

Albagnano...





...Almeria



## Entorno de Paz - Kor Yug Shide Ling



## Five Mothers...

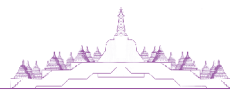
The Dhyani Buddhas - resident in the temple since 2005 - had remained withdrawn in retreat inside the natural volcanic rock until 2017, when they were painted with pure coloured mineral pigments, using the same traditional Tibetan techniques.

Thus, the arrival of the Five Great Mothers, now residing on the altar alongside their respective Dhyani Buddhas marks the completion of the NgalSo Temple of Entorno de Paz in Almería. Driven by Juan Sebastian and Mateo Prieto, the Five Mothers travelled two days by van and boat to reach their destination.

On the 14th of September 2018, Lama Gangchen Rinpoche celebrated the blessing ceremony. This special occasion was also marked by convening the "2018 Conference of Healing of all the Spanish NgalSo Foundations, Centres and Groups", with the participation of Lama Gangchen Rinpoche, Lama Caroline and representatives of all the Spanish NgalSo organizations, namely: the Lama Gangchen World Peace Foundation, the Foundation of Himalayan Peace Culture, the Peace Environment Meditation Centre 'Kor Yug Shide Ling', the buddhist community 'Gangchen Jangchub Ling' (Ngalso España) and the Association of Peace Science.

Everything was successfully completed and, at the close of the evening, we enjoyed a great tsog party together.





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Juan Sebastian  
... The Journey

**5th July 2018.** *Almeria, southern Spain: Mercedes, Mateo and I left this morning on a road trip to Albagnano, northern Italy. We have carefully calculated the volume and power of the rented van to transport the gift that Lang Gangchen Rinpoche has donated to the Kor Yug Shide Ling-Entorno de Paz centre: statues of the five Element Mothers.*

*There they have meticulously prepared and painted with natural pigments made from powdered minerals and gems, just as they would have been painted in antiquity. These expensive pigments were generously offered by Cosy's uncle.*

*It will be a six-day trip in a narrow and uncomfortable van cab, but by doing it this way we will be able to reduce the shipping costs for our centre; we do not know if we will get too tired due to the distance or the heat but we think that the effort will be well worth it.*

*We travel along the length of Spain's eastern seaboard, from the old kingdom of Granada, we cross Murcia, Valencia, the Ebro delta and Catalonia, at a speed that must not exceed 90 km/h. So our journey wends its way at a relaxed and steady pace, as we take in the scenery. At sunset we are astonished by the beauty of the Roman arch of Tarragona, a beautiful architectural symbol of the thousand-year-age-old link between the Spanish and Italian landscapes and cultures.*

*In Barcelona, we stay the night at my daughter Laura's flat, shared with her stoic and independent beagle, Choco. We dine on the terrace overlooking Montjuich, enjoying an evening of fine fellowship, recalling the purpose of our journey and the incidents that have happened during our adventure, before settling down to sleep.*

**6th July.** *We start the day by heading to the port of Barcelona, where the NGV boat that will take us to Genoa is berthed. It will be a long crossing, but we will save more than 1000 km of driving, with all the mileage and petrol costs for the van, and reduce the risk of accidents on the road.*

*The cabin is small but adequate, and actually better than the comments on internet suggest. We eat a picnic lunch and dinner from the food we've brought from home. I like to imagine that we are following in the footsteps of the great master Atisha (who subsequently took the Dharma to Tibet), when he crossed the Indian Ocean to reach the island of Java where he would meet his great Guru, Serlinpa, who opened his heart to the experience of bodhicitta, the vision of compassion and emptiness, the golden mind of the bodhisattva.*

*Meanwhile, astern, we move ahead smoothly under the immensity of the celestial sphere, while the stars shine on an unimpeded glassy sea. As we look, our intuition opens us to the infinite and the eternal. We glimpse the idea, similar to Dante's, of "the love that moves the Sun and the other stars ...", a force so strong that it moves the universe and which, nowadays, can be measured in kilopond metres.*

