

## Reflecting about Self Healing 1 Lama Caroline & Claudio Cipullo

*This text is a lightly edited transcription of a teaching given by Lama Caroline in Bee, Italy on May 28, 2020.*

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Hello everybody. This is Lama Caroline with Claudio Cipullo. We're here in Dawn's house, in her gumpa. We're visiting Claudio here because he's in retreat. I'd like to interview Claudio and do some practise together. So first let's do some prayers.

NAMO GURU BYE  
NAMO BUDDHAYA  
NAMO DHARMAYA  
NAMO SANGHAYA (x3)  
NAMO TRI RATNAYA

lo chok sangpoi pel gyur trashi pa  
thub chen ten pe trinle yar ngo da  
phel gye dro lor tsam pe dze pa chen  
pal den lame shab la sol wa deb

OM AH GURU VAJRADHARA SUMATI MUNI SHASANE KARMA UHTA  
VARDANAYE SHRI BADHRA VAR SAMANYA SARWA SIDDHI HUNG HUNG (x3)

dagi jetsun lama tuk ge chen  
gniam thag da la tuk che si su sol  
ghe pe shel san dag la ten du sol  
u lung sun ghi nan wa tsel du sol

tse chik gning ne sol wa deb pe tse  
dechen khorlo u su lek shuk ne  
yi la sam pe do don ma lu pa  
ghe me lhun ghi drup par jin ghi lob

tsog nyi tso dang dig tung shag pai tse  
dun gyi nam kyin yin su leg shug ne  
lab chen tsog nyi yong su dzogpa dang  
che rang nye tung chang war jin gyi lob

jang chub bar ghi nyin tsen du kun tu  
nying u peme ze dru lek shuk ne  
jan chub drup pe ghel kyen kun shi shing  
tun kyen de lak drub par jin ghi lob

dag ghi lo na cho la chok pa dang  
cho min sam jor gnen pa shi wa dang  
cho dang tun pe do don ma lu pa  
be me lhun ghi drup par jin ghi lob

dor na deng ne tse rab tam che da  
di chi bardo ne kab tamche du  
re se kyab ne lama khye le me  
tug je chen ghi da la si su sol

gon kyab drel we gnam tak da chak la  
jetsun lame tuk che ra gong ne  
ku dang sung gi nang wa drelme du  
nyam su gnong ne kelsang tob par shok

kye wa kuntu yangdak lama dang  
drel me cho kyin pel la long cho ching  
sa dang lam gyi yonten rab tsor ne  
dorje chang gyi gopang nyur tob shog

lama khyen lama khyen  
drinchen tsawei lama khyen  
lama khyen lama khyen  
kyab ne kun du lama khyen

kyoni lama kyoni yidam  
kyoni kadro cho Kyong te  
deng ne zung te jang chub bardu  
khyo min kyap zhan mi tsol wa  
di dang bardo chi men tar yang  
tuk jei chak keuen zung dzoe la  
si ahi jik drol ngo drup kun tsol  
tan gym drop duo barcho sung

So imagine that in front of each and every one of us is Lama Gangchen in his rainbow body. So now from his brow, throat and heart chakras come white, red and blue lights. These light rays and nectars dissolve into our 3 chakras one by one and then all together. Imagine that like this you are receiving initiation from Rinpoche, like you already did many times through the streaming. Then we imagine that for each and every one of us a small Rinpoche comes - like you can see here behind us, this picture Rinpoche gave to Dawn many years ago - to above our crown and dissolves into us and stays in each and every one of our hearts, blessing our minds.

pa khyo kyi ku dang dag gyi lu  
pa khyo kyi sung dang dag gyi ngag  
pa khyo kyi tug dang dag gyi yi  
don yer me chig tu jin gyi lob

ma khyo kyi ku dang dag gyi lu  
ma khyo kyi sung dang dag gyi ngag  
ma khyo kyi tug dang dag gyi yi  
don yer me chig tu jin gyi lob

So now we meditate on our heart to heart connection with our guru.

OM MUNI MUNI MAHA MUNI SHAKYAMUNIYE SOHA

May all beings have happiness and its causes.  
May all beings be free from suffering and its causes.  
May all beings never be separated from the great happiness that is beyond all misery.  
May all beings dwell in equanimity, unaffected by attraction to dear ones and aversion to others.

This was Lama Gangchen Rinpoche's first teaching in the West: **om muni muni** and the four limitless, he taught like this for 10 years. So tonight we are lucky because we are with Claudio, visiting him in his retreat house. So please, Claudio tell us about the first times you were with Rinpoche and what happened.

*Claudio: I had the fortune to meet Lama Gangchen the first time in Tsetan Gyurme's family house. That time actually was the day after the protector was invited there. I remember that Tsetan showed me one sword, completely twisted like a knot and they say that the protector took the sword and made like this on his holy body and the sword got confused.*

Didn't you go together with Mili Rinpoche?

