



Albagnano Healing Meditation Centre

Karma Yoga Practitioners at AHMC

FAQ



*Inner peace
is the most solid foundation
for world peace*

Lama Gangchen Rinpoche



1. Who are we?

Albagnano Healing and Meditation Centre is a Buddhist residential centre administered by the Kunpen Lama Gangchen “Institute for the propagation and study of the Himalayan Healing Tradition and of the Buddhist Mahayana-Vajrayana philosophy”. The Kunpen Lama Gangchen is affiliated with the Italian Buddhist Union (UBI) and member of the Religions Forum in Milan.

The Kunpen Lama Gangchen (KLG) Association works under the aegis of the Lama Gangchen World Peace Foundation – LGWPF, a Non-Government Organisation affiliated with the United Nations, with ECOSOC status. Furthermore, Kunpen Lama Gangchen also cooperates with the ‘Help in Action’ a Foundation for humanitarian aid.

The Kunpen Lama Gangchen is entirely run by Karma Yoga practitioners who donate their time to support all the activities and services to the members.





2. Where are we?

We are located near Bée in the province of Verbania on Lake Maggiore in Italy. Overlooking the inspiring panorama of the lake, Albagnano is immersed in pine and chestnut woods at an altitude of 600 metres, situated between two national parks: *Val Grande National Park* and the *Holy Trinity of Ghiffa*. Guests can enjoy breathtaking views, pure air and peaceful silence. In addition, our reception can provide you with more information on lake tours, mountain hikes, hot springs and spas.





3. Who can apply for Karma Yoga ?

The Centre is open to anyone interested in learning about Buddhist philosophy and the Ngalso tradition¹.

We welcome those who would like to take part in our daily practices, courses and initiations, to have some rest from daily life or learn about regenerating and healing energies of body and mind, and developing their human potential through ancient spiritual and healing² methods.



¹ Ngalso Linage <https://www.youtube.com/watch?v=XMVRc3tpEjM>

²Any of the healing techniques used in the Centre are not intended to replace medical health treatments. The healing is intended as a spiritual medicine that treats the mental defilements such as ignorance, anger, selfishness...



4. What means to be a Karma Yoga Practitioner?

To be a Karma Yoga practitioner consist in supporting the Albagnano Healing Meditation Centre daily activities by donating your time. Karma Yoga is an ancient powerful practice to accumulate positive energy and purify our own defilments and negativities³. It is a meaningful way to actively practice, integrate and meditate on Buddhist teachings and an opportunity to help the Centre to function, grow, spread the Dharma⁴ and Lama Gangchen Rinpoche's teachings.



³ such us: Ignorance, unlimited desire, hatred, miseresless, fear

⁴ Dharma refers to the buddhist teachings. Ask the Lamas: Lama Michel answers What is the Dharma. Activate the subtitles:

https://www.youtube.com/watch?v=1n_DURoVqg8&list=PLcDhyIECBMuNeR8s_obmEVMuDKIJ7orRc



5. *What tasks I am expected to perform?*

Depending on events and the season, Karma Yoga practitioners could be assigned to a variety of tasks including kitchen, cleaning, graphic department, garden and forest, or office tasks.

Although we keep in consideration your background and expertise, we count on your flexibility to offer your time in the areas where support is needed.

We believe that all the activities have the same importance and value, as the main motivation should be to support and spread the Dharma and to develop our inner qualities through any activity.

Upon your arrival we provide a mansionario where you can read few suggestions on how to transform your activity into a spiritual⁵ practice.

6. *Do I need to be a member of the Association?*

Yes, the KLG membership card is a legal requirement for all that frequent Albagnano Healing Meditation Centre (AHMC). It consists of a 30 euro yearly fee that allows the entrance to all our facilities, daily prayers, services and right to vote in the yearly Association assembly.

In order to be a member of the association, you are kindly asked to follow our *Kunpen Lama Gangchen Code of Conduct*.

⁵ We understand Spiritual as a development of inner qualities and of what transcends this life.



7. *What the Albagnano Healing Meditation Centre offers to Karma Yoga practitioners?*

To serve the Dharma and free Sarwa Dharma⁶

“It is a precious opportunity to put ourselves in the service of a greater benefit that transcends the needs and the wants of the I and the mine.”

Lama Michel Rinpoche

To be a Karma Yoga Practitioner is a unique opportunity to be fully immersed in the Buddhist community created and guided by Lama Gangchen Rinpoche, to support its activities and, at the same time, to enjoy all the benefits offered by AHMC.



⁶ unlimited access to all the teachings and practices



8. *What are the Karma Yoga Study and Practice Programmes?*

In order to enrich your experience as well as the events advertised on the AHMC website, you are welcome to attend the weekly programme: morning inspirations teachings once a week with Lama Michel Rinpoche, daily Guru Puja and Self Healing meditations, other buddhist practices, tibetan language study groups, Qi-Kong and Yoga classes.





Housing and food

Your accommodation and breakfast are provided in Albagnano village in "Colonia", a few minutes walk from the Centre. You will be sharing a dormitory with male or female Karma Yoga practitioner; bed sheets and towels are provided by the Centre.

Lunch and dinner are served at our vegetarian Cafeteria at the Centre. If you are not vegetarian you could cook in the Colonia Kitchen.