**7th July.** *The ship sails on. At dawn, we are heading into the wind and discern the entrance to the port of Genoa, whose flag is white with a red cross, identical to that of Almeria.*

*In 1147, the powerful Genoese fleet disembarked on what we call Genoveses Beach, one of the most beautiful bays in Spain, which is as unspoilt now as it was then. From there, they conquered the cruel Almoravids to take the city of Almería, retrieving the green glass chalice that today rests in Genoa Cathedral, the so-called 'Sacro Catino'.*

*Our common history unites us and we feel at home; especially because we have only a short onward journey to reach our dear teacher, Lama Gangchen, in Albagnano. There is a small delay at Customs while the police give the van a thorough search using their sniffer dogs, but finally they let us through.*

*We arrive in Albagnano on a special day, because today is the day we celebrate the birthday of Lama Gangchen Rinpoche. We have arrived in time, it is a great event, with numerous members of the Sangha, lamas and monks from many different places; the gompa is full to overflowing with disciples, friends and family. We offer our respects and greetings, and pay tribute to him with the offerings from the Entorno de Paz Association for the major project now underway at Albagnano to complete this impressive retreat centre.*

*We also greet Lama Michel, Lama Caroline and the rest of the Sangha, including old friends and acquaintances who reside in this magnificent holy enclave.*

*Revived by our Master's blessing, by the evening we are able to attend the theatre in Intra to see "If Buddha were your neighbour", interpreted by the Berlin theatre group made up of monks and nuns led by Lama Dechen. We love this musical, which transmits Buddhist messages in a very modern format.*

*The day has been very exciting. We stay in Vitoria's spacious house that she has left us for this occasion in Roncaccio.*

**8th July.** *We visit Lama Gangchen in the gompa. Today is a more relaxed day; Rinpoche is chatting with disciples from various parts of the world, teaching the mantras with different tunes, and playing instruments we do not know. Afterwards, he invites us to eat at his house where his loyal disciple Beppe has prepared a restorative meal.*

*Now we reach the defining moment of our trip: the Five Mothers appear before us, five art treasures carrying spiritual inspiration that the Venerable Lama Gangchen Rinpoche has given us. They have been sculpted in volcanic lava in Java, Indonesia using the same material and in the same style as 1,200 years ago. Each Element Mother, complete with all her implements and details, has been painted with great care by Duccio and Stefano, two of Rinpoche's disciples. Their lotus-shaped bases carry an inscription in beautiful Tibetan calligraphy executed by Bebel.*

*Each one of the Mothers represents one of the five elements that compose us from birth; it is thanks to these elements that we can complete our lifespan. The ecological balance of the environment, as well as our inner health, mental clarity, strength and wellbeing and, ultimately, our perfect enlightenment depends on them.*

*These jewels will always be for us a reminder of the teachings of tantric alchemy: "Just as it is in the outer world, so too it is in the inner world", the teachings about interdependence, our ability to achieve a rainbow body, the wisdom of emptiness, the elimination of suffering of all migrant beings; the purification of our elements. Our original mothers: EH YAM RAM LAM BAM SHUDDHE SHUDDHE SVAHA - "Space, Air, Fire, Earth and Water, purified, Amen", contemplate us from their sculptured forms.*

*We dedicate the afternoon to packing, loading and putting padding around our precious cargo under the direction of the Master, and with the help of various people who take the strain with us to manoeuvre these heavy statues. Rinpoche gives detailed guidelines about how tomorrow's departure should proceed.*

*With gratitude and devotion we said goodbye and are ferried by Mili Rinpoche to our accommodation. Under a cloudless Piedmont sky we gaze at the night space over Lake Maggiore, opening our spirit to the contemplation of peaceful space. We know that tomorrow we leave for home.*

**9th July.** *Duccio gives us a lift in his car to our van, which is in the carpark of the Healing*





Centre. Then, soon after setting off, we inexplicably hit the kerb on a roundabout in Intra and burst a tyre. The Mothers bounce upwards on their wooden pallets but the van doesn't tip over. We get out of the van to find that the tyre is burning hot and burn our hands trying to take off the wheel using inadequate tools. It's Monday and everywhere is closed! Duccio manages to find a workshop that is open and, without having set eyes on us before, the car mechanic lends us what tools we need. It's a near miracle. When we thank Duccio for accompanying us and helping us so much, he reminds us that it was Rinpoche, on the previous afternoon, who had told Duccio to accompany us as far as this exact point.

