



HOWARD HEADWORTH

lives in San José in southern Spain. Now 80, he has felt an affinity with wood from a young age. He made his first marquetry picture when he was 13 to win the handicraft prize in his school's eisteddfod, a cultural festival held annually in Wales.

He has visited Borobudur several times with Sarah, his wife. It was a beautiful batik picture featuring the 9th century temple and a native village which inspired him to make the marquetry picture, as seen here, using dozens of different wood veneers, which he presented to Lama Gangchen.





Ecstatic Dance with Fernanda Lenz



Ecstatic Dance is a community gathering for people who want to express themselves freely, to connect and to expand together through the inspiration of music and dance. It acknowledges free expression of the body as a powerful tool to dissolve blockages and allow our energy to flow.

Guidelines: 1. No talking on the dance floor.

2. Drug-Free, Smoke-Free, Alcohol-Free environment

3. No photos or videos, cellphones muted and out of sight

4. Respect for the space and for one another

5. Move your body however you wish! Come with Loose-fitting clothes that let you move your body.

Fernanda Lenz, photographer and documentarist from Brazil, disciple of Lama Gangchen Rinpoche and Lama Michel Rinpoche, is part of the Ecstatic Dance community in New York and São Paulo for the last 5 years. In this journey of many dances, she experienced the transformative power of free form moving and now wishes to share her passion with the community of Albagnano.



Qi Gong Shaolin

Qi Gong Shaolin, the system of the eighteen palms of Buddha (Lohan Kung). With this method is emphasised the strengthening of the joints and muscles which in turn are related to the emotions which create blockages in the channels and organs. By means of these exercises and those known as 'the five healing sounds' (each related to an organ and an element) one may create inner balance and wellbeing.





Born in Granada (Spain), Monica Luz started studying music and dance at a young age, participating in different types of cultural events ranging from ballet and music to theater, painting and poetry. She has attended international seminars and courses in professional singing, interpretation and repertoire, such as IVAI in Puerto Rico, Summer Music Summer School and Academie International of Music of Nice.

Master degrees in singing and lyrical theatre, studied at the Teresa Berganza Professional Conservatory and at the Superior Singing School in Madrid, from which she graduated with high honors and performed protagonic roles in professional quality productions, including "Luisa Fernanda", "Cendrillon" and "Dido and Eneas", all directed by highly regarded professors from the Spanish music industry.

For several years, was a member of the Spanish Lyrical Troop, participating in anthologies and zarzuelas, such as "La Leyenda del Beso", "La Francisquita", "La Revoltosa", "Manojo de Rosas", "La Rosa del Azafrán", "Los Gavilanes", "Gigantes y Cabezudos", and "Luisa Fernanda", among other popular titles. Also in contemporary projects, including the role of "the first Parca" in the opening of the comic opera "Virginia Virgen", by Benito Lauret (theatrical script by L. F. Viudes).

She has performed recitals both In Spain and abroad. Her repertoire embraces titles from medieval music, baroque, twentieth century, premieres of current composers: Opera, Oratorio, Zarzuela, art songs and modern music. Her creativity leads to the incorporation of new elements that take her performances far beyond singing. Some of her recitals become personal productions where she successfully mixes singing, dance and interpretation. According to the selected repertoire, the intended public and the chosen venue, she offers a global and personalized framework, using all the talents that adorn her. The languages of dance, poetry and plastic arts are thus expressed in a personal attrezzo, the whole context becomes paint strokes that allow the Music to be felt more beautifully, to be better comprehended through the listener's senses. She combines this artistic activity while teaching and choral conducting.

