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NGALSO
Path to Enlightenment

Self Healing 1- Reading and reflections - part 13

Lama Caroline

This text is a lightly edited transcription of a teaching given by Lama Caroline in the Entorno de Paz centre, Almeria, Spain on 30 June, 2020.

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[Guru Puja]

Hello everybody. We're in the Almeria gompa, it's beautiful. This is the NgalSo temple of Spain. Maybe many of you have never been here but you should come, it's so beautiful. Actually it's very similar to Kunpen, the temple in Milano. It was designed by Lama Gangchen Rinpoche, you know his Ocean of Mandalas, similar to Albagnano. So beautiful with Atisha and Lama Tsongkhapa, Kyabje Trijang Rinpoche and of course Lama Gangchen's throne, Lama Michel's, beautiful! Also, we have the beautiful buddhas from Borobudur. Actually they were in Albagnano but then Rinpoche decided to put them in a truck and send them here. Also Lama Michel came here with Renata to do this tattoo wall. Our Spanish sangha did crowdfunding and got the money to make this beautiful temple, we're so lucky.

Anyway now we're going to do the Swift Return Prayer for Lama Gangchen Rinpoche, the one written by Kyabje Trijang Rinpoche.

[Rinpoche's Swift Return Prayer]

namo gurubye

namo buddhaya

namo dharmaya

namo sanghaya (3x)

namo triratnaya



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lo chok zangpo 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 utta vardanaye shri bhadra var
samanaye sarva siddhi hung hung (x3)

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

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

Hello everybody. So today I'm very happy to be in beautiful Entorno de Paz, the main temple of the NgalSo tradition in Spain. I'm very happy to be here to visit some friends. It's a beautiful place, also blessed by the holy presence hundreds of times by Lama Gangchen Rinpoche. Anyway today we're going to continue to talk about *Self-Healing 1*. After Rinpoche went into the clear light, into the rainbow body - before that he told me I have to repeat all his teachings. So obviously we're starting at the beginning with *Self-Healing 1*. What we're going to do is we're going to continue to read this in English and Maria will read in Spanish. Then we'll talk about the beautiful things that Rinpoche was saying.

Okay, a quick review. Rinpoche's been talking about who's our friend who's our enemy - it's up to us, it's how we see things basically. Who's hurting us is ourselves, not anybody else. Then Rinpoche's saying all these kind of things: we need to have a more healthy lifestyle, but mainly we need to take care of our emotions. In the Spanish book we're on page 38 if you have a copy at home. It says we have to train our mind so that we don't go on the negative side. We have to think about our own problems, understand and make a decision and Self-Healing means to take a decision. So today we're going to speak a little about the mantra **om muni muni mahamuni shakyauniye soha**. As we know in the first ten years, when Rinpoche came to the West, when he was going around the world he was healing people with one mantra: **om muni muni mahamuni shakyauniye soha**. We heard the stories of Franco and Duccio, Mr. Jan and other people who were there at that time and they confirmed this is definitely true - Rinpoche was healing with one mantra and with the four limitless thoughts. Actually I must say I haven't read this book in 30 years, I have to be honest I'm not a hypocrite. I read the book 30 years ago but it's so beautiful! It's like the blueprint of everything that came afterwards, now I can see that. It's like the design for all the rest - it was inside - to come.

Rinpoche says: “this is the mantra of self-healing. When we recite it we can do different kinds of visualisations”. Okay so remember before Rinpoche was suggesting that we do the practice of *lojong* mind training. On Tuesday I was talking about that with Jose Maria and actually on Thursday I’ll continue. So we’re talking about mind training and Chenrezig mantra. Rinpoche was explaining how to do lojong, taking the problems of others and sending our good energy together with **om mani peme hung**. Here in Almeria we have such a beautiful Chenrezig statue, it’s incredible. Now Lama Gangchen's talking about this same meditation, but with the blessing of Guru Buddha Shakyamuni. Rinpoche for many years at the beginning when we started to do Self-Healing was emphasising - and when we did *Self-Healing 3* - very much that if we don't want to have a hundred buddhas or a thousand buddhas or five buddhas we can just concentrate on Buddha Shakyamuni - it’s the same. He said because we're very complicated we like many things, but everything is inside the visualisation and practice of Guru Buddha Shakyamuni.