*Claudio: Yes. That time I was with Mili Rinpoche because I think we were doing a course together. So Mili Rinpoche went there before and met Lama Gangchen, and then he came to the place where we were doing this course and said: oh you should come to meet Lama Gangchen he is down in the house of Tsetan. So we went and the day I met Rinpoche was that one.*

*So I want to say that this pandemic is of course a great drama for the whole world, some places more or less, but a great drama for everybody, but this lockdown is actually a great occasion to practise Self-Healing instead of wasting our time watching television and so on. Try to practise Self-Healing as much as you can and through that Self-Healing you will meet Lama Gangchen because Lama Gangchen is not separate. Self-Healing was the message that he gave to the whole world and so if you want to meet Lama Gangchen, through his practices sure we'll meet him. So please try to practise as much as you can.*

So after that how did you get to Italy with Rinpoche and how did you get to Brazil and do Self-Healing 1?

*Claudio: The whole thing actually started because Rinpoche came to Greece. When he came to Greece his translator was Tsetan Gyurme and they went in the place of one friend from Greece, his name was Yurgo. He made a small course there, I think it was in '82. That time he also came to Italy. He was invited by, I don't remember by whom, somebody in Rome, and I remember; now I don't have it anymore but there was a picture of Rinpoche in Rome in a street of the old Rome with the name of the street - via Tibet - written on the back. That was the first time Rinpoche came to Italy and then he went back to Greece and Sapon-la, Lama Tempa, that is still in Greece was left there and Rinpoche then went back to Kathmandu. Then in '83, the end of '83, I met him.*

And you were a monk, weren't you?

*Claudio: Yes, I was a monk and I was attending a course around Kathmandu. Why I went there? Because actually, in Italy, there is the Lama Tsongkhapa Institute of which I am one of the founders and in that time there was Geshe Jampa Gyatso, a very great Lama, a very good friend of Lama Yeshe, who is the lama who really developed the Lama Tsongkhapa Institute. So Geshe Jampa Gyatso told one friend, her name was Guisy Gardenghi - she had problems with her kidneys and she had to go into dialysis - and Geshe Jampa Gyatso suggested to her to go and visit Lama Gangchen because he was just in Greece. So, she went with another translator to Greece, met Lama Gangchen and [snaps his fingers] she told me that Lama Gangchen made an incredible, powerful puja and after that she recovered and I think from that time she lived 28 years more. Anyway, she lived more, she was immediately healed. When she came back to Italy she told other people about her experience and then the other people wanted to invite Rinpoche to Italy. And so, this is what they did the next year. Guisy was let's say the person who was coordinating. Many*

people offered the ticket for Rinpoche and Jampa. I don't have the clear dates but I think it was in August '83 or '84. I don't remember. Anyway, it was August and we were waiting for them to call us to go and pick up Rinpoche. We were staying in Gubbio where in the summer it's very fresh. It's a place near Assisi. A little bit like here and so we were waiting. All of a sudden came a telephone call saying that Rinpoche was arriving at Rome airport. So the sponsor, his name was Francesco, went and picked Rinpoche up. From Gubbio to go to Rome it's a few hours by car, it's not very far, and he had a very fast car so it was very easy. He went and picked up Rinpoche. I remembered when I saw Rinpoche in Kathmandu, at the end I said: oh Rinpoche I came because I will be your translator when you come to Italy. That's why I came to meet you. It was a great honour, I offered a khatag and he gave it back. He said: ok, we will see each other in Italy, don't worry. But he didn't say when he was coming, the name of whom he was in contact, nothing he said: ok, next year I come to Italy we will see. In fact, everything was already organised without organisation, as usual with Rinpoche. And so when we received that call that Rinpoche was arriving, I stayed in the house and Francesco, the sponsor, went to pick Rinpoche up. When they came I remember that I saw from up, the house was on two floors, and from up I could see the car was coming so I went down and I opened the door. Rinpoche was coming. I opened the door of the car and Rinpoche told me: oh, I told you that we were going to meet. Look, here I am. [Laughing]. Rinpoche had his own room and I had another room and then from that moment we stayed on the first floor.

Weren't you also Rinpoche's cook? What did you cook?

Claudio: Yes, I was everything. Actually he really didn't care what he ate. Mainly, Francesco was incredibly kind, we went to eat at the restaurant. Mainly, it was that. The best restaurant in Gubbio we were going and eating - whatever we wanted he never said: don't do this. Rinpoche told me there was something very special about him. Anyway, we mainly went there to eat. On very rare cases we were usually eating tortellini and steak because it's something easy to do. [Laughing]. You need to boil water and then put some cheese and butter and then steak is very easy to do. Actually there was only me. There was also Jampa, but Jampa at that time was not cooking, well, maybe he was cleaning but not doing other things. I was going to buy the things and cooking.