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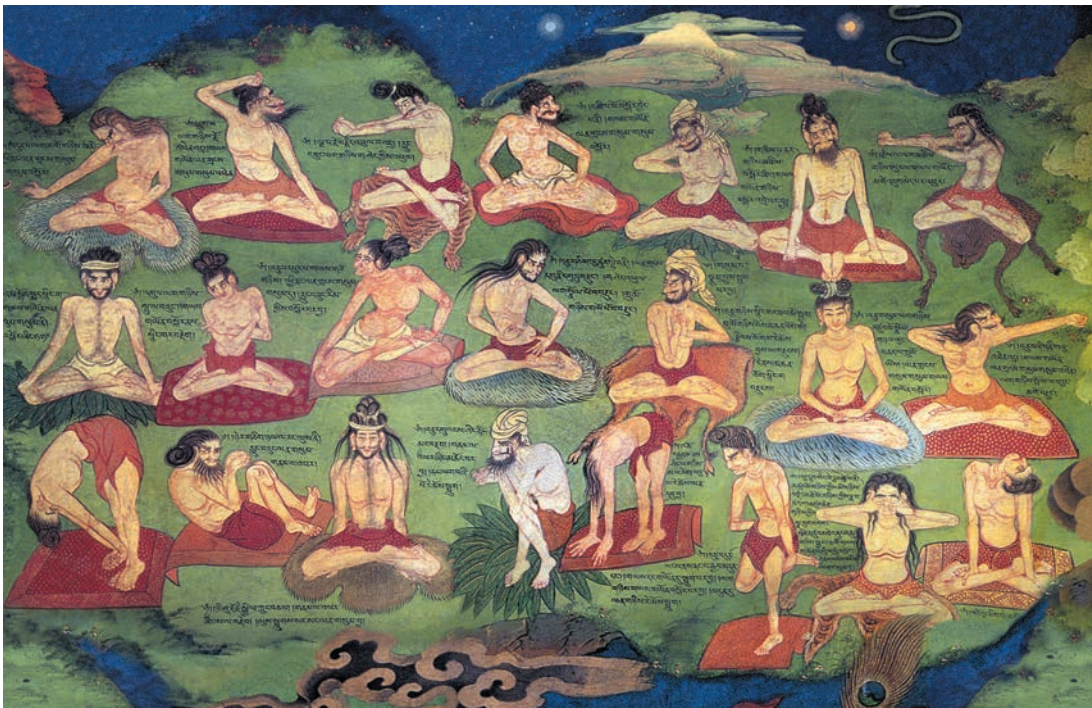
Monica Luz - Spain



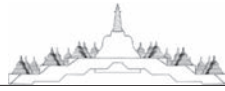
Thomas Nitzsche studied Computer Science and Psychology. Aside from his work, he has always been interested in medicine, in understanding the causes of sicknesses and the wish to be able to help those who suffer. He met Lama Gangchen Rinpoche in 2004 and started following His guidance, teachings, initiations, retreats and pilgrimages in the ensuing years. From a young age, enjoying sports and physical activities, he wished to develop more awareness about the interaction of body and mind, and how to influence the flow of energies inside and outside with the help of NgalSo Trulkor Yoga, developing the ability to benefit others skilfully and powerfully.



Body and mind go together, and practising NgalSo Trulkor Yoga creates more body awareness, and helps to support any meditation and mind work. The combination of physical movements, inner channel breathing work, and meditation, is one of the best things Rinpoche began to share with us. In my opinion it is extremely fitting for western practitioners. We like to follow Rinpoche, but since we are not enlightened yet, with limited concentration, with blockages accumulated in our bodies and minds over many years, there are limits holding us back.

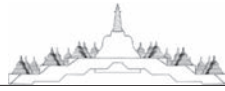


“From my experience, the practice of NgalSo Trulkor Yoga is a powerful key to purify those limits, to improve our meditations, our general well being, and to bring more positive inspired energy into our daily lives.” Thomas



