monastery of Bhutan. The abbot approaches, and Rinpoche, without saying a word, makes him repeat a prophecy of Padmasambhava - *reciting is not an easy task when it does not come from the mouth of your teacher*. However, he did it without thinking. The prophecy was referring to how Buddhism will remain pure in Bhutan.

The astonished Lama said that in the moment he saw Rinpoche, he had been praying to Tara to help him to get rid of the eight fears and overcome the moments of religious difficulty that Bhutan is facing.

Bhutan, a country that is amazingly caring of the monastic community, is facing moments of great disagreement between it and the government: the monks do not have the right to vote, which is creating great unrest and civil debate.



Upon hearing this, Lama Gangchen cheered - "Sooo good!".

The abbot, very surprised, understood the importance that this was having in order to maintain the Pure Dharma.

He said that in meeting Rinpoche, he had the feeling that he was the Arhat he had been looking for during the circumambulations of Borobudur, and that the prophecy that he recited had totally pacified his heart. "*These are the words and wisdom of an Arhat,*" he exclaimed.

With the commitment to return to Bhutan and convey the message of Rinpoche - on local and national television -, tell your experience and the achievements of Borobudur. He said goodbye affectionately and emotionally.

In the background, photo of the rainbow manifested on the last day of retreat



WORLDWIDE SANGHA
IN SERVICE TO THE PEOPLE



The Ngalso Self-Healing at the service of the "Poniente" Hospital in Almería, Spain: Meditation Workshops

BY Mercedes Ortiz

Since two years ago, the Poniente Hospital located in the *El Ejido* district of Almería offers a Ngalso Self-Healing meditation service for children who periodically attend medical consultations due to a medical condition.

In order to use the workshops as a tool supporting classical medical treatments, an interdisciplinary team was formed, composed of three members: Mercedes Ortiz, the teacher of the Hospital Classroom in charge of the workshops and teacher of primary classes in the classroom of

95% of the children partially or completely reduced the symptoms

this hospital, Raquel Angulo Gómez de Lara, specialist in Paediatrics, and Ana Calcerrada, psychologist of the Mental Health service. They are all professionals working in the centre in close relationship with the children.

The entrance circuit to the workshops begins when a child who is seen in a clinic for a chronic pathology is evaluated by the team of paediatricians, and it is observed that a certain component of stress is aggravating his/her clinical situation; subsequently the



psychologist assesses whether the child can benefit from this workshop.

So far, five cycles of 6 Self-Healing meditation workshops have been given. On the recommendation of the teacher, the father or mother must accompany the child.

The results have been very satisfactory both physically, of the pathology and emotionally, helping to improve the course of the minor's pathology (how to live, outbreaks of disease, tools to cope with ...)

The most frequent symptoms of the small participants are headaches and nonspecific

This year the Self-Healing meditation method adapted by Mercedes has been brought before the XXII Scientific Congress of the Board of Paediatrics Societies of Eastern Andalusia, Western Andalusia and Extremadura.

chronic abdominal pain, then symptoms like psychogenic cough, motor tics, disorders of attention deficit and hyperactivity, anxious-depressive symptoms ... In general, the common bond of the children has been an anxious personality.



After the workshops, a new evaluation was made by Ana Calcerrada, finding an improvement in the state of mind of 83.65% of the participants.

The percentage of children that partially or completely decreased the initial symptomatology

Mercedes Ortiz is a primary school teacher, storyteller, writer and owner of a Tibetan coffee shop in Almería.

for which it was derived was of 95%.

As for the parents, 93% improved their mood, and

74.6% improved their previous ailments.

In order to treat children of all ages, two age groups have been established.

Mercedes has adapted *Ngalso Self-healing* - a method of meditation transmitted by Lama Gangchen Rinpoche - through stories and crafts that contains the basic teachings.

The stories are progressive - in subsequent workshops they wish to represent each story with a puppet.

Mercedes has also taught Tibetan massage, since it is a tool that she liked a lot and helped as a complement for meditation and relaxation.

The physicians that make up the Paediatric Service of the Hospital de Poniente are very satisfied with the results and with the possibility of having this tool to help their treatments. They have been documented and communicated in a Congress, in fact the last communication about it was the comment that paediatricians are very happy with this method of Self-Healing. That is why Dr. Raquel, has brought the Self-Healing before the *XXIth Scientific Congress* formed by the Board of Societies of Paediatrics of Eastern and Western Andalusia, and Extremadura, held in Almería in March 2018.