Rinpoche says: “first we need to understand that all the energies and negative interferences or the bad things come from lack of equilibrium between the four elements that are inside our body which are earth, water, fire and air”. Then as we know later on Rinpoche revealed the secret fifth element which is the space element. The Five Mother Buddhas are the five elements. Rinpoche really was an incredibly great master and great yogi. He really gave us the essence of the yogic part of our tradition. That's why he was very much interested in sharing with us how to use the elements. It says: “based on this, the elements, we should visualise our mental unhappiness, our jealousy, our anger, our wrong expectations, our hatred, our jealousy and the different negativities of our bodies leaving in the form of dark dirty light and smoke when we breathe out”. This is why we start with this [mudra of gathering and expelling negativities] as we’re breathing out. Expelling all the negatives, Rinpoche started to show like that. Then he says: “when we breathe in we imagine all the blessings of all the buddhas and bodhisattvas penetrates into our body in the form of white light. In this form we absorb all the positive energy of the four elements, the energy of long life and the power of medicine. In this way our body and mind become very relaxed”. Rinpoche is really sharing a very powerful yogic meditation here, which he then developed over the years. Here is an image of Guru Buddha Shakyamuni [pointing behind to the tattoo wall], but really Guru Buddha Shakyamuni is here with us - it’s not just a painting. The point of Guru Yoga is that all these thousand / million buddhas we can see here in the Gompa - I think I counted one thousand five hundred - are a manifestation of the mind of our guru Lama Gangchen Rinpoche. Whether we see Buddha or Tara or whoever - it's all Rinpoche. Now more than ever actually, it’s easy to connect with Rinpoche. Rinpoche as we know is a very high special holy person. Obviously he didn't die like you or me or my grandmother or uncle would die and disappear and nobody knows what happens. Rinpoche passed into the clear light, into the rainbow body, with many incredible holy signs throughout all the world including here in Almeria. Also in Malaga and many other places all around the world. It’s like Rinpoche has gone out of the bounds of the human body, let's say transpersonal, we call it the enjoyment body, the rainbow body, so it can be everywhere at the same time. Rinpoche is still carrying each one of us emotionally, honestly I think this is true from what I can see from our sangha around the world. Rinpoche’s become not only our divine father but also our divine

mother. Anyway before I continue, this is true about the rainbows here in Almeria. Juan please can you tell our friends in Brazil and South America... it's true there were many rainbows.

[Juan: Here in Almeria we saw so many incredible rainbows, even double rainbows all over the coast and from a little town called San Jose until many kilometres - I don't know 50 kilometres - away, even on top of Lama Gangchen's house, the labrang, double rainbows, incredible rainbows that were very, very complete. I have photos.]

I remember one year when we made NgälSo Reiki here in Almeria. We finished and then we looked outside the labrang and it was full of rainbows. No rain. Rainbows but no rain - miracle rainbows. Okay also many other miracle things happened here but now I'm going to continue with the book *Self-Healing 1*. Anyway Rinpoche now is something else. In Tibetan Buddhism they say it's impossible for us to relate to these great masters as they really are too high for us. That's why they come down to our level as what we call the Nirmanakaya. Then they sit and eat croissants and things like that and we can talk to them [laughing]. But now Rinpoche's gone back to his actual form, the rainbow body. Anyway now what we're all going to do is we're all going to be even better than we normally are, because we're all very good, very great people, and we're going to continue to practise and be together and then Rinpoche will come back soon. This is the plan, I've told you the plan now [laughing]. Also during the lockdown it was very good in some ways, for example one friend was telling me the Spanish Sangha was also connecting with the Chilean Sangha and doing Rinpoche's Combined Practice together. Everything is actually very nice, everything's growing and developing. So anyway we will continue trying to fulfil Rinpoche's wishes as much as possible and then he'll come back soon. Honestly all this is true, it's not just in Italy but also here, everywhere Rinpoche has a centre, a temple, incredible things happened. It shows that there's a special blessing, special connection here in Andalusia and in Almeria.