Chinese Business Women's Association, Milan





Ningbo Symphony Orchestra



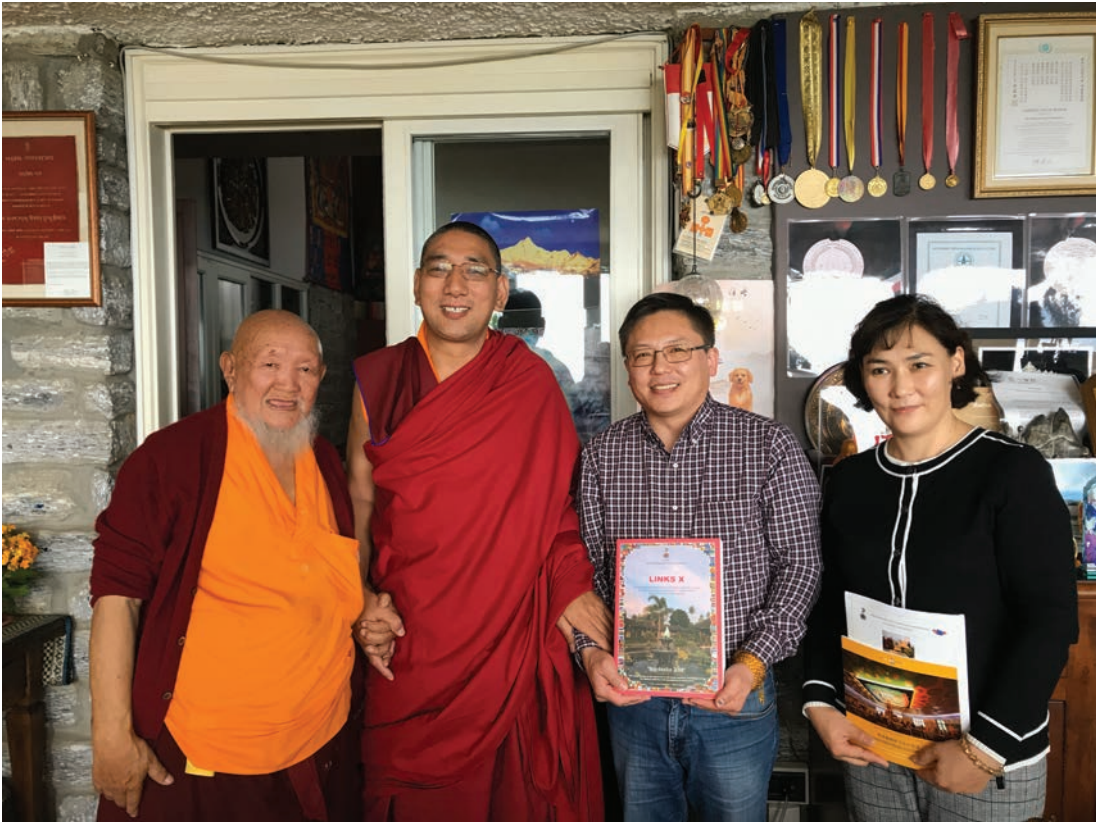
The Orchestra visiting Albagnano with Maestro Mauro Trombetta



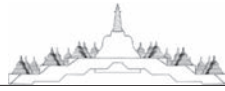
Performing at the "Il Maggiore" Theatre in Verbania



Venerable Khondor Rinpoche and Family



Venerable Yara Rinpoche and Mongolian Disciples



Mr and Mrs Felix Chen and Sunny Kuo
Lama Gangchen Peace Media Publications





INTRODUCTION



Lama Gangchen says about Bernard Rouch:

“Bernard himself has pursued his studies in engineering and microelectronics and moreover his spiritual research through various traditions of the Middle East, Asia and in particular of Egypt. He has a rich experience and his dedicated work as teacher and compassionate healer of the Egyptian therapies of the Essenes has benefitted thousands of people worldwide. It is of great

relevance to keep these ancient wisdom traditions alive and continue to make them accessible to our modern troubled world. Since many years Bernard has conducted courses in Albagnano and we look forward to continue our long and fruitful friendship and collaboration.

I greatly rejoice in Bernard Rouch's activities and wish both Bernard and Angela a very joyful and healthy life together, full of strength, energy and success for their contribution to preserve these precious ancient Essenes methods and make them available to heal the world and its people.

Tashi Delek”

Lama Gangchen Tulku Rinpoche



Bernard Rouch

Ancient Therapeutic Art

“Rather than focusing on an illness or a particular pain, our approach takes into account the person as a whole. Ancient healing traditions did not separate the body, the soul and the mind, it regarded the being as a balanced whole. Illness was the sign of an inner imbalance, a separation. In the days of Ancient Egypt, one of the first questions Egyptian therapists asked their patients was “who or what are you at war with?”