MIND AND SPIRITUALITY.

Life story

By Dr Gustavo D'Elia, Psychiatrist, Argentina

I am a psychiatrist born in the city of Buenos Aires 61 years ago, and I always remember looking for ways to help people in order to be able to listen to them and to sustain beings in their suffering.

Human suffering has always impacted me and still does, therefore I always have "dived" looking how to understand it and be able to help people to suffer less.

It is under that motivation that I became a doctor and within medicine I seek to help minds in their suffering.

Perhaps, more than a doctor, I define myself as a "Diver in the human mind" even though my dives are superficial and my desire is to dive deeper.

I studied different boarding schools within psychology, but I always looked for something more to be able to find elements that could increase the human health and happiness.

The scientific structures gave me material to understand, and at the same time they left me a bit empty to understand better the human soul or rather the depths of the mind.

One day without really rationally knowing the reason why, I felt that I had to experience meditation, looking for more clarity about myself and looking for tools that could also help other people.

I feel that we are often inspired by forces which are beyond us, energies that orient and guide us, if we know how to listen to them without fear.

Because of these "causalities" of life, I found in Buddhist science and Buddhist wisdom enough bases to try to know our reality more clearly.

I can confess that all schools of psychology or psychiatry did not give me such a clear and meticulous information.

I discovered that there was a different way of seeing our human reality and our own identity.

It was like going to a good optician and coming out seeing clearly things that were there before and could not be seen.

I tried and am still trying to transfer Buddhist concepts and meditation practices into my private practice in order to benefit my patients, although I

often feel that I still have a lot to learn and transmit. But even so, my desire to help goes beyond this limit of personal knowledge.

My own practice has put me in a much more humble and compassionate place so that I can help and grasp the suffering of my patients.

I am also – or better, together with Vanessa Fasciolo we are – giving Dharma workshops and group techniques.

My small contribution shows through my patients that all the knowledge and practice is needed to reach deeper changes in mental symptoms.

I have seen that even if individual practices are not properly performed, because of some resistance in finding the right space of time, the theory about suffering has allowed patients to understand in a more personal and responsible way the genesis of their own discomfort.

I see that my patients understand that the struggle is not so much external but internal.

Personally, I also place myself in a more compassionate and less critical place as others as well as of myself.

I thank Buddhism and all its beings for the possibility of understanding why we suffer and for giving us the tools to continue to evolve more and more.

The conjunction between individual and group work has helped a lot to accelerate changes that I will duly measure and objectify with greater precision. Thank you !



The Golden Seed of Lama Gangchen in the Conference of the European Buddhist Union (EBU)

By Juan Sebastian

President of Koryug Shide Ling "Entorno de Paz"



On April 13th and 15th, representatives of Entorno de Paz (Environment of Peace), the Himalaya Culture of Peace Foundation and Ngalso Spain attended the International Conference of the European Buddhist Union (EBU) that took place in the Stupa of Enlightenment in Benalmádena, on the Costa del Sol.

The EBU was founded in 1975 in London, being open to all schools and traditions of Buddhism in Europe in order to work together for spiritual friendship and respect for diversity. It has representatives in more than 16 countries in Eastern and Western Europe.

In 2008 it obtained the official participatory status at the Council of Europe in Strasbourg. And it actively participates in the Conference of International Nongovernmental Organizations, INGO, of the European Council.

The title of the meeting "*Spreading wisdom and compassion in the European society*" was by itself very suggestive and the atmosphere was of great compassion and cooperation. Among all the participants of the different countries, groups and attending schools, the spirit

of rapprochement and mutual interest was evident, even accentuated in the conferences of the speakers and in the various workshops and idea-sharing sessions that took place in those days.

During the weekend, the interest in cooperating and doing a good job for the world was manifest, to bring peace where there are riots, help enemies with a view of reconciliation and spread compassion in all areas of the modern world with the challenges that this entails.

We want to highlight with interest the conference of Rev. Dario Doshim Girolami on meditation in groups of people with HIV and the good results obtained with seropositive people to reduce stress, as well as with groups of prisoners.

In another area, we want highlight the intervention of architect Wojtek Kossowski, on the difficulties to integrate the respect towards the architectural tradition of the stupas, with the construction of a functional and recently adapted building to hold conferences and workshops, as is the case of the stupa of Benalmádena, the largest in Europe.



The EBU international conference took place at the Enlightenment Stupa of Benalmádena, on the Costa del Sol, the largest in Europe.

A second one was held on September 2018 in Gibraltar.