So how long were you in Gubbio for with Rinpoche?

Claudio: More or less for 3 years

And what did you do?

Claudio: The idea was to start a healing centre there. That was the idea but then there was some interference and Rinpoche moved somewhere else. In the meantime we were not staying all the time in Gubbio. We were going to Milan, we were going to many places, to Bologna. First to Bologna, to Giusy's house, we stayed there. That time Rinpoche was

*giving the mantra of Shakyamuni Buddha and the four limitless [shows a booklet] he was giving the Open-eye Chenrezig initiation. So basically only that. And we were going to many places, to Milan many times. Then we started to know a lot of people. We also went to Pomaia to the Lama Tsongkhapa Institute. Many, many places, we were not staying all the time there. Anywhere we were staying there but going all the time everywhere.*

I've seen a photo of Rinpoche from Pomaia and there's a skull from his previous life. Can you talk about this?

*Claudio: Oh yes. That was one of the things extremely precious that Rinpoche was showing at the end of each initiation and he was blessing the people with. It was the skull of one of the previous incarnations of Rinpoche and there is a very clear dakini dancing on that skull. [Lama Caroline: from the cremation]. Rinpoche always kept it with him and we had to bring it everywhere and he was giving blessings with that. That is from one of his previous lives. Very powerful. Really holy. Rinpoche has many holy objects, you know, for me that was really extremely special because he was giving blessings to everybody with that. It means something. Something personal. Like his heart. So it was very nice.*

Also he used to give out the red and white blessing pills and the strings - no?

*Claudio: Yes, there were the red and white blessing pills, and we had to help people. People were coming to see Rinpoche and I was translating. The first thing I had to do was take down the name, address, telephone number and all that. Then we would go to see Rinpoche and tell him what the problem was and then Rinpoche would reply, then they would go. Many people instead of going they remained. [Laughing].*

Just stayed there?

*Claudio: They just hung around. Actually, there was not much place in Gubbio, that was one problem. Because the house belonged to Francesco. Rinpoche, me and Jampa were his guests. But Francesco was very kind. He had a few other rooms and some people stayed. Mili Rinpoche when he came he was staying in one of these rooms, for example.*

Claudio, may I interrupt. When people used to come and see Rinpoche this always used to fascinate me, he would look at somebody and just look and then he'd meditate a little bit. Then he would say, for example, when you were 16 years old you had a problem and then he would explain to them what was their problem. And he'd say think a little bit about what happened at that time and people would tell him and he would say this is the basis of your sickness. I always used to ask Rinpoche how he did that and he said he had this since he was born. This ability.

*Claudio: That is the healing quality of Rinpoche. He could see what is your problem. With his third eye let's say.*

Also he used to tell me that sometimes when he saw people he would see them with a part of their body missing because there was something wrong with it. They said since he was a young child he always had this vision of seeing if people were sick, like visually.

*Claudio: Yes, Rinpoche was like an x-ray machine. We always had that impression. He was looking at people and could immediately see the problem and then he was taking care. Very easy. That is his heritage that he brought from a previous life. Actually Rinpoche become famous in India and in Sikkim because he healed the mother of the King of Sikkim. And so he became very famous in India. A lot of healing in the Tibetan camps and in many places around India and Nepal. That's how Rinpoche became really famous in India and Nepal. And then, of course when he came to Italy he spread - he started to travel all over the world. Everywhere. First, of course, we travelled with Francesco, this sponsor, to India for 3 years and there we made a lot of contacts. We were going usually in November, staying December, January and February - four months. So, in the summer we just stayed in Gubbio because it was very fresh, very nice. There were horses, there was a beautiful jacuzzi so we didn't really need to go to the beach. We didn't miss the beach. But then, of course in the middle of November we would go to Goa, to the beach. Goa was very, very nice and very, very special.*

So please Claudio tell us about Arjuna beach and the great lama healer tent.

*Claudio: Ah yes. Francesco was actually a very active guy, he wanted us to work there - we were not just going for vacation - we went for vacation but also to work. So once a week there was the flea market in Arjuna beach and we were going there to work. It was quite a big tent.*

Was it square?

*Claudio: No, round like a dome, and it was a tent that first there was one entrance then you opened to enter and then there's another opening on the back and you go out and there was another place. That was actually my office. [Laughing]. So, first I was receiving the venerable sick person or whoever it was. Mainly, at that time there were the hippies in Goa. And I had a very difficult time because I had to judge if the hippy in front of me was rich or poor. Because if he was poor I would not ask anything. If I judged him as rich I would ask him please can you make an offering or something like that. But if he was poor Rinpoche told me don't ask anything just take the name and the address and the telephone, that's all. So that was our job in Goa. Then Rinpoche became very famous there. Many, many people were coming to the beautiful resort place just in front of the beach. Where there were beautiful rooms all in wood. The room was very big. There were two beds and a bathroom, all very, very beautiful. Then there was like a front yard, a small one, where you could sit but then you could see the beach. You could go to beach, take a bath and come back. Very beautiful. This place I think doesn't exist anymore.*

So please, Claudio some of these hippies that you met there for example who are still in our sangha?