9. What a KY practitioner is asked to do?

All Karma Yoga practitioners are kindly asked:

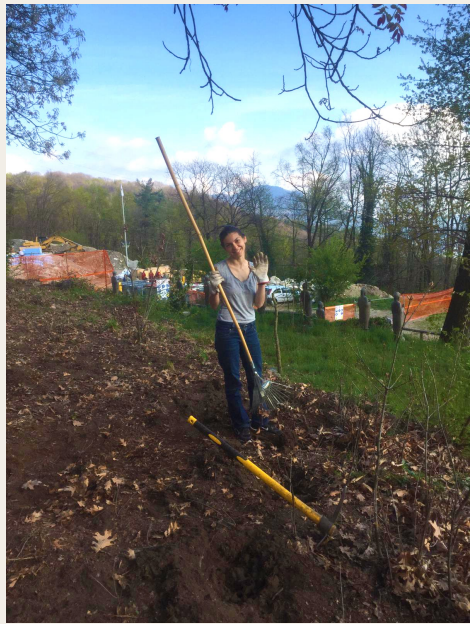
- to follow the *AHMC Virtuous Guidelines* (a copy will be provided upon arrival) and to be a member of the Association with a yearly membership card (30 €),
- to dedicate six hours per day, six days a week for a minimum period of two weeks,
- to contribute with € 50 weekly fee,
- to participate in the program activities and meetings,
- to aim for high standards of reliability and quality in all aspects of contribution,
- to engage in a pleasant and friendly atmosphere.





10. What if I would like to help, but less hours or less days?

If you are available for a limited period of time (e.g. two to five days) you can apply for DAY Karma Yoga: three hours of free collaboration per day – that can be arranged outside teaching hours – and you are granted free access to most teachings and a 50% discount on meals price. You will then have to cover your accommodation costs and the yearly membership card (30 €).





11. ...and if I prefer to sleep at Atikiana B&B⁷?

Yes, Atikiana Karma Yoga is possible. You can sleep and have delicious healthy and homemade breakfast at *Atikiana B&B* ! Nevertheless, if you commit to be a KY practitioner, your commitments remain the same as a general Karma yoga practitioner but you will be asked for higher weekly contribution.

This option is subject to availability in our shared rooms and for a maximum period of one month.

12. ...and if I'd like a single room?

If you prefer to be alone and in our B&B, you can enjoy Atikiana VIP Karma Yoga. Nevertheless your commitments remain the same as a general Karma Yoga practitioner but you will be asked for VIP weekly contribution.

Maximum period one months – based on room availability.

13. ...If I'd like to collaborate during events and big ceremonies?

Only available when a big event has been announced and published on our website. For more information about the event, requirements and conditions, contact us: hr@kunpen.it

⁷ the AHMC Bed&Breakfast.



14. I would like to offer my expertise and talents!

If you have already been a Karma Yoga Practitioner in one of our centers or worldwide sanghas and if you are following and familiar to the Ngalso lineage and teachings, you are welcome to collaborate in our centers or from home/remote as Skill-based Karma Yoga.

Kunpen Lama Gangchen is growing rapidly! You may find a variety of opportunities to offer within your field of expertise, and activities include: Social media, IT, Graphic design, video editing, proofreading, transcribing, translation, accounts.

15. I'm not an European citizen

We welcome all, however we do not issue invitation letter for VISA purposes. We kindly ask non European citizens to get a medical insurance covering the Karma Yoga period, and to provide us with a copy prior to your arrival.

16. I'm in a critical situation, I have mental problems or I'm following a psychotropic drugs treatment, could I benefit from the Karma Yoga Practice?

We understand that everyone could encounter difficulties and mental instability during life. We would like to offer a safe place where people can get a break and get stronger to go back to their reality but our Karma Yoga practice requires mental stability, maturity and independence.

If you feel fragile and needing daily support and care we would advise you to engage in a Karma Yoga practice, instead you can visit our center, participate and relax in our environment.

Instead, if you are able to follow daily tasks and live within a community, we can evaluate together whether it is beneficial for your situation to engage in Karma Yoga activities.

If you are under psychiatric treatment, you are strongly requested to continue it: the Karma Yoga activities as well as the Self Healing practices are not intended to replace it.



17. *Would it be possible to meet the Masters?*



Yes, as long as they are in Albagnano you will have opportunities to be in their presence, offer a Katha⁸ and receive blessings.

We encourage you to consult the calendar on our Website.

<https://kunpen.ngalso.org/programma-albagnano/>

OK, I'd like to engage in AHMC Karma Yoga community!

If you are interested in joining us, we would ask you to complete in full the [online application form](#)

In case we do not have availability we will encourage you to apply for another time.

If you are selected, we will contact you for an interview (skype or whatsapp call) in order to know each other better and to respond to any enquiries.

We do not accept applications for more than a one months stay. Nevertheless once in Albagnano, we could evaluate together the possibilities to extend further.

⁸ Tibetan traditional silk scarf to greet the Masters.



Once in Albagnano

Even if accepted, you will have a trial period. Nevertheless, both parties have the right to conclude at any moment the Karma Yoga experience!

How to get here:

<https://kunpen.ngalso.org/en/albagnano-healing-meditation-centre/how-to-get-there/>

Important information for visitors with limited mobility

If you have limited mobility and are driving to the centre it is important that your point of arrival is at the car park located nearest to the centre. To do this leave the main road at Arizzano: turn right and drive through the village in the direction of Caronio-Carciago, after less than a kilometre, go left at the small crossroads at the Pizzeria Ai Mulini. (Use the postcode 28811 in your navigator – restaurant Ai Mulini, Via Albagnano 1, Arizzano). The road which is quite steep at certain points is signposted Via Albagnano (closed road), and ends at the centre's car park. It is a short walk from here to the centre.

Please contact the centre for information about the viability of the road in winter, in case of snow/ice. If you are a wheelchair user please contact us beforehand so we can organise access directly to the centre, where there is a lift to access the upper levels. Please contact us if you have any doubts or questions about access.

If you need help transferring luggage from your car to the centre please let the centre know beforehand.

TASHI DELEK!
May all be auspicious!