Rinpoche was saying that we can do the mantra of Shakyamuni Buddha, so we imagine Rinpoche in the form of Shakyamuni Buddha. We're going to sing the mantra **om muni muni mahamuni shakyamuniye soha**. Then as we breathe in, from the heart of guru Buddha Shakyamuni, come lights which fill us with all the blessings of all the buddhas. So these white lights enter our heart and we absorb all the positive energy of the elements. Also the energy of long life and the power of medicine. So there's many levels of healing. Rinpoche taught us how to receive every day one initiation from him. Now more than ever we can do it. The other day in Italy, in Albagnano, we tried for the first time to receive blessings and energy from Rinpoche after he passed into the rainbow body. We did the practice of Open-eye Chenrezig. We were doing that and came one rainbow around the Sun - incredible. It shows how incredibly powerful Rinpoche is. We're all sat in different places around the world but it doesn't matter, we can all receive this blessing and this holy energy directly from our guru Lama Gangchen Rinpoche.

Let's sing the mantra and as we breathe in we, we have to breathe in anyway, all the light from the Buddha comes into our heart, all the healing. Then as we breathe out, anyway we have to breathe out, all the sickness, all the negativity goes into space. This mantra by the

way is usually **om muni muni mahamuni soha**. Rinpoche added **shakyamuniye**. Or rather he received this, let's say, from his monastery, Tashi Lhumpo Monastery in Tibet. He heard the monks reciting like this, so he always transmitted the mantra like this. One time His Holiness the 14th Dalai Lama asked Lama Gangchen Rinpoche “why is the mantra like this, why is there this extra part?”. Lama Gangchen said: “actually because I heard it like this in Tashi Lhumpo”. Then His Holiness the 14th Dalai Lama agreed and said it was perfect, because it is perfect.

[Chanting: **om muni muni mahamuni shakymuniye soha**]

Rinpoche says here anytime we want to change our mind, if we want to overcome anger, our jealousy, our nervousness, our fear, any negative emotion, all we need to do is connect with guru Buddha Shakyamuni. Breath in the white healing lights. Then Rinpoche says another possibility is to recite the mantra with the objective to create a protection circle around ourselves. It says: “when there are negative energies around, we are incapable of being disturbed and the positive energy inside of ourselves cannot be lost”. For this to happen we should visualise that around us is a fence of vajras. A fence made of millions and billions of vajras. Some are big like mountains and some are small like atoms. Rinpoche always gave these deep yogic practices to all of us. Let's try this visualisation. The body is inside a vajra house or vajra tent, a vajra bubble or vajra armour. Just before we do this I'd like to share one story about Kyabje Song Rinpoche, Lama Gangchen's Guru. Lama Gangchen lived with him for seven years in India. So one time in the 1980's, Kyabje Song Rinpoche came to the West on a tour and he also went to North America. He was in California staying in the house of some people I know, some dharma practitioners. He was staying as a guest of this family. Their child, the son, he had one of those Polaroid cameras we used to have, where the photo comes straight out. Song Rinpoche was in the room sleeping, so the little kid got the camera and went into the room and took a photo. When the photo came out there was like a blue light around Song Rinpoche. He was sleeping, but all around him was a blue light that the Polaroid camera picked up because he was doing this kind of practice. Actually when we sleep we should do this practice by the way. If we want to have a sweet sleep, we need to sleep in a vajra tent or a vajra bubble or something. Now we're going to focus, we're going to practice. We're going to imagine the light of guru Buddha Shakyamuni, of Rinpoche, is surrounding us. We feel very comfortable. That lovely energy of Rinpoche is all around us.

[Chanting: **om muni muni mahamuni shakymuniye soha**]

When we do this we should feel very safe, very comfortable, very relaxed. Kind of like if our mother or our father or guru is giving us a hug. You know when we were children, so safe, so protected.