*Claudio: There, you know my job was quite difficult - looking at all these people that could come to Rinpoche or hassle Rinpoche and I had to keep people away, slowly, slowly you know. Anyway, it was nice, everybody liked Rinpoche very much. I remember one time, outside of the restaurant, there were motorbike taxis and the people there liked Rinpoche very much, whenever they saw Rinpoche they hassled him saying: Rinpoche we do. I do. I do. So one day, Rinpoche was not there I went to one of these guys that I know very well because we were taking the bike almost every day whenever we went out. So I said to this guy: listen why do you make such a fuss with Rinpoche when you see him? You just hassle him, everyone wants to grab him. He said: you know why because if the cost of the ride was 100 he would give 200 so everybody has an interest to bring him. [Laughing]. So I discovered why they liked him so much*

He was always very generous

*Claudio: He has always been incredibly generous with everybody. Many of these hippies that came to visit us not only did they got assistance they even got money. Like that, I remember. So Rinpoche became very famous. They liked him very much. Many people tried to steal him, maybe not steal but they tried to take him and I didn't have any control it was impossible to control Rinpoche. I remember many times in the morning I would wake up quite late and then because Rinpoche was not there, I would go out and look up at the mountain and I would see Rinpoche walking in the mountain - alone. I never understood what he did. Something he was doing, doing a puja or something for sure. Anyway it was a very pleasant time, a very, very pleasant time. Rinpoche was incredibly kind.*

Didn't you meet Monica and Ariella there? And Claudio?

*Claudio: Oh yes, then among the guys that were there, there was Ariella. Ariella was staying... we were staying in this resort, then there was a road and on the other side of the road there was an ashram that was quite cheap and Ariella with her boyfriend of the time were staying in that place. But actually, Ariella came to know that Rinpoche was going to the flea market and she came to the flea market. She met Rinpoche at the flea market where there was this big banner. There were two red crosses and between was written 'Tibetan Healer'. A banner between one tree and another, you know. I asked some Indian to go up, very easy he went up, the banner was very big so you could see. It was a very good idea actually. So Rinpoche became very famous and many people invited him. At that time there were many Americans that had private houses there. They invited him alone to eat. Sometimes I was not going and he was going alone. All very nice people, very nice. I*



*remember they were very kind and they offered him food and talked with him and Rinpoche enjoyed very much. He really had a good time there.*

And did you also meet Monica there?

*Claudio: Yes, then there was Claudio Bianchi who was an old friend of mine. We met when I was director of the Tsongkhapa Institute. He knew me from that time. Claudio went to Brazil and from Brazil came to Goa to meet us, to meet Rinpoche and with him was Monica Benvenuti who was his girlfriend. They came and I remember when I saw again Claudio and Monica we were swimming with Rinpoche, he was learning how to swim.*

With rings?

*Claudio: Yes, with rings [Laughing]. And then Monica and Claudio came into the water and came to us. It was very funny really like a small paradise, very relaxed situation. But Rinpoche did not like so much to relax he was always active.*

This we noticed

*Claudio: Almost never relaxed. Early in the morning going out. I never knew where he went and then he was coming back for lunch then in the afternoon going out again because he could just take this motor taxi and go wherever he liked. We were completely free. There were no rules. Everyone did what they liked. Maybe we said: ok we see tonight that's all. So very lucky.*

For four years you were going to Goa?

*Claudio: Yes 3 or 4 years I don't remember now exactly. But then in the meantime Rinpoche took advantage because in Goa there were the Tibetan camps and also in Goa were many Tibetans who came to meet Rinpoche. Many Tibetans were also selling things in the flea market. So they came to see us like that. But then Rinpoche's idea was to go to SeraMey where he used to live in Tibet. It was rebuilt in India. Actually, Rinpoche did one of the major retreats of his life in SeraMey with incredible signs.*

What retreat was that? Do you know anything about it?

*Claudio: No, I don't know what retreat but I heard that all of a sudden, in this retreat, early in the morning he heard the sound of a buffalo, a very loud sound, and actually around there were no buffalo so that is a very clear sign. There is a very special reason why there was that buffalo sound. It sounds like Yamantaka or Kalarupa, the protector. It's very important in the Gelugpa tradition. Manjushri is the main yidam of the Gelugpa tradition that Rinpoche is following. And so we used to go first to Goa and then to the Tibetan camp to SeraMey and stay there for some time and then go back to Italy, like that. Maybe like two months in Goa and one month in SeraMey.*

So what did you do in SeraMey?