Our hearts flutter, as if we didn't already know that Rinpoche's wisdom means that every word he utters has rhyme and reason, or as if we didn't already know his power of protection. The fact is that we arrive in time to board the ferry back to Barcelona. Without a single hitch. So this time we celebrate that everything is fine by dining in the ferry's restaurant.

**10th July.** Today we celebrate Mercedes' birthday. Our return journey is placid, accompanied by rainbows, which we want to share via Whatsapp with the Spanish sa gha who have been following our progress and giving us encouragement.

And so we arrive in Almeria, wondering if our little story will ever be recognised as the seed of the dawn of a new golden age, where all beings are free from the torment of darkness and suffering.

**11th July.** And so at last, completely unscathed, the Mothers enter their new home in the temple. Rinpoche has told us that the temple will be complete once the five Element Mothers take their place on the altar alongside the five Dhyani Buddhas. And so it happens. Residing on the altar, they are ready to give their light and their blessings to us and to those who will come after us.

May all beings have happiness and its causes; May all beings enjoy a pure and healthy outer and inner environment.

*¡Juntos podemos - Together we can!*



NgalSo-España

ངལ་གསོ་Gangchen Jangchub Ling



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## NgalSo Buddhist Community Spain legalised!

As you all know, Lama Gangchen Rinpoche is an avant-gardist, in all His projects over the world.

That's why, he wished, with Lama Caroline, for NgalSo Spain Sangha to be recognised by the Spanish Government and enter in the Spanish Buddhist Federation for sending his messages of inner peace and world peace to all.

For that purpose in 2017, in Madrid and Almeria concurrently, Rinpoche started to give a powerful and significant name to the new Community to be created: in Tibetan གངས་ཅན་ལྗང་ལྗང་གླིང་།. Gangchen Jangchub Ling, (NgalSo-Spain), which in English means: Gangchen's Land of Enlightenment [literally: the land of Himalayan Enlightenment] Easy Enlightenment/Easy Healing/Easy Development. Or as it is written in our statutes: "The Community that uses the Enlightenment energy of Tibet to relax and regenerate the energies in Spain".

Lama Gangchen named Lama Caroline as spiritual director of the Community and in the board were chosen José Maria Arocena Aramburu as executive director, Mari Carmen Varela Garcia as vice- director, Véronique Godineau as secretary and Mari Carmen Leal Sanchez as treasurer. He completed the board with eight vocals: Lama Michel Rinpoche, Charo Carrillo Juarez, Carmen Carrillo Juarez, Paloma Sousa Leal, María Corniero Fernandez, Juan Manuel Sebastian Lazaro, Sarah Steines, Eduardo Gonzalez-Granda Fernandez.

The first Notarial act was signed on the 14th of December 2017 in Malaga, were Lama Caroline presently lives.

Administrative delivery to the authorities was done in January 2018 and the final acceptance of Gangchen Jangchub Ling (NgalSo- Spain) Buddhist community from the Spanish Government was granted on the 30th of April 2018; from that moment getting a full legal status and official public recognition.

Lama Gangchen Rinpoche led our general Assembly in Almeria, and all members agreed on the statutes, Board members, projects and social activities. We are pleased to count 70 members and 300 close followers from all over Spain.

Since then, we are working to be integrated as member of the Spanish Buddhist Federation. We are thankful for all the work and legal support, given by Mr Luis Morente Leal, the Spanish Buddhist Federation lawyer in all afore mentioned legal procedures.