Actually my job for thirty years was to write down all the ideas, sadhanas and books of Rinpoche. Rinpoche made a sadhana with ten healing meditations related to Buddha Shakyamuni which actually we never published. Now here in Entorno de Paz I'll talk about this and then next Tuesday in Malaga I'll continue. If you'd like to continue to

follow there's ten beautiful healing meditations related to Buddha Shakyamuni. I remember one of these in the sadhana is the bubble, the vajra bubble.

Another beautiful thing that Rinpoche used to explain is we can feel the elements, so we can do like a rainbow around us. So we do a rainbow of elements around us, healing our elements. Also it's very good for our health, for our long life. Also now it makes us think of Rinpoche, because Rinpoche took the rainbow body. Yesterday I was in Malaga and before I came here I was looking on my computer and I found one very beautiful photo of Rinpoche sat in front of the stupa of his past life called Panchen Zangpo Tashi. This is from Tibet, from Tashi Lhunpo Monastery, 600 years ago or 500 years ago. Some of you have been. [missing audio]. Once you've gotten one of those [rainbow body], then coming back is just like getting a new car. You drive your car as much as you can, until the car is completely finished and then you go to get a new one. So this is like these people, like Rinpoche, with a rainbow body. I was looking at that photo yesterday, sooner or later I'll find a way to get it out of Photoshop, I'm not very technological, but when I do I'll post it in our WhatsApp groups for everybody. You can see Rinpoche grinning in front of his stupa of his past life when he achieved the rainbow body. Now it's very meaningful. We always knew this story, now we see it's true. In the future we'll see when Rinpoche takes another body, when he comes back again. When we visualise the rainbow, we can think about all the circular rainbows that appeared recently, when Rinpoche took the rainbow body, and then this helps us connect with Rinpoche which is also very nice. We like rainbows. In fact actually most of you received the initiation of Buddha Shakyamuni from Rinpoche, so you can also visualise in your heart Guru Buddha Shakyamuni, like Rinpoche, and the rainbows are coming out. How beautiful. Like a circular rainbow and also the environment. Rinpoche always said holy beings can bless the environment and also the environment can bless us. That's why it's very important for us, the sangha, to be together in our holy places, for example in this beautiful temple here in Almeria. Why? Because it's blessed by great holy beings and especially by Lama Gangchen Rinpoche and also other lamas and monks and other people. Also we know it's different from sitting on or sofa in front of the TV - the feeling is much better in the gompa, isn't it? We know it's better, it's easier to meditate together in the gompa.

Sangha is so important. Like one of my friends in Albagnano, in Italy, she said something very nice. She said that after Rinpoche passed away that everybody she saw, in each one she saw one part of Rinpoche. It's true, each one of us have some part of Rinpoche's light within us and when we get together that light becomes very brilliant. That's why the sangha needs to get together. Of course we can all sit at home and zoom each other but it's better if possible that we get together and manifest Rinpoche's light together. We're all kind of responsible somehow for the light. Each one is the holder of a special lineage, a special light. That's why we need to come together more. We will try and organise that, to get together more here in Entorno de Paz gompa. Of course all of you are getting together here anywhere, but I will come and visit more and also Lama Michel is going to come and visit and we'll do our best to support the development of all the centres in Spain and South America of course.

So now we imagine in our heart is Rinpoche in the form of Guru Buddha Shakyamuni and when we say the mantra **om muni muni**, his rainbow light, our rainbow light, expands and fills the whole of Entorno de Paz, and Almeria and Andalusia and Spain and Europe and North and South America and Asia and Australia and Africa and everywhere and finally the whole Universe. There are five colours in the rainbow, so actually these five colours are healing all the different emotional states, the six realms of samsara. The Tibetans say there are five colours in the rainbow, we say there are seven, so six could also be okay. It's healing the six realms of samsara. Actually now I'm remembering these ten healing practices. Also if one of our dear ones passed away we can also with the mantra **om muni muni** send rainbow lights and send our dear ones in the right rebirth. It's like a rainbow bridge, they're going to a right rebirth, a good rebirth. This is important because as we know we have 2/300 different practices in our NgalSo tradition - all kinds of ten heads, green one, blue one, thousands of buddhas, many complicated different meditations but sometimes we just need one simple thing and we can do everything. We can just do the mantra of Guru Buddha Shakyamuni and do everything. It's much more powerful if we connect with our Guru.