*Claudio: Many people were coming for blessing and to see Rinpoche, making a lot of pujas. He had one gompa together with another lama so when he was there many people were coming to see him and many monks were coming to make puja for many days. Rinpoche even in his house gave an initiation. I think Ariella was there.*

Which initiation, do you remember?

*Claudio: Oh many initiations: long life, White Tara, and of course also Yamantaka and all kinds of high initiation, self-initiations he was doing. Many, many initiations. Rinpoche all the time was practising. There is not one time where he would just say now vacation, no I don't remember. There was never really a vacation in a way.*

Rinpoche never really understood the concept of a day off. It didn't exist for him

*Claudio: So all the time there were pujas and meditation and practice, repeating mantra all the time. Then we were going to see other monasteries like SeraJe. Anyway the main point was to go to SeraMey, his place there.*

Were you at Tsangpa Khangtsen - the one that was built?

*Claudio: No, it was not built at that time. There was this monastery that Rinpoche divided with this lama I don't remember the name now. Actually the lama passed away and there was his attendant staying there and then there was the house of Rinpoche that was very small - in front of there was the big assembly hall. Anyway, we went a few times back again until Rinpoche made Tsangpa Khangtsen and then we were going to Tsangpa Khangtsen instead of going there. Tsangpa Khangtsen was very big, very nice. Tsangpa Khangtsen is the place where Beppe came the first time. Then who else was around at that time? I don't remember very well. Monica and Claudio they came, then many people of course - exactly who I don't remember.*

So Claudio how did Rinpoche get to Brazil and make Self-Healing 1 which is what we are talking about these days?

*Claudio: Rinpoche went to Brazil because in that time we were in Goa, we met Claudio and Monica. Claudio had the idea to invite Rinpoche to Brazil because they had a house so they said please come to our house and we can start to build something. Claudio wanted to make like a centre in Brazil because he knew the Tsongkhapa Institute so he wanted to do something similar. At the same time Monica was going to a very famous astrologer in Sao Paolo where she met Bel, the mother of Lama Michel. She said to Bel she was making like public relations for Rinpoche's visit and asked if she was interested to meet him. Bel said of course. I think even the astrologer said to her: oh one very wise man is coming and you will meet him here in Sao Paolo. That was Rinpoche. One night we*

went to a restaurant together to meet Claudio and Monica. Monica was the one that made the introduction between Bel and Lama Gangchen and then the whole story started.

Didn't they meet in a Pizzeria?

*Claudio: Yes, in a restaurant I remember. Nice time. Brazil is a very nice place of course. And the house where we used to stay was just a normal house in Sao Paulo. Rinpoche had his own room, I had my own room and Claudio and Monica had a room. It was very nice. We met many people - they were coming and going. Actually at that time we also met also Rosanna. She's still here around Albagnano.*

Was there a teaching on muni muni?

*Claudio: No. Bel decided to make a course and she invited Rinpoche and me in her family house that was in Campos de Jordao, outside of Sao Paulo, and there Rinpoche made the first course. From the first course came the Self-Healing I book.*

That's where the new temple is, the great love temple. Interesting - no?

*Claudio: Where Bel invited us was a family house, up in a very beautiful place. You could see incredible views, it was actually the place where the father of Bel was buried. A big house. Everybody had their own room, beautiful, and the entrance was very big. So in the entrance was the very first course.*

In the hall?

*Claudio: Yes, in the hall. It was very big, the house was tremendously big - the property was very big - very nice because the ceilings were very high and so very fresh. In Sao Paulo it was terribly hot, so it was very kind of Bel to offer that to Rinpoche but also to all of us.*

May I just say something to some friends who maybe don't know - this Campos de Jordao is the name of a doctor who developed this place for people who had lung diseases. People who had to get out of Sao Paulo, like a hundred years ago or something, so it was high in the mountains near Sao Paulo. They built this whole place that is a little bit like Switzerland with very fresh air and that's how this place developed.

*Claudio: It's very funny because the town looks like a Swiss town*

But like in the tropics.

*Claudio: The father of Bel decided to build this house, a very beautiful house, all wood, incredible. I think Lama Michel knows because that's the place where they used to go when they were on vacation. The whole family was getting together there.*

So actually we need to continue a little bit with Self-Healing 1 but please tell us how did Rinpoche arrive in Milan? Rinpoche went to Brazil from Gubbio, but how did he get to Milan?

*Claudio: After Gubbio we were going a little bit around we went also to Spain.*

Whereabouts in Spain?

