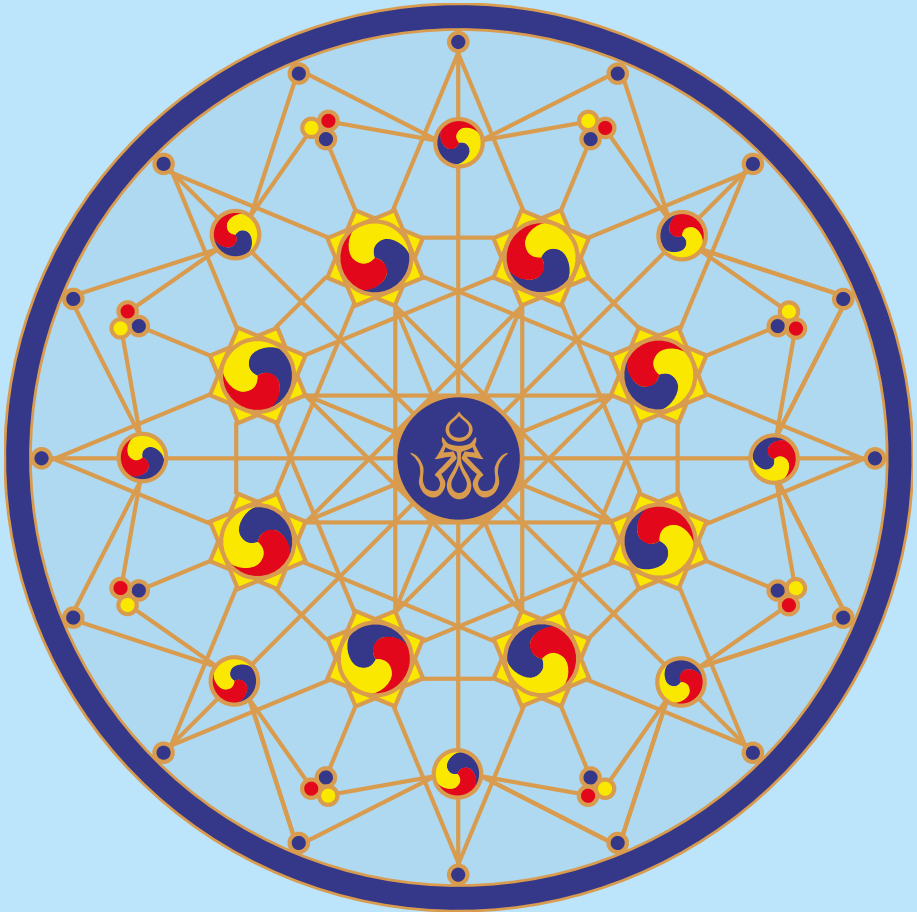


THE INTERNATIONAL DZOGCHEN COMMUNITY

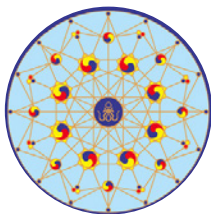


INTERNATIONAL
DZOGCHEN
COMMUNITY



SHANG SHUNG
PUBLICATIONS
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THE INTERNATIONAL DZOGCHEN COMMUNITY



Dear Friend,

This little booklet will give you a brief overview of the International Dzogchen Community, a community of people interested in personal evolution who follow the teachings of Chögyal Namkhai Norbu and, after his passing away, also those of his son Yeshe Namkhai.

The Tibetan word Dzogchen translates as Total or Great Perfection, and refers to the great perfection of our innermost nature which is pure and has infinite potentiality. The teachings that help us to discover this nature are called the Dzogchen Teachings.

The Dzogchen Teachings are an ancient system of knowledge and contain a wealth of methods that came to us from Tibet, where they were practiced for centuries. Yet they are universal and represent a timeless heritage of wisdom that transcends place, culture, religion, time, or ethnicity.

The transmission of the Dzogchen Teachings has been passed down via a lineage from master to disciple. Chögyal Namkhai Norbu was a master and lineage holder. He was also a professor at the University of Naples, where he awakened his students' interest in the teachings. Over the years, the circle of people gathered around him grew into the worldwide community we call the International Dzogchen Community.