The conference of *Luis Morente*, lawyer of the Spanish Buddhist Union, was about a generally arid issue like the legal one, but he treated it in such an accessible and pleasant way that it seized us and even amused us.

In a passionate historical description of the development of Buddhism in Spain, from its “freak” origins to the present, he introduced us to the reality of today, where Buddhism is recognized by the Spanish state as a religion with clear roots. This status allows establishing conditions for negotiating in a bilateral regime, rights that could not be obtained otherwise. As for example marriage, right to religious education in public and associate centres, tax exemptions etc.

Regarding the functioning of the Spanish Buddhist Union, he announced that the decision had already been made to allow the association of all Buddhist groups of any tradition, with only two exceptions:

sectarian groups and organizations with criminal purposes.

More than 20 speakers and an excellent organization in all areas make us wish to participate again in this meeting that is held every two years in a different place.

Further to mention is the emotional moment in which we accompanied *José María Arocena*, president of *Ngalso* Spain, to make delivery of the letter that Lama Gangchen Rinpoche had addressed to the current president of the EBU, Ron *Eichhorn*, and that he gratefully collected in his name and in the name of the organization he leads, thus putting a golden seed that will undoubtedly bear fruit in the future.



Photo taken during the last visit of Lama Caroline to Chile

Once upon a time ... The Centre of Dharma Sangye Menkhang

By Carolina Acevedo Director
Santiago, Chile

Once upon a time, a Tibetan healing Lama who lived in Kathmandu one day met Margarita, who lived with her Chilean husband Gerardo in Nepal. At that time many rainbows and fireworks adorned the sky, surrounded by Buddhas, Bodhisattvas and holy beings who manifested in that special moment that was the beginning of something magical and wonderful.

The years passed by, and Margarita and Gerardo returned to Chile. With much love they invited Lama Gangchen Rinpoche to visit them, and that is how the Sangye Menkhang Dharma Centre began to function.

More than 25 years have passed since that first trip, and Rinpoche has made many friends here at the end of the world. Every now and then he visits us, not as often as we would like, but we understand that it is not so easy to travel

so far. He does not ask us much, he just smiles and emanates love and compassion wherever he goes. He repeats a lot of phrases like "*Use your five senses with love*", or "*Do each day a positive action plus and a negative action less*", and with very simple words and the deepest and infinite love and wisdom he has changed our lives radically and forever.

At present we are a sangha, not very numerous, but very solid. For more than 20 years, we met at least twice a week to perform the Ngalso Practice of Self-Healing and other practices. We have twice received the visit of the Buddha Relics and the visit of great masters such as Lama Michel Rinpoche and Lama Caroline.

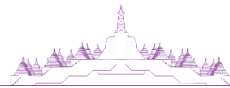
Little by little, day by day, we develop our bodhichitta mind, and we try to be better people. We follow and put into practice the teachings of our teachers, and we seek to achieve enlightenment holding hands with them.

The Buddha Centre of Medicine has legal personality, leases a headquarters and is a sacred space where people can study and practice the Ngalso lineage.



INTRODUCTION

Thonla Sonam, nephew and disciple of Lama Gangchen Rinpoche has been practising the mastery of Tibetan traditional singing bowls for the past ten years, both in Milan as well as in several other centers of northern Italy. The encounter with the sacred sounds of traditional Himalayan singing bowls led the young Tibetan, who arrived in Europe after receiving instruction in the monastery of Sakya, to direct his life towards the profound spiritual search that still gives shape to his existence. After almost ten years spent exploring the sounds of the singing bowls, trying to understand not only the universal harmonic number, but their regenerative reach, Thonla decided that the time had come to share all this with the society in which he now lived. That is, a world where people are often sick with distrust, anger, jealousy and attachment, forgetful of their spiritual roots and in need of finding access to the beauty of their inner self.



Thonla Sonam

Traditional Tibetan Singing Bowls

For years, Thonla has observed the wonder that frees the smile on the faces of those who heard him play, and in him grew the belief that that sound could be a mediator between the outside and the inside of each of us, thus recomposing the divergence between what we seem to be and what we actually are. In this perspective where sound, which represents the original cosmic harmony from which all things take shape, becomes our true master on the road that leads to the recognition of our identity. Thonla's teaching draws on the great images of Tibetan Buddhism to propose a path of awareness in which harmony is the true guide. This is why Thonla does not like to refer to himself as a teacher, but as a companion on the path of those who, with him, have chosen to take the laborious journey that leads to liberation; to that Buddhahood that is in each one of us. His courses do not form virtuosos of sound, and the technical aspects, although important, count less than the spiritual implications that the practice entails.