*Claudio: I think to Barcelona. And then when the idea of doing this Self-Healing centre changed, and in the meantime Franco Ceccarelli, the main sponsor of Lama Gangchen came to Gubbio to meet Rinpoche. Actually at that time we were going every week to Milan, from Gubbio to Milan, with the car, we would stay a few days and then come back to Gubbio. Because in Gubbio there was not much to do. We just stayed there, Rinpoche was doing his pujas, me too, and that's all and then sometimes going to a restaurant or eating in the house - not so busy. Rinpoche was busy of course, telephone with everybody, Yonten-la came to visit many, many times.*

Professor Yonten Gyatso? He was a great friend of Rinpoche. He was a professor in the Sorbonne in Paris. A great Tibetan lama, but in Europe he was professor of Tibetan Studies in the Sorbonne in Paris. He made the Lam Rim in French, Lama Tsongkhapa's one.

*Claudio: Very nice, he came many times and then Dominique Nayir came, because Dominique came also to take my place sometimes because I was totally exhausted. For me it was quite difficult because I had to do everything so sometimes Dominique was coming to do the job not only translate but also take care of the house and of Rinpoche. Now she went to the dakini land but she was a very good friend of Rinpoche, so she knew Rinpoche very well. She was speaking very good Tibetan, better than me actually, and very good English and French of course. So she came to take my place for some time and I just relaxed a little bit.*

How did Dominique meet Rinpoche?

*Claudio: I don't know, I think in Nepal or in India. I don't know that. I don't remember. Maybe in India because with Rinpoche we also went to India you know. To one of the Kalachakras that Rinpoche got, that His Holiness Dalai Lama gave in Bodhgaya, In Bodhgaya we met Jose Maria too.*

Oh, is that where you met Jose Maria?

*Claudio: He always says he met me in the middle of Bodhgaya and he didn't have a place to go and then I told him to go to the Burmese Vihar you know because there, there were places and in fact he went there and he found a place and then he came to see Rinpoche. So Jose Maria is also one of the first people that met Rinpoche. Then we saw again in Spain. They invited Rinpoche to the town of Jose Maria, San Sebastian. We went there and*

*Rinpoche made a small course there, it was very nice, beautiful, San Sebastian is a beautiful place. We enjoyed and Rinpoche also gave a course there and initiation, many initiations. Mainly Rinpoche was giving initiations, I was translating and that's all. They were usually long initiations so it would take maybe one afternoon. There was already anyway mainly the Shakyamuni Buddha mantra, that was the healing, and then the white and red blessing pills. That's all.*

Do you remember, speaking of the red and white blessing pills, any stories of people who got healed with them at that time?

*Claudio: Well, in particular I know about myself.*

So tell us about yourself.

*Claudio: The first time I took them. I drank them in water and then all of a sudden I got like, I couldn't walk and I said to Rinpoche: I cannot walk, what's that? He said: no, no continue don't worry. So I pushed myself. I was kind of worried. I said sorry Rinpoche I feel kind of like paralysed. He said: no, no it's nothing walk, walk, walk. Then I walked and suddenly it took out something I felt something was taken out, I don't know what but I felt really healed. Many times Rinpoche healed me. Countless times. It is due to Rinpoche that I am still alive. Even now, recently he healed me and if not I would be dead and I would not be here talking with you. Of course also thanks to Dawn but Rinpoche did the main job. I know that very well. I felt it myself. So, the cases that Rinpoche healed are millions. You cannot really point out this or that. It is a personal experience. Everybody maybe can tell their own experience. But many times, in many occasions Rinpoche healed.*

I remember in the 90s, that Rinpoche used to give the red and white blessing pills to the most sick people. That's what I personally remember.

*Claudio: Slowly he was giving to everybody actually. Those blessing pills are the most effective medicine that you can find for any sickness. You take that and it goes away. [Clicking fingers]. I mean this is my personal experience. Many times whenever I felt anything I would drink the pill water, I had a big thermos with me all the time with pill water, and I was drinking that water all the time. Incredibly beneficial. From Gubbio we were going every week to Milan. There was one lady her name was Faccaruli.*

She was an incredible character, wasn't she? In a very good way.

*Claudio: Very nice person. Incredibly nice person.*

She was Hindu?

*Claudio: Yes, she was following a great Indian baba called Baba-ji but she liked Rinpoche very much. She had a very big apartment and she had another apartment that she offered*

to Rinpoche and me when we were in Milan. Actually in that apartment we met Franco, because this lady was the mother of a very good friend of Franco Ceccarelli and one time they came together, the son of the mother and Franco to meet Rinpoche. I remember, maybe the first time or one of the first few times that Franco came Rinpoche started talking about going to Tibet to Franco. Franco immediately said: yes, ok, we go, and then this actually happened. With Franco and Rinpoche we went to Tibet the first time incredible, beautiful experience. Unbelievable. The point of Rinpoche was to go and meet the Panchen Lama. Actually from Milan, we'd moved to Zurich, and from Zurich we used to go to Zurich because in Zurich was the brother of the Tibetan sponsor of Rinpoche, Tsetan-la, and we were going to Zurich staying in his house. One time, I remember Rinpoche called by telephone His Holiness the Panchen Lama. I remember that the voice of the Panchen Lama was so strong that Rinpoche couldn't keep the telephone to his ear, he had to hold it away. I was sitting there and I could hear him like he was in the room. Very impressive. I was really impressed. The room was very small so Rinpoche was there, I was here, and he was speaking and the telephone was away because it was too strong the voice. When they were talking I didn't stay there the whole time I was going out, probably he started to say to Panchen lama that he would come to Tibet. In fact, when we went there the Panchen Lama was expecting Lama Gangchen he was even invited to Gangchen, incredible. So many people came. Then we were invited many times in the palace of the Panchen Lama to eat together with many people, many high lamas and many high ministers, many high people. I remember one exceptional scene was that the Panchen Lama, of course he was not drinking, but he was toasting with everybody! All the time. I mean it was very impressive such a high lama and he was just sitting with us.