The International Dzogchen Community has a global network of centers for anyone who is interested in studying and practicing the precious Dzogchen Teachings. At these centers which are called Gars or Lings, those interested can participate in various programs and events, exchange their experiences, and receive support for their practice.

The cover image of your booklet represents this global network. The golden Tibetan letter in a blue sphere is the core, symbolizing knowledge of one's innermost nature and connecting the different Gars and Lings and the individuals. It also illustrates our inner network: in the Dzogchen teachings, the individual is seen as functioning on three interdependent levels of body, energy, and mind, and their fundamental unity is represented by the whirling "Wheel of Joy" or Gakyil with its three colors: yellow corresponding to our body, red to our energy and blue to our mind. The various disciplines developed and offered in the Dzogchen community - meditation, Yantra Yoga, Vajra Dance, and Khaita - each focus primarily on one of these three aspects. This integrated approach allows you to discover your own unique path to growth and knowledge that suits your abilities, needs, and circumstances.

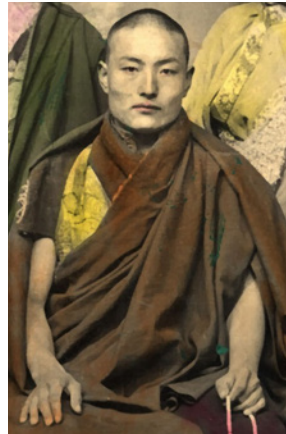
Welcome to this mandala!

The International Gakyil (IG)



ATIYOGA DZOGCHEN MASTER NAMKHAI NORBU

Master Namkhai Norbu (1938-2018) was an eminent scholar of Tibetan culture and profound guide to wise living. In the course of years, his fame became worldwide because of the extraordinary value of his research on Tibetan culture and through his mastery of the ancient Dzogchen Atiyoga teachings – Atiyoga is a Sanskrit word meaning “primordial knowledge” – an authentic heritage of mankind, of which he was one of the great representatives.



Namkhai Norbu in the traditional robes of a Tibetan Lama.

1938



Born in Ge'u, in Derge County in 1938, Namkhai Norbu was interested from an early age in study and spiritual practice, receiving teachings and instruction from great masters and immediately demonstrating his out of the ordinary capacity.

He was drawn from his earliest years to the study and application of Buddhist doctrine and practice in some of the most important monasteries and monastic universities in Tibet. In the course of his education, Namkhai Norbu's capacity to understand and memorize sacred texts became increasingly evident. His studies were of an intensity and profundity reserved for future spiritual guides.

Since an early age he received teachings such as Yantra Yoga from his uncle Togden Ugyen Tendzin who's life was later recounted by Namkhai Norbu in the book *Rainbow Body: The Life and Realization of Togden Ugyen Tendzin*.



Khyentse Chökyi Wangchug.

Namkhai Norbu also received Dzogchen teachings from his maternal uncle Khyentse Chökyi Wangchug, and wrote his uncle's biography, called *The Lamp That Enlightens Narrow Minds - The Life and Times of a Realized Tibetan Master, Khyentse Chökyi Wangchug*.

Thanks to his natural curiosity and insight, Namkhai Norbu not only studied extremely difficult academic texts at an unusually early age, but was also interested in Tibetan medicine, astrology and various aspects of traditional life, such as the customs and way of life of Tibetans. He examined their history in depth, penetrating its symbolic significance and learning many related methods and practices.

1951

In 1951 he received many essential teachings from the female master Ayu Khandro and recorded notes on her life story. He was later able to reconstruct and write her biography.

1955

In 1955 he met and received teachings from his principal master, Changchub Dorje (1863-1963), whose way of life and method of transmitting the knowledge of Dzogchen became an enduring source of profound inspiration for him. Through his contact with Changchub Dorje and his students he also became a practitioner of Tibetan Medicine and later on he actively promoted the dissemination and study of this tradition in the West.