Harmony heals people in body and mind, allowing you to recognise the value of your life and the environment in which it is housed. In this, resides the transformative ability of the bowls, which educate us to have respect for others and for the world: no harmony is possible without respect. The most problematic aspects of our time are dealt with in the different levels of formation proposed in Tonla's school: the fear of entering into profound communication with ourselves; the excessive exploitation of appearances; the sense of loss in front of death and illness. Western philosophical / religious thought often integrates the stories of the Buddhist tradition that accompany his classes. The singing bowls bring together different cultural worlds and constitute a universal language. Beauty, virtue, love, compassion can be spoken in different languages but their value remains the same.





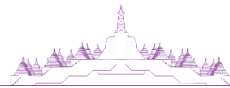




Thonla makes it evident in his courses and in his life, also spent in the implementation of projects to help the Himalayan populations. "We must match what we teach with what we physically do: only in this way do we live and witness peace". Thonla believes that each of us has a responsibility to transform the world by making it more just. This is why every year, together with our Help in Action Association volunteers, he joins expeditions to the most remote villages of Nepal to bring aid especially to the weakest.







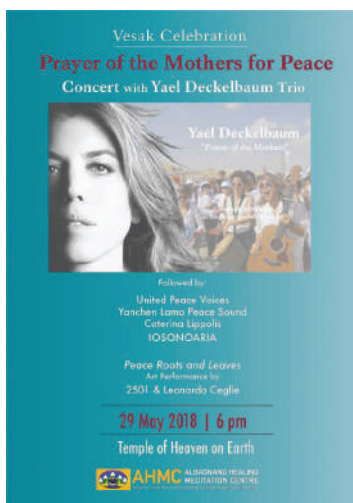
Yael, Israel

“PRAYER OF THE MOTHERS” CONCERT

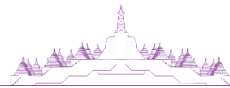
On the full moon day of Vesak, a festival commemorating the birth, enlightenment and parinirvana of the Buddha, we present:

Prayer of the mothers for peace with the singer Yael Deckelbaum, together with her acoustic trio - Gal Maestro (double bass) and Liron Meyuhas (percussion).

Convinced of the special contribution that the female energy can make in the realisation of a more peaceful society and in conflict resolution, Lama Gangchen deeply appreciates the song 'Prayer of the Mothers' and has invited the singer-songwriter Yael Deckelbaum (www.yaeldeckelbaum.com/en/home) to visit the centre to meet with the community of Albagnano.







Yael:

"I am excited to musically empower the movement of "Women Wage Peace" and any initiative focused on uniting, healing and the formation of a new language, a language that will carry us on the route towards a better existence for all human kind."

The Canadian-Israeli singer has collaborated with Women Wage Peace (a women's movement that organises marches and shows all over the world with the presence of tens of thousands of people) and has composed the song "Prayer of the Mothers". This music video has almost 5 million views on YouTube.





PEACE TREE

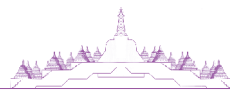




INTRODUCTION

Peter Webb was born in Australia and he lives in Brazil since 1984.

He has been Bel Cesar's life companion since 2002, when he became a disciple of Lama Gangchen Rinpoche. Together, Peter and Bel work with Eco-psychology. Today Peter will give us a short talk about Nature and the elements and how they affect us in the environment. He will also talk to us about a book that he is in the process of writing - which Lama Gangchen Rinpoche has asked him to write about How Plants are Born.



Peter Webb, Australia

Nature and the elements

It is nice that we are all following Buddhism because there are so many things I can say in a much deeper way, because nature is very profound like Buddhism. It has the same basic principles of impermanence and interdependency.

We also can talk about colours, for instant In general, for many people, colour has only one meaning. But in Buddhism, colour can have many meanings: like in each of the chakras and the different forms that we use to represents the elements.

That's is so wonderful because this is exactly the way nature works.

Sometimes I say a name of one plant just to help you to understand things in Nature. But the name in Nature is not important, it is only important for us to get information on the internet, to ask a doctor for some medicine or to buy a plant, we need to know the name. If I want to buy a tree, I must know its name and then be very specific otherwise we cannot get what we want. But the name is just a representation of a plant, not the plant itself.

So Nature is very direct.

Plants have no problem being who they are.

We have this problem because the whole time we are changing.

