

## March 2023 - Blue Gakyil Report for General Assembly

The current Blue Gakyil was formed in the summer of 2022 with members, Robert Derr and Marsha Ellison. Blue functions due to the collaboration of Tsegylgar East members and Friends of Blue who lead local and remote practices and especially Nancy Paris who handles all of the announcements and zoom calls.

### Practices and Retreats since Summer 2022:

- The Summer Sangha Celebration was held for 8 days and featured daily recordings of ChNN, Yantra Yoga, Vajra dance, Santi Maha Sangha, and Dream Yoga instructions and other practices. All events went off smoothly with a great opportunity to be together and enjoy Khandrolling.
- In August, another precious opportunity was the Dance, Dance, Dance retreat in which participants deepened experience in all major dances with authorized instructors. Other Vajra dance practices were held following the retreats, and on scheduled and spontaneously arising occasions.
- Our monthly calendar of events continues to offer regular Ganapujas on special days, yantra yoga, daily practice of the 12AH dance, and other regular practices in-person and online in conjunction with Kundrolling (NYC affiliated ling).
- Monthly practices on Natural Light and Dream Yoga resumed in September.
- A fall highlight was a 10-Day Teaching and Experiential Trekchod Training Retreat with Elías Capriles, focusing on the 2nd Statement of Garab Dorje "Not Remaining in Doubt" with teachings from Elias' book, *The Source of Danger is Fear*. This was very well attended with over 130 registrants both in-person at the Conway Gumpa and online. Many spoke about the deep value of this intensive learning and practice opportunity.
- SMS Instructor Lynn Newdome taught and lead meditation for the "Shiné" Zoom group - ongoing Mondays from January through March (about 20 international students) as well as teaching "Discovering Series," Saturday zoom workshops of 25+ international students (Jan. - April):
- The Atiyoga Book Club zoom course was offered through the collaboration of Tsegylgar East, Shang Shung Publications (Italy), and the International Atiyoga Foundation led by Lynn Newdome. This combined studying and reading *The Mirror: Advice on Presence and Awareness, a public* book of Chogyal Namkhai Norbu's, with meditation and discussion. It was held 6 consecutive Mondays, Feb.-March with international participation of over 160 people, half new students & half Dzogchen practitioners. About 60 committed students attended each week. A core group of over 50 people will continue meeting on the first Monday of each month to discuss their meditation and daily life practice.
- Two Medicine Buddha practices were held and zoomed, led by Menpo Phuntsog Wangmo to aid in the illness of Vajra sister Diana Sullivan and all sentient beings attended by 40+ individuals. After the passing of Diana, weekly Xitro practices and daily Xitro practices from Kundrolling were held for the benefit of Diana and all sentient beings.
- A survey was conducted to establish priorities for retreats for the coming year. These were the top five requested practices from 53 respondents out of a list of 24 practice options presented.

	Total (online and in person) (N=53)	In-person	On-line
Dark retreat	29	22	7
Summer Sangha	26	20	6
Mandarava retreat	26	13	13
Semdzin/Rushen	25	8	17
Igor Berkhin	23	9	14
Xitro	22	3	19
Khalong DorjeKar	22	15	7
Dance, dance, dance	17	16	1
Song of Vajra dance beginner	18	14	4
Mandarava instruction	22	6	16

### Proposed Retreats and Practices for 2023:

- **Summer Sangha celebration** is planned for **July 8-15**. Details TBD.
- **Dance, Dance, Dance** with authorized instructors, early tentative dates are roughly **August 5 - 20**. Potential courses are: Dance of Song of Vajra for beginners; 2-3 days of Khalong Dorje Kar of the Song Of The Vajra with Prima Mai in person or online; Advanced/Preparation for 1st Level Teacher Training course of 5 days with Prima in person or online. This course covers 3 Vajra Dance and Vajra Dance that Benefits Beings.
- A weekend retreat will be held with an external teacher, founder and spiritual director of Ligmincha International, **Geshe Tenzin Wangyal Rinpoche**, a meditation master in the Bön tradition who previously taught at Tsegylgar. He will be teaching on the “Heart Drops of Dharmakaya” Bön pith instructions **October 13-15, 2023**.
- An additional retreat with **Elias Capriles** is being confirmed for 2023.
- We have requested Yangtig teaching from **Khenpo Tenpa Yungdrung**, the abbot (khenpo) of Triten Norbutse Monastery in Kathmandu, Nepal, one of the two main Bön monasteries outside Tibet. Khenpo previously visited Tsegylgar in 1998. He has agreed to come, dates are to be determined.
- Two additional **Atiyoga Book Club** modules are planned for 2023 (*Opening Our Minds* and *Starting the Evolution*). Translators will be provided for these courses. Future courses will be evaluated and decided after Yeshe Namkhai's Dzogchen retreat this May, when we see how much need there is to instruct new Dzogchen students in basic Dzogchen teachings and practices.
- **Mandarava practice** retreat in **September**.