Claudia Proushan was there wasn't she?

Claudio: One time she was there..... we went several times. Very lucky very fortunate. Then we met him also in Beijing.

When was this? In the 80s?

Claudio: I don't remember. Maybe Franco remembers. That time in Beijing, it was like a ghost town. There were just very few bicycles, that's all. I remember we went out and there was nobody in the street, nothing happening, completely nothing. That time there was also Claudia and another Italian girl. We just went a little bit but there was no place to go. So we came back to the hotel and stayed in the hotel. We wanted to enjoy ourselves, but at that time Beijing was just like - flat. This was very close to the red square. In the middle of Beijing.

You had this good fortune, good karma, to travel with Rinpoche. It was an incredible experience. So did you ever see auspicious signs or something? I saw many. For example, in the house in Zurich, I remember I went there one time with Rinpoche and we got to the

door and there was a huge rainbow. Then Rinpoche said hello and then immediately had to leave and get on a train and go to Belgium. After we had spent all day getting to Zurich, he saw the rainbow and said: *oh let's go back to the train station to another country.* You must've seen many things travelling with him too.

*Claudio: Many, many, many. Well one thing that I remember very well was when we were in Goa. One morning I woke up and as usual Rinpoche wasn't there. So I took a shower and started going to the beach. Then Rinpoche was coming from the beach and I saw him coming so I said: Rinpoche how are you? And then I saw that he had black stripes on his legs, so I thought he had hurt himself and I said: what have you done to hurt your legs? You have these black streaks then Rinpoche looked at me very wrathful: I told you these are the stripes of Vajrapani.*

When he was in Albagnano Rinpoche used to stick his leg out and show me the stripes, but they were a white colour. From black to white, maybe getting older. He used to tell me these are my tiger stripes. He was born with them and then he used to get out his other leg and point and say: look also on this side.

*Claudio: I saw that and I got worried maybe he hurt himself going to the beach. But he said, no I told you I'm Vajrapani these are the stripes.*

He was famous and recognised as the reincarnation of Vajrapani. All the people who were not so well mentally, they were completely happy around him, completely pacified as long as he was there.

*Claudio: Actually Vajrapani's job is to come to hell and take out people from there. So exactly like Rinpoche did with all of us. Probably he came to hell many times to pick me up. Thank you, Rinpoche [Laughing]. Do again!!*

Can I say something else? I just remembered Rinpoche used to have like an egg on the back of his head and I always used to look at that and think what it was. According to Miriam, one of our sangha friends, in taoism it was a sign of perfection from their point of view.

*Claudio: Also on his back he had some signs like stars, a constellation. Many, many things that right now aren't coming to me. Ah yes. In Goa this was nice. Rinpoche became quite famous in Goa and people wanted him more and more and the sponsor Francesco hired a big Royal Enfield [an English 1950s motorbike] for us. It was red which is very special, normally they are black. Francesco was very nice. So we had this motorbike you know...*

And you were driving and Rinpoche was on the back?

*Claudio: Yes. Rinpoche liked very much to go by himself. When we had to he came with me, but if not he would go with the taxi motorbike. So with the motorbike people were*

*inviting us to the raves. In Goa that was the time when rave parties started. And so, they invited us to the raves and so with the motorbike we went. Rinpoche on the back. We also used to go to the flea market like that. In some way we would manage, there was a lot of stuff to carry. I was driving and carrying everything and Rinpoche on the back and when we arrived we put the motorbike down and we went to the place and put up the tent, I mean a lot of jobs. And then in that period, not too early, I mean the hippies would come late, like 10 o'clock, we prepared everything and people were coming. The rich American hippies used to invite Rinpoche to these raves, they prepared a beautiful place for him with a beautiful chair, you know in India they have this beautiful chair that is called the king chair. Red velvet with gold on top and on the sides. So we would go there, I remember we would go to the raves, and people would come. Rinpoche was going to sit there and they were offering food, offering tea. Rinpoche enjoyed staying there with the people. At that time he spoke a little bit of English but one of the main points of Rinpoche is that he doesn't need to speak. He communicates beyond words. So it was completely easy with these people. For me it was very good because I left him with them and I would go to enjoy myself, I was released in a way from my 24 hour job. So in the morning usually everybody would come back by themselves. This happened one time. Then the second time Rinpoche came to me and said listen: why don't we do like this? We wake-up around 3 o'clock in the morning and we go to the raves so we arrive fresh, everybody else is almost collapsing and we are there but we are fresh and we have a good time. Much better you know. And we can stay from 3 to 6 or 7, usually the raves ended around 8 or 9 o'clock. People were continuously dancing.*

What kind of music was it?