It's ok to change, because we have emotion and we have consciousness, which depends on this possibility to change.

For example, when we are working with children. It is ideal because we can be in presence. Like when we are making bread. We are just with the children. We are not thinking about making bread and when we are with the bread we are not thinking about the children, we can learn how to carry them in our heart but we are not thinking about them.

So again, for us, in Buddhism it is very important because we learn how to meditate and this is wonderful as Nature is like constant meditation; a type of communication, there are no words, there are no names and so this is wonderful because they are free to exist and change; impermanence is the whole time.

As human beings, we came along when all this was already happening; before any human being was walking on the planet, this plant was already here, someplace on the earth, even this stone, the mountains, it was all here, already, so the five elements, they are already dancing together and they are already here for millions of years, they have been practicing for a long time; like if we live in a community maybe for 20 years, 30 years, then little by little, we become more pacific and we can exchange and learn things one from the other just through living together.

In the beginning it is usually a little more difficult; so the difficult time for the elements is already past, a long time past, so they already practiced this thing between their tendencies of Earth, Water, Fire, Air and Space; practiced relating between themselves really well. As a result a diverse, interdependent web has developed which continually renews itself. No one part is more important than any other.

Nature doesn't need to think, which is wonderful because the stones they don't think, they just act, and the plants, and the animals they act and react; this is already here. The world that we come into, we come with sensitivity towards this way of being. When we are born we know nothing, we don't have any names but I can touch this and I can say 'Ah, it's ok to touch, it's cool and smooth, (everybody touch

this stone pavement we are standing on), very simple things; so we touch and move your hand, find the temperature and then we can see, if we hold our hand in one place, soon it's not so cool anymore, as it takes the same temperature as our hand. So then we can move our hand so that we can feel a difference; we can compare our inner perception. This is just one simple thing.

Or we can say, this is a plant', and if we know how to meditate, because we practice meditation, after I say to myself, this is a plant, then I can let it go, release it, I don't have to keep thinking, it's a plant, it's a plant, my head maybe say it's a plant, it's a plant and this is a stone, it's a stone, it's a stone but after I know this once then I can release it, which allows me to be free to experience, because the name is not important for Nature, the experience is important; important for all of us.

So today we have the sun and here, standing on stone, it is hot.

Lets go to the forest.

If we go into the forest, and it is dry, we can touch and we see it's dry, we don't need to say it's dry, which is wonderful because then we don't need to even think, but because we have gone so far away from our true nature, we forget many things that are automatic for us, and for Nature; this is really important, for our nature is inside and outside; the whole time reflecting.

Nature is important to us because there is one type of language; very simple and direct. Hot dry, cool moist, dark and light, wet and dry, up and down, inside, outside, very simple things but they are with polarities or contrast, so we stay here, starting with these contrasts because we go from here to another place, then we see the change and so we can wake up, seeing this change and this is very important for us now because everything has become the same.

One goes to Google and the same information comes and then you go to some places, like in the city and everybody is using black, grey and white, maybe a little bit of colour but then you go to some places and nature is also doing this only with different shades and colour tones. Nature is free, we are conditioned, we are stuck, very stuck, this is very complicated to understand nature if we are stuck; nature is relaxed.

We go walking and somehow we don't experience because we are stuck, we are thinking something like, what is going to happen? It's a tree or I don't know anything... many things are happening inside us and so we don't focus on the whole, we suffer. Nature is there, happy.

Three days ago here in Albagnano, there was a storm; everything is broken and we say 'Waa look at this?' And today nature is ok, no problem, it happened, it's past, it's gone. For us it may seem like a problem but it's important for nature to be in the present so it can carry on. So as we walk here we'll see some plants, probably some damaged, but in nature always there is something that is coming into being, it's never finished, the whole time.

For millions of years, it's been like this, coming into being and dying away, coming into being and dying away, this is fertility for nature, you know, diversity, interdependence and impermanence, coming into being and dying away, the whole time it is like this and so what we see is just one moment, just one moment. Death one day, abundance the next; always change.

We are here maybe for one hundred years until we die, this is nothing; we are here for one moment and in each place we have spring, summer, autumn and winter, they are different moments just to help us; we look and we see and we feel and somehow it is different.

It can be like this for us, but we need to notice.

(Walking to another area) You can see it is different here, just allow yourself to feel how it is different. You can feel, the contrast is so strong, you can feel with your feet, even with your shoes on, but also you touch and it's fresh and it's very exuberant and it's very different. You don't need to do anything