1959



Namkhai Norbu (center) with Geshe Jampel Senge (right) and Lobsang Samten (left) visiting the collection of Tibetan texts at IsMEO.

In 1959, when he was invited to Italy by the renowned Italian Tibetologist and Orientalist Giuseppe Tucci, Namkhai Norbu was already noted as a scholar and spiritual master. He had taught the Tibetan language in Chengdu, China, and for a year had been living in Sikkim, India, where he worked as a writer of essays in Tibetan. Among other offers, Namkhai Norbu chose to live

in Italy, in particular due to his interest in the important library of Tibetan texts that the Italian scholar had collected over the years.

Thus, barely twenty, Namkhai Norbu collaborated with Prof. Giuseppe Tucci on the catalogue of Tibetan texts of the ISMEO (Institute for the Middle and Far East) in Rome, and in 1962 became professor of Tibetan language and literature at the University of Naples “L’Orientale,” where he continued teaching until 1992.

1971

In 1971 he began teaching Yantra Yoga, and in 1976, on the request of students he gave the first teachings on Dzogchen Atiyoga.

1981

In 1981 he inspired and contributed to the foundation of Merigar, the first center of the Dzogchen Community. In the years that followed, similar centers developed in the United States, Argentina, Venezuela, Russia, Australia, and other countries, giving life to what is now the International Dzogchen Community.

For more than 40 years he dedicated his life to introducing the Dzogchen teaching, an authentic heritage of humanity, to thousands of people all over the world. Having understood the importance of this teaching in order to live peacefully and in a relaxed way, Namkhai Norbu has committed himself to transmit his



Prof. Namkhai Norbu teaching “The Knowledge of Our Real Condition,” at Ying Jie Communication Center, Beijing University, China in 2015.

knowledge, offering with profound competence and humanity his wisdom to all those who were seeking his help. In order to maintain intact its original source, he has also done his best to preserve the Tibetan language and the numerous unique aspects of Tibetan culture.

For Namkhai Norbu, who had studied with great masters from an early age, respecting the teaching’s transmission and lineage was always of primary importance, at the same time adapting it to today’s circumstances and ways of seeing so that it may be accessible to an ever-growing number of people. Having a deep knowledge of human nature, he was able to transmit to all those interested in his wisdom, values that today more than ever are proving indispensable in fostering the hope that our world will evolve toward a future of peace and civility.

Namkhai Norbu received many awards and honors, both in his homeland and abroad, for his vast cultural activities and his untiring social commitment. One that deserves special mention is the Commander Order of Merit of the Republic of Italy conferred on him by President Sergio Mattarella in 2018. Namkhai Norbu passed away peacefully in his residence at Merigar, Italy, on September 27, 2018.

DZOGCHEN TEACHING



Dzogchen teaching is Atiyoga, where *ati* means primordial state and yoga means knowledge or understanding. In Tibetan it is called Dzogchen, where *dzog* means perfected state, which refers to our real condition, and *chen* means total: together it means “total perfected state”, which indicates how our real condition is.

Rather than a religious doctrine it is better defined as a system of inner knowledge, given the great importance to the development of individual awareness. This spiritual path, which is open to all, involves working towards self-awareness; personal freedom is an essential aspect so there is no obligation to follow rules or take monastic vows.

The fundamental practice consists of reaching a deep knowledge of oneself and one’s essential existence through the various experiences of daily life.

For this reason, Dzogchen is particularly well suited to the needs of modern society.

Dzogchen is aimed at the inner evolution of the individual. Entering the dimension of this teaching, individuals are encouraged to open their minds and nurture within themselves a wider and more positive vision of the world. “Total perfection” is the natural condition of each of us and, if recognized, naturally it leads to compassionate and meaningful lives. The natural results of the practice of this path are spontaneous respect for others and a more generous and joyful existence.