Around March 2019 the council of the Spanish Buddhist Federation will take the final decision to our proposal. Meanwhile, we did ask to the Federation to subscribe a Collaboration Agreement with us to participate, as observers, in their meetings and in the religious services and activities programmed.

In a letter send by Lama Gangchen Rinpoche to all His Spanish friends and followers, He remarks:

"Also in the future when we have one or more recognised Ministers of worship in Spain there will be the possibility for pastoral care and weddings, Buddhist funerals, visits to the sick in hospital and if necessary in prisons and other state institutions. This is already the case in Italy, except that in Spain for Buddhist,s the legal situation is better as registered Buddhists, i.e. members of Gangchen Jangchub Ling- NgalSo España can request to have their body left undisturbed at the time of death from 3 to 10 days.



If Entorno de Paz and the other centres in Spain join together with Gangchen Jangchub Ling- NgalSo España, then the members of my centres will have this legal protection. There are also many other benefits..."

To be a member of the Community NgalSo Spain, people should fill up a template (<http://www.ngalso-esp.org/pdf/solicitud-admision-miembro.pdf> )or they can do it on line. This membership card can be seen as a sort of "taking refuge" in the religious rights, in the prevailing legislation concerning to the social life of all Buddhists practitioners.

NgalSo Spain organises and supports different activities during this year, to mention a few:

- Creation of a web site [www.ngalso-esp.org](http://www.ngalso-esp.org) with several e-mail addresses to organize the Community. For any further information write to [info@ngalso-esp.org](mailto:info@ngalso-esp.org). Here a QR code to access to the web site directly.
- A Facebook page done by Lama Caroline counting almost 5000 followers from all over the world and through that page we could transmit in streaming the last session of teaching everywhere.
- Monthly activities for our friends and members (the Guru Puja practice, the NgalSo tantric Self-Healing practice, a group of study and discussion about the teachings of our lineage...)
- A full day course teachings on Maritse by Lama Caroline. (Spread through streaming). A Yoga weekend course...
- Creation of a team group about funeral NgalSo Buddhist process, (incorporating NgalSo Chile and Argentina), collecting religious, legal, and social practical needs for preparing our good bye to this life and smiling to the next one!
- Creation of NgalSo Self-Healing pedagogical tools for children group (integrating NgalSo Brazil and Italy) such as: Muppet dharma show! And art to initiate to children hospitalized in a healing meditation.
- Participation in the EBU (European Buddhist Union) in April 2018, under the title: "Spreading Wisdom and Compassion in European Societies". On that occasion, we gave an invitation letter, from Lama Gangchen Rinpoche, to the president of the EBU to celebrate their next meeting in Albagnano (Italy).



EBU (European Buddhist Union) family photo in Benalmadena Stupa (Malaga). 14th April 2018.



- Helping Spanish Sangha in getting the opportunity to participate in the Vajravali retreat in Albagnano Healing Meditation Centre.
- Fundraising to build the Temple of Heaven on Earth in Albagnano and Fundraising to enlarge the Labrang in Almeria.
- Participation in an Interreligious meeting in Madrid in October 2018.
- And last but not least... Preparing and spreading the agenda for NgalSo activities...

The newly formed Buddhist Community Gangchen Jangchub Ling, NgalSo Spain, will communicate all Lama Gangchen Rinpoche's peace messages, seeds for all our hearts, to the NgalSo Spain Sangha, sharing with our Sangha sisters from South America too.... Making it so that Rinpoche's inner peace spirit becomes inseparable from ours for the benefit of all.

With Love - NgalSo Spain Team -







NgalSo Buddhist Community  
Mani Bhadra Wishfulfilling Meditation Centre



"The visit to the Mani Bhadra Wishfulfilling Meditation Centre in Dalfsen, on the 24th of May 2018 of the Most Venerable Lama Nyima Tulku Rinpoche, Lama Gangchen Rinpoche, Lama Michel Rinpoche together with over 30 Tibetan Buddhist teachers and monks "was very successful and a fruitful connection for the future was made!" Thus said Lama Gangchen Rinpoche.