How can we treat a patient if we cannot treat ourselves? Our approach combines the learning of therapies while following a genuine inner path which helps to better assimilate the therapy itself.

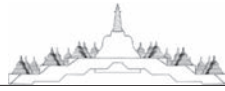
This path is meant for those who already practice the relationship of help (physicians, therapists), as well as those who, from all walks of life, want to learn how to help and heal.

The Egyptian Essene therapeutic art connects us to a sacred breath that passes through us like a wave, allowing us to become channels between Heaven and Earth.”



Led by Bernard Rouch every summer in Albagnano, the advanced residential therapy course of the Esseni group took place. The topic concerned the development of the presence and mental agility of the brain. During the days of the seminar the students were received by Lama Gangchen Rinpoche, Lama healer and Master in the art of teaching to go beyond the ordinary mind to live the Service.





Himalaya Festival

Festival dell'Himalaya

Un arcobaleno di musica e colori dedicato alla pace interiore
al benessere sociale e alla cura dell'ambiente

MUSICAL

La ruota della vita

(The Wheel of Life)



UNITED PEACE ARTISTS

Recitato e ballato dai monaci e dalle monache del
centro buddhista Ganden Tashi Choeling, in Germania.

introduce: **Marco Columbro**



dalle ore 18:00 nel foyer
mandala di sabbie colorate con i monaci tibetani,
musica, mostra di artigianato, libri, pittura,
calligrafia tibetana e altro ancora

a cura di

FONDAZIONE
LAMA GANGCHEN
per una cultura di pace



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KUNPEN
LAMA GANGCHEN

Teatro Il Maggiore VERBANIA

ingresso gratuito
fino a esaurimento posti

sabato

6

luglio 2019
ore 20:30



A rainbow of music and colours dedicated to inner peace, environmental peace and social wellbeing from traditional Himalayan sounds made by kangas and monks to their transformations and adaptations to Western culture. The Asian sound of mantras blending with pop European music giving the listener new and original soundtracks.

















 **CITTÀ DI VERBANIA** 

Con il Patrocinio dei Comuni di Verbania e di Laveno

*Nel quadro delle iniziative di sensibilizzazione alla pace,
alla consapevolezza uniti nel cambiamento
e per la salvaguardia del Pianeta*

L'Associazione AEDO "arte espressività discipline olistiche"
Movimento Artistico Coscienzionismo nell'arte
Torino Art Gallery
CON LA PARTECIPAZIONE DI:
Albagnano Healing Meditation Centre
Entomia : L'arte della metamorfosi interiore
Rete Euromediterranea per l'Umanizzazione della Medicina

PRESENTANO L'OTTAVA EDIZIONE DEL FESTIVAL

ARTE BENESSERE CREATIVITA'
Educazione al Terzo Millennio
" Il dono dell'anima: uniti per cambiare "

Workshop - performance - conferenze - libri - reading di poesia - danza - teatroterapia - sciamanesimo -
incontri - tavoli di confronto - collettiva nazionale: pittura - scultura - fotografia - installazioni.
Riconoscimenti ai partecipanti e attestato di partecipazione "Artisti in passerella live III edizione
a cura della Torino Art Gallery"

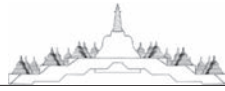
           

MONDADORI
BOOKSTORE

14 - 15 settembre presso il foyer Teatro "il Maggiore" - Verbania (Vb)
28 - 29 settembre presso "Villa Frascoli Fumagalli" - Laveno M. (Va)