SHANG SHUNG PUBLICATIONS



SHANG SHUNG PUBLICATIONS

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Shang Shung Publications was founded in 1983 thanks to Professor Namkhai Norbu's commitment to the conservation of Tibet's spiritual and cultural heritage for the benefit of future generations. Its principal purpose is of publishing the teachings of Namkhai Norbu and other masters belonging to the Tibetan traditions, both Buddhist and non-Buddhist, with contributions



Prof. Namkhai Norbu at the expedition to the lost kingdom of Shang Shung.

such as the ancient history of Tibet; indigenous, pre-Buddhist traditions; the customs and costumes of nomads; the origin, theory, and practice of astrology; and traditional Tibetan medicine.

Namkhai Norbu's deep research examined the texts and the historical traditions of the ancient kingdom of Shang Shung, demonstrating that it was from these roots that the culture of Tibet was partly derived, including some religious aspects.

The texts that he brought from Tibet and those he acquired in the course of his research activities now form the core of the Zikhang Library at Merigar West, in Italy.

His knowledge of Tibetan language and literature was very deep, and he taught this discipline for decades, promoting and participating in conferences in the East and the West. He also facilitated the translation into Western languages of some of the most important texts of the Dzogchen teaching.

For those who have the fortune to know the Tibetan language, Professor Namkhai Norbu was a refined author and poet. His prose is recognized as of the highest order, and his verses, as inspirational as they are inspired, are distinguished by an uncommon force.

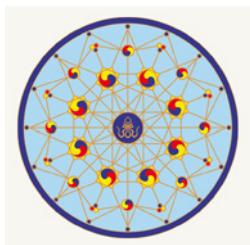
Shang Shung Publications is committed to the translation and publication of the precious teachings that Prof. Namkhai Norbu has offered as a patrimony for human kind.

KA-TER



Founded by Namkhai Norbu in 2002, Ka-Ter is a project dedicated to the funding of translations into Western languages of key Dzogchen texts as well as the translation of the complete works of Namkhai Norbu. Starting in 2003, Ka-Ter organizes the annual Training for Translators from Tibetan and fundraising campaigns.

THE INTERNATIONAL DZOGCHEN COMMUNITY, GARS AND LINGS



The International Dzogchen Community (IDC) counts among its members all those who are interested in the practice of Dzogchen as passed on by Namkhai Norbu. The Community is thus seen as a place for people who share the same path towards knowledge.

The various community centers (Gars and Lings) are considered places for the practice of awareness where it is possible to collaborate with each other in the perspective of a common spiritual enrichment.

It has a non-bureaucratic organization, with systems of communication and collaboration which respect the various autonomous local conditions. For Namkhai Norbu, the various Gars (places where students gather to receive teachings and practice together) make up one great mandala, a network that covers the various geographical areas of the world and to which practitioners can refer as places of study or practice and meditation. There are ten Gars and many smaller Lings in various places around the world.

According to the requests of his students and their local circumstances, Namkhai Norbu and the International Dzogchen Community collaborated to develop the Dzogchen Teachings in different practice places of our globe. These practice places are called “Gar” as in Tibetan language. Therefore everybody interested in following the Dzogchen Teachings is welcome to visit at:



- **Merigar West** in Italy: since 1981 is situated where the slopes of Mount Amiata meet those of Mount Labro and it is a nature reserve. In Tibetan, Merigar means “residence of the mountain of fire,” symbolically signifying “abode of energy.”

- **Merigar East** in Romania: is located in the lovely countryside near the Black Sea.

- **Tsegvalgar East** in USA: Tsegvalgar means “Victorious Peak of Pure and Total Presence”. It consists of a practice place building, and a hilltop land, called “Khandroling” with retreat cabins, a stupa, and the Universal Mandala for Vajra Dance.

- **Tsegvalgar West** in Mexico: immersed in 3000 acres of wilderness with natural pools, hiking trails and majestic scenery, offers comfortable facilities for personal or group practice retreats.

- **Tashigar South** in Argentina: “Tashigar” in Tibetan means “Auspicious place”. Created in 1990 in the beautiful sierras of quartz and powerful rocks, it has comfortable facilities for practice activities.

