

T.Y.S. Lama Gangchen
Tibetan lama world healer

Peace words

Teachings on non-violence
and non-formal education
from the Borobudur world peace stupa-mandala

TRANSCRIPT

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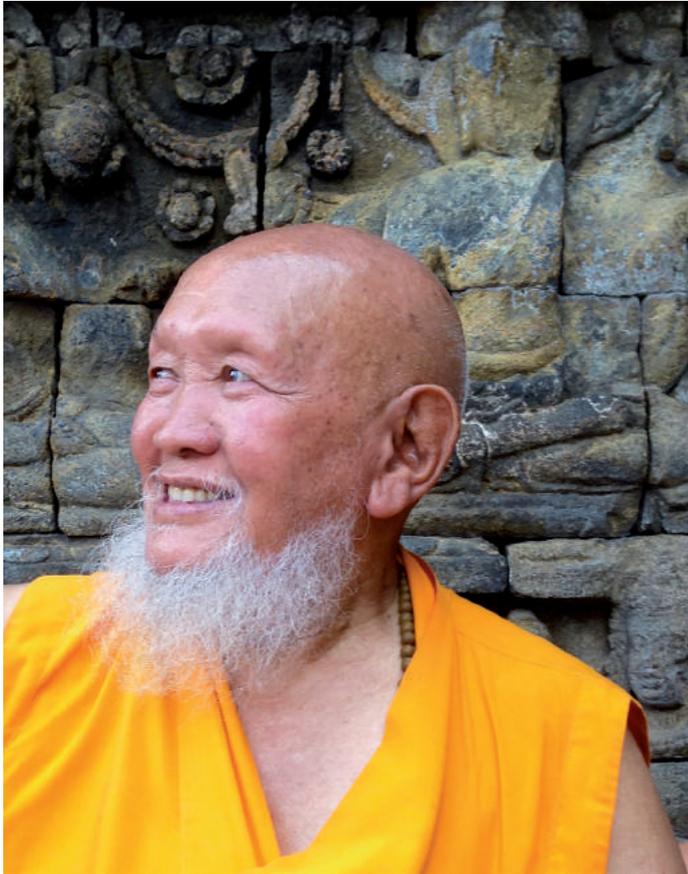
**Teachings on non-violence and
non-formal education from
the Borobudur world peace stupa-mandala**

Transcript of teachings given in Java, Indonesia
on the 23rd and 24th December 1996

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This transcript has been edited to make it more easy to read. However, Rinpoche's English has been left as close as possible to his own. We hope that you will be able to feel the very special energy which comes through Rinpoche's speech.



Lama Gangchen Tulku Rinpoche is the holder of a long and unbroken lineage of healing lamas and tantric masters. He has a profound knowledge of the interdependent relationship between the body and mind, and has developed the ability to understand the causes and conditions of both mental and physical illness, beyond the mere physical symptoms. In this way he is able to aid many people overcome and heal their physical and mental problems by helping them to reconnect with their innermost pure-crystal self-healing energy.

PEACE WORDS

Teaching

23rd December 1996

In this world there are different spiritual and therapeutic methods that people follow to develop peace; some people practice meditation, some people use colour as a means to heal, other people use images, others use repetition of mantras, some people use breathing techniques, others meditate on emptiness or compassion, some people use movement or gestures like those in Tai Chi. There are many different ways in which we can benefit both ourselves and other people. In Tibetan Buddhism, and particularly in NgalSo Tantric Self-Healing, we try to link together all these methods. We use everything together, many methods, without rejecting anything. I do not need to give more details or explanation because you already have some experience of the Self-Healing practice.

Maybe some people when they first see Self-Healing think: *ah this Lama is doing strange things, I never saw this kind of thing before, he is doing everything different, completely different.* Actually, this is not true. People only say this kind of thing because they don't think well. I have deep respect for all healing methods and for tradition, I am just joining them together to try and present a method that all people can use, understand and benefit from.

For example, in Tibetan Buddhism we use a lot of repetition, we repeat hundreds, thousands and billions of mantras. We even make retreats of three years during which we repeat mantras. I accept this method. In NgalSo Self-Healing we also use repetition, for example at each chakra we repeat the mantra **PAM LE PEMA** with the colour five times. We start our rounds of the stupa very early in the morning around 5am, and until we finish at 9.30 or 10.30 we never stop repeating. We are repeating, repeating, repeating.

Traditionally during retreat time it is generally not possible to speak. Here at Borobudur I have never made this rule but in a very soft and gentle way it is there because we have to use our voice to repeat the mantras. I never say: *you do not do this, you do not talk, you do not do bad things, you do not stay with your girlfriend or boyfriend*. Actually there is no time to do these things. We all, personally, have to keep our attention on the mudras and on how we sing; our mind is busy with the symbols, colours, seed syllables and so on. There are no rules in a direct way, but in an indirect way there is everything! If during retreat time the Lama says: *you do this, you do not do that* it can create blockages in people's minds. Generally people do not know about these traditional aspects and rules, they have never received explanations and so it needs to be done in a very soft way.