(Chanting: **om muni muni mahamuni shakyamuniye soha**)

Okay now page 39 of the Spanish *Self-Healing 1* book. Rinpoche explains the meaning of the mantra **om muni muni mahamuni shakyamuniye soha**.

Shakyamuni represents the secret tantric path which is the most quick. Between all the thousands, all the millions of buddhas that have come into our world Buddha Shakyamuni has been the only one who has transmitted tantric teaching. We are in what's called the fortunate eon. The eon in which one thousand buddhas will come. Buddha Shakyamuni's actually number four. However he is the only one that promised to teach the quick path to enlightenment to the beings in the degenerate age - that's us. We are incredibly fortunate that we accumulated the karma to meet Buddha Shakyamuni's teaching, and especially to meet a master like Lama Gangchen Rinpoche who came in person and ate croissants with us and gave us all the tantric teachings and everything, more than everything. They say our own guru is kinder than all the buddhas, because it's our own buddha - not the previous buddhas. Buddha 996 will also teach tantra. What that means is don't forget to practise because if not you'll have to wait a really long time before you get another chance. A lot of time! We were very lucky to get this opportunity. Rinpoche, hundreds of times explained the meaning of **om muni muni mahamuni shakyamuniye soha**.

Actually from this one mantra we can explain the whole meaning of Sutra and Tantra, the whole path to enlightenment. Normally we say there's five main things we need to practise. First **muni**, we need to renounce suffering and violence. People have a wrong idea about Buddhism, they think renunciation is giving up your things, giving up a relationship or your hair, or something like this. Get rid of your partner. Renunciation is not this, we need to renounce suffering and the causes of suffering. That's why Rinpoche always said we need to look with peace, speak with peace, listen with peace, peace with everything, everything with peace. We need to give up these violent emotions that cause suffering to ourselves and others. Renunciation is: "Yes I definitely want to change and

become a better person. I'm fed up with myself. I'm so boring. Even I can't stand myself. Of course my partner can't stand me, even I can't stand myself [laughing]. So I need to change something inside". So this is the first **muni**.

Second **muni**, we need to develop what we call bodhicitta - the mind of enlightenment. So Lama Gangchen Rinpoche he always used to say: "we need to change our small selfish heart into the big open heart of compassion". That means we need to let more people in, then more and then more and more and more. We're always extending our comfort zone, it's getting bigger and we're accepting more and more people. We're developing empathy, developing unconditional love. This is the basis of Buddhism or one of the bases. Here in Entorno de Paz we have a beautiful statue of Chenrezig. Actually I think it's the most beautiful one we have in Europe, in our NgalSo centres. Rinpoche sent Duccio and Dekyila to paint it with special jewel paints. It's also blessed many times. So please everybody, like me and everybody else, when we pass Chenrezig we need to bow our heads and say **om mani peme hung**, and make some requests to Chenrezig that we develop a big open heart. This statue is actually an emanation of Chenrezig in the NgalSo position from ancient India. This statue is from Borobudur, Indonesia, and it's a reproduction of the statues from there. We also have the same statue in Albagnano, in the temple of Heaven on Earth and also I think in the Great Love Temple in Campos, Brazil. Anyway for those of you who were in the Vajravali, one of the commitments was always to pay homage to Buddha Chenrezig: to say a lot of **om mani peme hung**.