*Claudio: The music of those times. Rolling Stones, everything. Mainly Rolling Stones, I remember. Very famous. So one night we arrived as usual like at 3 o'clock, it was like another job. We had the flea market once a week and the rest of the week not really free - but less job. People were coming to see Rinpoche and I was translating so 24 hour job let's say, some people were coming to eat and then again I had to translate all the time. Then when Rinpoche started speaking a little English it was more easy. But the first years were quite heavy for me, quite a heavy job. But anyway I enjoyed it very much. Never got too tired. Somehow it was so blissful to be close to Rinpoche. So, one time we went to one of these raves, it was like 3 o'clock in the night. There were people around like it was day, motorbikes going here and there - not like night - it was completely full of energy, and so that time I stayed close to Rinpoche. He wanted me to translate and I said: sorry Rinpoche can I go to dance for a little bit? He said: yes, yes you go. So I went to dance and came back later and Rinpoche said: did you see those two girls close to you? There were a lot of girls dancing. He said: these two were very special didn't you see them? One had a white light coming from her head and another had four white fangs and she was smiling at you - did you see her? And I said: sorry Rinpoche. I didn't see anything.*



As usual, that is the story of our lives. That's why we are the disciples.

*Claudio: So I didn't see any nice girl with fangs and white light. No, I didn't see. He said: they were there just on your side! Rinpoche saw many dakinis there that's why he was disappearing all of a sudden, probably he had to give a teaching to them or something. I always talked about that, but I never asked anything. When he went out we just said: goodbye, see you, that's all. Then in the morning we came back by ourselves. I came back by myself with the motorbike and Rinpoche was going by car with other people. Many hippies with nice jeeps brought him back. That is what I remember. How stupid I am. [Laughing].*

Don't worry you're not the only one [laughing] we're all the same. So Claudio we are almost out of time but thank you that was really interesting. Claudio is in retreat now but maybe another time I'll come back and continue this with you. I think you have a lot of beautiful things to say of the early years with Rinpoche. Thank you for sharing that with us. Its important. I arrived in 1990 so I'm asking because I want to know what happened then because our guru is such an incredibly special person.

*Claudio: Everybody who had the fortune even just to see Rinpoche was incredibly lucky. Even just to see him, then of course contact and stay with him even more lucky because he could do more for you but even just to see him is an incredible blessing. So please, take care of the message that Rinpoche has left to us, that is Self-Healing and when you practise Self-Healing you meet Rinpoche again. Don't think Rinpoche is gone. He is here with us. How is he here? When you practise Self-Healing you meet again Rinpoche.*

Thanks Claudio. So we are going to do this prayer and everybody who likes to join this is the Pabongkha Rinpoche prayer for the swift return of Rinpoche. Obviously he won't come back exactly like we knew him, but as future Rinpoche for future generations - but we need to do these prayers to create the cause, the interdependence, so these you can download on our [ngalso.org](http://ngalso.org).

[Chanting: Swift return prayer written by Pabongkha Rinpoche]

That's the swift return prayer for Gangchen Rinpoche by His Holiness Pabongkha Rinpoche for which we are very grateful.

Ok. So, thank you all very much. Some of our friends in South America have been saying that they would like us to do more prayers on the streaming. So every day we have from Albagnano the streaming of the Guru Puja. Rinpoche always emphasised very much that we should all do this, so please everybody if you like you can follow and join in the Guru Puja. Rinpoche was really insisting for years that we practise this because it's important. I have been suggesting that we could somehow make a pdf or some kind of updated form every day where we write all the people who are sick with Covid and all the different

things that we send to be read out during the Guru Puja in Albagnano. In our WhatsApp groups there are many, many messages with friends and relatives who are sick and suffering so please if we can make this list we can say prayers for all those who are suffering around the world.

Thank you all for listening and to Claudio for sharing, it was really interesting. I will come back another time to disturb your retreat.

Please check on the website for the streaming dates. We are all together with you and we can all join together as one sangha and dedicate our prayers to all our friends and relatives suffering in this moment. So thank you very much. Please tune in again because we want Rinpoche's teachings to continue. Lama Gangchen gave us so many beautiful things - it will take at least 30 years to tell everything! Thank you very much see you all soon.