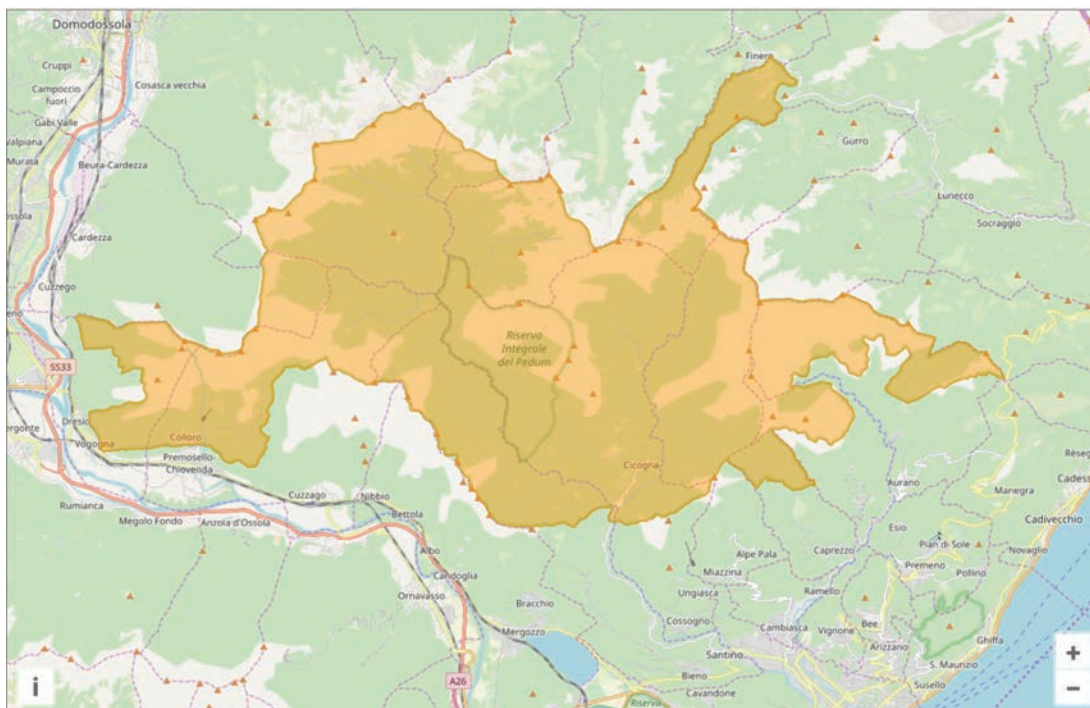
L'INGRESSO AL FESTIVAL E' LIBERO E GRADITO
I BUFFET SONO OFFERTI GENTILMENTE DAGLI SPONSOR E DAGLI ORGANIZZATORI
ORARIO: 8 - 13.30 - 15 - 19



The Marriage
of
Ursula & Ludovico



Val Grande National Park - SS Trinità di Ghiffa



The Val Grande National Park extends in the heart of the province of Verbano Cusio Ossola, between steep crests and solitary peaks, and is part of the Sesia-Val Grande Geopark, a larger area of geological interest that has become part of the worldwide network of geoparks, sponsored by UNESCO. It is the largest wilderness area in Italy, a wilderness a stone's throw from civilization.

A unique valley, where nature is slowly recovering its spaces, where endless forests, transparent waters and undisputed silences accompany our every step. A sanctuary of the environment, to be visited with absolute respect. But the Val Grande is also history. The long story of a mountain civilization narrated by the places and the people of the countries surrounding this area between Ossola, Verbano, Val Vigezzo, Valle Intrasca and Cannobina.

Walking along the paths of the Val Grande we can discover the marks left by man in the past centuries when the valley was the destination of shepherds and woodsmen, traces of a hard and poor life that arouses interest and admiration for the ability to adapt to such an impervious territory. Inaccessible. And even those who are content to reach the threshold of such a wild area, stopping in one of the centres that make it a crown, have the opportunity to capture the sensations of a wilderness area. Because the Val Grande, even before being a Park, is a valley of great emotions.



Our Temple of Heaven on Earth is situated in the On the Southern tip of the Park and we find ourselves in the Sacred Mountain of Ghiffa: the Santissima Trinità of Ghiffa, a Roman Catholic devotional complex. It is one of the nine Sacred Mountains of Piedmont and Lombardy, in Italy, which in 2003 was included in the UNESCO World Heritage list.