- **Tashigar North** in Venezuela: this special practice center with warm weather and near the sea, has a beautiful meditation hall painted with traditional Tibetan motifs.

- **Namgyalgar** in Australia: located on the Sunshine Coast of Australia, in Queensland, is a practice center in the magnificent nature of the unique Australian environment.

- **Kunsangar South** in Crimea: “Place of The All Good” or “Place of Samantabhadra”, is a center unifying practitioners from Ukraine, Russia, Belarus, Latvia and other countries of Eastern Europe.

- **Kunsangar North** in Russia: is only 70 km away from Moscow. It is a quiet place in the forest on Klyazma River very suitable for personal and collective practice

- **Dzamling Gar**: is located on Tenerife, Canary Islands. Being the “Global Gar”, here the practitioners from all around the globe meet and collaborate together.

THE INTERNATIONAL ATIYOGA FOUNDATION



The Atiyoga Foundation (ATIF) is a cultural foundation that was created according to the wish of Prof. Namkhai Norbu to support the evolution of the individual through the different cultural forms or areas of the mind that Namkhai Norbu developed during his life. In order to make available “favorable conditions to bring out the potentiality of human beings”, ATIF is intended as an umbrella organization for all the entities affiliated with the International Dzogchen Community, and it was founded in 2018.

ATI MOVEMENT AND MIND DEPARTMENT

In 1990 Namkhai Norbu began to teach the Dance of the Vajra, and starting in 2011 he also promoted Khaita, a project devoted to the study, singing, and dancing of traditional and modern Tibetan songs. The Dance of the Vajra and Khaita are both profound meditation in movement methods and have been recognized by UNESCO’s International Dance Council (CID).



THE DANCE OF THE VAJRA is a method of contemplation in movement.

Through dancing on the Mandala we activate and coordinate specific energy points in our body according to an ancient knowledge of channels and chakras. In

this way the Vajra Dance dissolves energy blocks, harmonizes the three main aspects of our being – body, energy and mind – and develops presence and awareness.



Namkhai Norbu teaching the Vajra Dance.



KHAITA means “harmony in space”. It is a joyful practice that promotes individual and collective harmony through music and dance. Namkhai Norbu first began to collect Tibetan folk songs as early as 1967 and in 2011 conceived the Khaita Joyful

Dances, collecting traditional and modern songs performed by young Tibetan artists, chosen on the basis of their meaning, melody and the origins of the singers. As a practice, Khaita it is beneficial for our physical health and also for our mind. While we dance, we practice presence, therefore we develop living awareness rather than distraction and lack of consciousness.



YANTRA YOGA is one of the oldest systems of yoga from Tibet. It consists of a unique series of positions and movements combined with conscious breathing that together coordinate and harmonize the individual energy so that the mind can relax and balance.

KUMAR KUMARI is a method of Yantra Yoga designed specifically for children between 5 and 12 years of age. It was conceived by Namkhai Norbu, who also wrote a book describing each of the movements in detail, taking into account the unique characteristics of children’s physical size, energy, and breathing.



MEDITATION. The way we are using the word “meditation” refers to a process of self-discovery that brings a knowledge of our authentic nature as human beings. We discover this authentic nature through different methods that go back to many centuries and that our teacher, Namkhai Norbu, has made available to us during over 40 years of teaching in various parts of the world.



THE INTERNATIONAL SHANG SHUNG INSTITUTE was founded in 1989 by Prof. Namkhai Norbu. Based in Italy, it permits scholars from around the world to pursue and develop important research activities on Asian arts and cultures. In particular, the departments of Tibetan language and traditional Tibetan medicine promote conferences and workshops around the world and regularly organize training programs for future translators and doctors of Tibetan medicine.

TIBETAN MEDICINE is a complete, holistic system of medical science from the traditional culture of Tibet. This science of healing represents a continuous lineage of practice spanning many centuries. Tibetan Medicine is based upon four primary classical texts, known collectively as the *Gyüd Zhi* (*Four Tantras*). The Tibetan Medicine School founded by Namkhai Norbu offers international programs for deepening the knowledge of this ancient knowledge.

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