Rinpoche said many times when we come into the temple we should always bring something, like always bring one flower. For example, me and Eleanor just now we brought some cherries - always brings something because it's the correct thing to do. Why? Because we need to accumulate *punya* or merit. Why? Because we need to develop bodhicitta. Because empathy, love, compassion, bodhicitta is the basis of the spiritual path of Buddhism. For example, when you pass by here maybe you bring one flower and offer it to Chenrezig. We need to develop bodhicitta and there's many beautiful explanations in our tradition on how to do so. Also in the lojong tradition that we've been talking about.

The next one **mahamuni**, so important to understand this: that all things are not independent. If we search for an essence in things, things are unfindable. This is exactly what modern science says, isn't it? Everything's interconnected, like science tells us. But still they haven't worked out that our mind is involved in reality. Scientists they know everything's connected, and if you look at things you just find particles and then energy, but they haven't quite worked out that our mind is involved in all this like Buddhism says. These three: renunciation, bodhicitta and the correct view of reality, are the three main building blocks we need to grow. We would like to grow and become enlightened people, awakened people, but if we want to do that we need to build the foundations. It's like here for example, in our beautiful temple, in the middle we have this beautiful mandala - the ocean of mandalas - really beautiful! But to have that first the rest of the temple had to be made! I mean otherwise no way to have that. For example Entorno de Paz is 26 years old, isn't it? I remember many years ago - almost 26 years ago - coming here together with Lama Gangchen Rinpoche and at this time this was a warehouse. This beautiful gompa we have now, was a warehouse. It was just cement. We did a fire puja, Rinpoche made it in

the corner over there where there is now Atisha, the life of Atisha. We did a fire puja first, strong blessings, then over many years the centre developed and now we have this, 26 years later, after the incredible effort and dedication of Juan and also Maria Lopez and many other friends together. Now we have this beautiful temple. It needed to be built up gradually, it didn't happen in one day. This is a bit like our spiritual path, isn't it? To build up one temple you need many building blocks, don't you? Many pieces. For example in this temple, if we didn't have any pillars the roof would fall in. Definitely if there were no pillars it would collapse. So this is like our practice, without renunciation, bodhicitta and emptiness there's no support for the higher practices. Actually here in our gompa we have four pillars: our guru and renunciation, bodhicitta and the correct view of emptiness. Juan painted that one with a rainbow, the one we've now nominated as Rinpoche's pillar, the guru pillar. Actually written all over these pillars is the heart sutra, the Guyasamaja tantra and Prajnaparamita. All of this is showing us the spiritual path. It's a symbol of how we need to grow, how we need to evolve. We need to give up violence, we need to develop love, compassion and empathy and we need to understand how everything is connected. With this all our personal developments can manifest. On top we can have the - what we call - generation and completion stages, like the top of our temple - the ocean of mandalas.

soha means please give us all the realisations to obtain healing. Rinpoche emphasised very much the healing aspects of the Buddhist spiritual path. Then Rinpoche says: "it's not necessary to be Buddhist to recite and to receive the benefits of this mantra". That means anybody in the world, who likes, is welcome. For example if you want to be Catholic and you want to recite this please you're very welcome. Or any other kind of view, or none.

Then Rinpoche says: "for example, if you have difficulties" - actually this is interesting - "to make a decision, we can recite a few times the Buddha Shakyamuni mantra and then we can observe what happens". This is very important advice, especially now. Until now we were very habituated every time we wanted to make an important decision to just call Rinpoche. Rinpoche always said we could call him heart to heart or mind to mind, but we preferred the telephone! The line is still on, but in a different way. So let's say we have really some big decision to make, we can do like this: we can imagine Rinpoche in our heart, say the mantra, like Rinpoche's mantra and Guru Shakyamuni mantra, and then watch what happens. He's showing us what to do, so that's very important advice. Also it says when we're sick, when we're eating various kinds of medicines we can recite this mantra and it will bring us a lot of benefit. It says that when we recite the mantra, maybe we recite the mantra without understanding its effects, however internally it's always working. Rinpoche is explaining very profound things, of course, about the mantra of Buddha Shakyamuni. I wish I'd read this more deeply some years ago, but anyway now I'm doing it. That's why Rinpoche said after he passed away to please all of us, including me, go through all his teaching and try to connect more deeply. Like it says in this book, not just: "yes, yes, I know", that's not the right mantra. We shouldn't say that, but we should try and practise more. Rinpoche prepared everything for us, we have everything we need. All we need to do is practise. Rinpoche gave us this massive present. Obviously I wasn't there fifty years ago when Rinpoche was in India but I was thirty years ago and Rinpoche had a little tiny apartment in Milano, really nothing. Now he has all these really beautiful centres all around the world. It's really incredible, of course Rinpoche made all