The Mani Bhadra Wishfulfilling Meditation Centre is Lama Gangchen Rinpoche's Dharma Centre in The Netherlands. He named and opened it in 2016, and it has since been a stable place for Dharma practice in accordance with the NgalSo Ganden Nyengyu Lineage. Lama Gangchen Rinpoche, his heart son Lama Michel and heart daughter Lama Caroline, visit the centre each year for transmissions and teachings. Weekly, the Guru Puja and NgalSo Tantric Self-Healing are practised, under the guidance of students of Lama Gangchen.



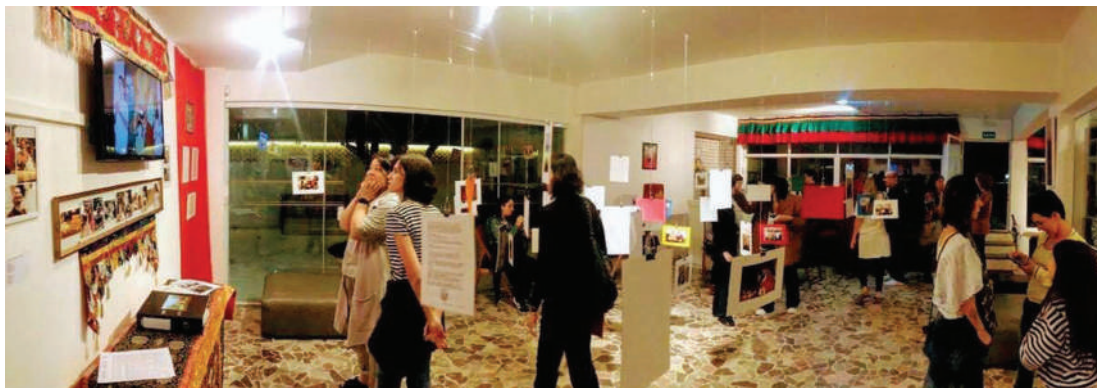
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Shide Tso Chog

30th anniversary of The Dharma Centre in São Paulo

















Claudia Proushan sacred art workshop





Cidade Matarazzo

## Purification of the Five Elements for new development



Lama Gangchen teaching at Sitio Vida de Clara Luz





## Book Launching



## First live teachings from Albagnano to Dharma Centre by Lama Michel







## Lama Gangchen Help in Action

Humanitarian Aid missions in support of United Nations projects:  
ILO; WHO; UNEP; UNESCO



Thank you so much to all of you, who have allowed us with your generosity,  
to carry out our projects

Thank you to all our volunteers throughout the world

Thank you to Lama Gangchen for his constant inspiration



## Lama Gangchen Kiurok Tsochun Help in Action Onlus

### ACTIVITIES 2017

In 2017 the humanitarian activities of the Association, aimed at supporting communities in the Himalayan region, continued. The activities were carried out, as always, with thanks to the support of volunteers and donations from many private donors and companies, as well as the precious contribution of the 5xmille. An important contribution also came from the 8xmille of the Waldensian Church, for the project to rebuild Gangchen Drupkhang Professional Training Centre in Nepal.

Support for the projects of the Association was one again received from Germany, the Netherlands and Spain.

(5xmille & 8xmille are Italian Government schemes that offer people the possibility to donate a percentage of their tax to charity)



### EDUCATION

#### Gangchen Samling School

Work started in Nepal to transform a larger building into new premises for Gangchen Samling School, founded in Kathmandu in 2003. The school currently welcomes about 400 children from the poorest families of the area. When completed the new school building will be able to accommodate up to 650-700 children, allowing it to cater for more students - necessary due to the increasing requests for enrolment. This increase in families wanting to enrol their children is mainly due to the good reputation of the school where maximum attention is given to the quality of the educational as well as to the creation of a comfortable and peaceful study environment for students, from kindergarten up to class 10. In the new building, presently under renovation, there will be around 12 classrooms more than in the current school. A large space will also be allocated to vocational training projects, probably for electricians and plumbers; skills that are very useful and urgently needed in Nepal. New and functional toilets will be built, safe drinking water will be provided and a solar panel system will be installed to reduce running costs and environmental impact and to make the school independent from the frequent electricity shortages that happen in Nepal.