In Albagnano Healing Meditation Centre we have a traditional Mongolian Ger - Yurt which is on the UNESCO list of the Intangible Cultural Heritage of Humanity: The World Peace Protector Yurt.

Worth noting that a World Heritage Site is a landmark or area which is selected by the United Nations Educational, Scientific and Cultural Organization (UNESCO) as having cultural, historical, scientific or other form of significance, and is legally protected by international treaties. The sites are judged important to the collective interests of humanity. SS Trinità is a stop-over on the Coeur devotional path, which is a devotional and hiking route in found both in Italy and Switzerland. Its Italian subtitle, Nel cuore dei cammini d'Europa, translates as "In the heart of Europe's paths.



The Sacred Mount of the Holy Trinity of Ghiffa sits on the Piemonte shore of the Lago Maggiore, in the province of Verbano Cusio Ossola. The devotional complex enjoys a splendid panoramic position on the lake and the Lombard pre-alps. The project of the Sacred Mount, which originally was supposed to portray episodes of the Old and New Testament, was never completed. The Sacred Mount has three principal chapels dedicated to biblical subjects, and two other smaller minor chapels, joined to the Sanctuary and the portico of the Via Crucis. The first three chapels were built around the sanctuary of the Holy Trinity, which was constructed between 1605 and 1617 on the remains of an ancient medieval oratory. The chapel of the Coronation of the Virgin was built in 1647 by the Canetta family of Ghiffa, as remembered in an inscription on the entry door. The second chapel, dedicated to the Baptism of Jesus, was built before 1659 and it depicts John the Baptist as he pours water of the Jordan over the head of Jesus while the Heavenly Father looks on from above. The third chapel, more isolated from the rest of the complex, portrays the Patriarch Abraham prostrate before three angels. The sanctuary is central construction with a rectangular layout; the chapels have a geometric arrangement, with a portico or peristyle with arches. In 1752, the portico was added with frescoes of the stations of the Via Crucis; the fourteen bays, with crossed vaults and stone columns, highlight the devotional function of the course along the fourteen stations, depicted by aediculae frescoed at the beginning of the 1800s and enriched with polychrome tiles in the 1930s.



Historical notes The first information about the existence of an oratory dedicated to the Holy Trinity dates back to 1590. The actual complex seems to have been part of a much larger and well-constructed design which was never completely carried out and, which must have portrayed events from the Old and New Testaments. Actually, the design was realized with only three chapels, which in the interior scenography takes the Trinity theme from the sixteenth century fresco, placed inside the Sanctuary. Then, you pass from the execution of the colonnade of the Via Crucis (Stations of the Cross), to the classic eighteenth-century Passion of Christ. During the passing of the years, around this complex, there formed, not only a place of devotion, but also relaxation and popular fairs and markets. In 1728 the existence of a "House of Pilgrimage" was documented, which later became a tavern and afterwards a restaurant.

The natural surroundings The Natural Reserve extends to an area of about 200 hectares of land and takes in the north west and south east sides of Mount Cargiago (713m). Excluding the area occupied by the monumental colossus of about 2,5 hectares, it is almost all covered by woods. The altitude varies from a height of about 350 metres around Sacro Monte, to about 780 metres in the neighbourhood of Pollino. The Reserve is mainly made up of chestnut trees, while conifer formations are all of artificial origin, while 36 species belonging to the class of mammals are reported, including roe deer, squirrels, foxes, dormice and badgers. More numerous are the birds, a total of 56 species, among which we highlight the buzzard, the black kite, the kestrel, the owl, the woodpecker, the jay, the nightingale, the hooded crow and so on.



The Chapel of the Coronation of the Blessed Virgin Mary is found on a small rise to the west of the Sanctuary, erected in 1647 by Pietro Giacomo Canetta, as can be seen from the coat of arms above the entrance portal. It was constructed by the "Masters of the Wall" Avanzino family. It presents an octagonal plan and the entrance porch of great architectural importance for its proportions and elegance. Inside, above the altar, the terracotta group portrays the Coronation of the most venerated St Mary. Eight niches on the side walls house statues in terracotta representing the Prophets and Doctors of the Law.



Making Peace with the Environment