that together with all of us. I mean obviously it was an interdependent phenomena, he inspired us to work like crazy to make all this. Why? For our benefit. From his own side he didn't need to, absolutely not, he did all this for us. He already had a rainbow body, he didn't need anything. He reappeared to help us. All we need to do is put all this into practise, the best we're able to without getting stressed of course.

Another thing Rinpoche said, of course he said many beautiful things, but he said what we do we need to enjoy it. For example, he said our spiritual path and our work for the centres it has to be fun, we have to enjoy what we're doing. We all give our time and our energy because we feel like it, we feel much better doing it. They say as we accumulate punya, merit, we have spontaneous attacks of happiness. We wake-up and we're just happy, we don't know for what reason but we just feel really happy. Rinpoche was always happy, always positive, always kind. We saw him. He showed us it is possible. Anyway we have this super opportunity, Rinpoche literally gave everything to us.

By the way if any friends are listening from abroad, of course now travel is difficult but Rinpoche always had the idea of Dharma holidays. Here we have a beautiful place, also outside we have many other things to do, so maybe in the future you might like to come and make a Dharma holiday in Andalusia. We're by the beach.

Thank you everybody for listening today, now we're going to continue with the last part of the Guru Puja. Lama Gangchen Rinpoche every time we did a practice he always put it together with the Guru Puja. Everything that we talk about is inside the Guru Puja, so all the teachings reinforce the Guru Puja. And the Guru Puja grants us blessings for the realisation of the transformation of the mind. So now we'll continue, if anybody who's in the streaming would like to join us we're going to do the *lamrim* part of the Guru Puja and the dedications.

[Guru Puja]

I came here because I wanted to see my friends. I've been trying to get here for months but it wasn't possible. This summer, I intended to spend three weeks here to support the centre but actually Lama Michel asked me if I'd stay in Albagnano. Obviously it's the first summer with Rinpoche in the rainbow body, so of course we had to do like that. Lama Michel intends to come here in the autumn. Tomorrow by the way Lama Michel Rinpoche is streaming, I think in Italian, but if you want to watch that's 7 tomorrow evening. On Thursday I'll be streaming from Tsering Jong, which is our mountain retreat place here in Andalusia. Watching the streaming today we have some friends from Holland, also from South America. I'm sorry that now you're having so many difficulties with Covid and the lockdown and everything, but when it's possible we will come over and visit. Anyway now we're all together throughout the world. In Albagnano, this summer, we'll be having the summer retreat. I know most of you are not able to come, but it will be in streaming so we'll be together heart to heart. In August we're going to do a retreat from the 1st to the 23rd in Albagnano on the Guru Yoga of Lama Gangchen - connecting heart to heart to Rinpoche. So of course all our friends, around the world, can do that if they like. You don't

have to physically be there, we can also connect by meditating together worldwide. For sure we will stream the teachings and all kinds of beautiful things.

Thank you very much for listening and definitely I will come more often. I'm really happy to be here.

om bishwa shanti hung

by the power of the truth, peace and bliss forever

nyinmo deleg tshän deleg

nyime gung yang deleg shing

nyintshän tagtu deleg pe

könchog sum gyi jin gyi lob

könchog sum gyi ngödrub tsöl

könchog sum gyi tashi shog

At dawn or dusk, at night or midday
may the three jewels grant us their blessings
may they help us to achieve all realisations
and sprinkle the path of our lives
with various signs of auspiciousness