### Secondary Education Exam

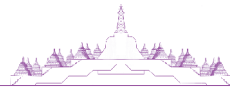
In the last state exams all the students presented by the school, at the end of class 10, obtained very high grades; a testimony to the quality of the education they received. The majority of students attending the school are supported through the long-distance adoption programme of the Association.



### Music and dance

For the academic year 2017/18 it was once again possible to finance the music and dance courses for the children of Gangchen Samling School. These classes were increased following the 2015 earthquake for their great psychological and therapeutic value. All children attending the school, of whatever age, can participate in the classes which take place before the normal school day begins. The children are really enthusiastic about the classes and put a lot of effort into preparing

performances. It is wonderful to see the pure enjoyment the children get from these moments of fun and creativity.



### Long distance adoptions

The long distance adoption project continued this year, reaching more than 600 children, allowing families to cover the basic costs of the education of their children. The project has been active for more than 20 years in Nepal. The children included in the project come from families who already have difficulties in providing daily necessities, and are certainly unable to pay school fees. Most parents are beggars, weavers, factory workers, cleaners or labourers doing heavy lifting work on road construction and building sites. After paying room rent and buying daily necessities, these families have no spare money to pay school fees. Many of the families experience incredible difficulties and make enormous sacrifices - even incurring debts to enrol their children in school - in the hope that their child may have a better future.

During the visit of our volunteers in Nepal, the families of the sponsored children were contacted, and the school fees were handed over to the respective schools. The enrolment procedures for the new school year were also carried out.



### Further education

Every year the number of students having the possibility to enter into further education is growing. This year we are supporting about 80 students who are studying in college and university. Most of them have chosen to study subjects that are most likely to help them find work: hotel management, business studies, accounting, teaching and social work. This year we organised a meeting for the students about to enter further education - inviting speakers who had chosen different career paths to share their experiences with them.



School sponsorship

The Shree Jana Bhuwana Primary School in Shikharpur (Makwanpur District) educates about 70 pupils from local villages. Each year we provide the school with funds to pay teachers, cover general running costs, buy books, stationery and so on. It is now the third academic year that the Association has sponsored this school.



Stationery distribution

In many village schools children have to study without books and stationery. Most families survive from subsistence farming and have very little money to buy even the basic necessities that they cannot produce. Stationery for school is a luxury that most people simply cannot afford. It is a pleasure for us to provide stationery to these grateful children as well as offer games and equipment for common usage. This year, we distributed stationery to about 1500 children, including the children of Jorpati Orphanage, the children living in the small group home of Hope Foundation and the 55 young monks of Sed Gyued Monastery.



## EMERGENCY

### Reconstruction of Gangchen Drupkhang, Kathmandu, Nepal

Thanks to help received from the 8x1000 of the Waldensian Church the work of repairing the Gangchen Drupkhang Vocational Training Centre - seriously damaged in the 2015 earthquake - was fully completed.

Gangchen Drupkhang, a 5 floor building, was built in 2006 with the aim of creating a base for permanent courses in vocational training in handicrafts and traditional Himalayan culture (hand-carved furniture and wooden objects, traditional painting and art work, healing incenses and herbal remedies from the ancient Himalayan medical tradition). The vocational training course are aimed at promoting social and work inclusion of disadvantaged people whilst at the same time supporting the preservation of the ancient and precious Himalayan artistic and medical traditions; heritage of humanity.

In 2017, after the reconstruction work was finished, Gangchen Drupkhang has been able to resume at full capacity its activities.



### Aid to village communities (photos 9)

Thanks to the constant donations from companies supporting our work, the activities to help the communities in villages of the pre-Himalayas continued in 2017. Many of these people, who were already very poor, lost their homes and all their belongings in the earthquake of 2015, making survival - especially in the freezing winter months - extremely difficult. Although