In the Self-Healing practice we use many colours. Why? We use colour because our body and mind by nature have many colours, we need to transform all the polluted impure colours of our body and mind into pure colours. For example, how many colours do I have? Look at me. I am looking at you and I see that you have a lot of different colours. Skin colour, hair colour, eye colour - each person different. Why do we have this colour? Where is this colour coming from? This colour is coming from our own body! This colour is a part of us and so we need to take care of it. So I think ok, I need to accept colour therapy. In Buddhism we use a lot of colour - all kinds of colours! These colours are not used because of some kind of fantasy, they are very meaningful for our life.

We need to take care of all these colours; the colours in the outer world and in the inner world, the colours in our body and in our mind. It is for this reason we use the five colours in the Self-Healing practice. These are not just the colours of the Dhyani Buddhas - we have these colours within us and when these colours are impure they

create reactions that mean we experience blockages, disturbances and sickness. In this world we have a lot of problems caused by colour and so we really need to take care. Please do not think that I made up these colours as some kind of fantasy. We do have these colours and we need to take care of them! We use colour not only in Buddhism, it is a well known therapy, a healing method that can be used by everyone because everyone has a problem of impure colour.

Then sound. We talk about sound therapy but why do we need this sound therapy? We need it because we have too many sounds! Sound does not only mean speaking. If I move this paper - sound, I move my mala - sound, even when we go to the toilet there is sound! When we are sleeping there is the sound of snoring, so even in our gross level sleep there is sound. How many sounds? Look, this paper moving - sound, I click my fingers - sound. All this sound is natural sound, but impure sound makes a lot of problems. These days people complain a lot about sound and the level of noise, in the cities there are big problems of sound. For this sound we need sound therapy which means how we can take care of sound in a positive way, how all sounds can become nice. Sound. Each word I speak - sound. When I speak one mantra, it is sound therapy.

If I explained everything then one month would not be enough. We do not have time! In this world people do not have time, both the people who are listening and myself. We speak about something a little bit here and there and then it is: *tashi delek, bye bye, goodnight*. It is very important to take care of sound. Mantra is a beneficial sound. There is even sound with the seed syllables. How? Sound exists even on the subtle level. When two people make love, the union of the two seeds creates a sound, we do not hear it but the sound is there. The seeds are very small, very subtle substances, but there is sound. In the NgalSo Self-Healing practice we put the seed

syllables **OM AH HUNG TRAM HRI** at the chakras - there is sound on the subtle level. This is not speech but there is still sound. It makes sound in a different way. We need sound therapy and so I put sound therapy inside Self-Healing.

Then we have meditation and concentration that is also very important. We really need this therapy. Our mind never relaxes, it is never sitting together with the body. Even if our body is still our mind is always active: *I want, I like, I go, if I had money I would do this, if I don't have money, if I find this boy or girl then, I like this beautiful one, I want this and that.* Our mind is too busy and so it never relaxes on one point. Even if the things we think about are impossible for us, our mind never relaxes. Our mind is like a monkey going everywhere to explore, every second it is moving and jumping, going to taste something, going to look, smell, listen, touch... Our small mind is too busy, never relaxed.

Even when we are sleeping our mind is busy. On the gross level we sleep but on the subtle level our mind is still busy somewhere. In this way we make ourselves tired, but actually there is no sense to this. We need concentration to relax our mind. By focusing on one point such as emptiness, compassion or joy our mind relaxes. Meditation is very important and so this kind of method is inside Self-Healing.

Mudra. It is very important to use our physical movements in ways that are beneficial. How is this possible? This is something very easy to understand. For example, when we shake hands with somebody, we immediately react to the person and understand if they are friendly or if there is some bad or nervous feeling. What power is there in shaking hands? Actually it is nothing! However, our relative mind makes something of this act of shaking hands and we immediately feel something either good or bad. What power is this? It is just the

power of movement making a positive or negative reaction in our mind. Self-Healing practice is transforming negative actions into positive. For example, the physical movement of breathing in and out can become a very useful meditational or purification technique.

Mudras, physical gestures, are commonly used in each different country and culture. In Tibet if we make this movement it means come here. There is no need to speak but the people are coming. If you move like that then the people are going away. So this is what power? This is mudra power, gesture power. If you understood or not the gestures I made is not a problem because each different country has its own system of mudra. Mudras are working. For example, boyfriend and girlfriend are speaking through the eyes. True or not true?!!

Self-Healing is not something strange, it respects other methods but presents them in an easy way for modern people to understand. If you asked modern people to sit quietly in meditation or to recite mantras in a traditional way, maybe they would repeat **PAM LE PEMA** or another mantra many, many times - but, what kind of benefit does this give if people do not understand what they are doing. All the singing and mudras together in Self-Healing create energy, just sitting in meditation is different. Of course lamas are different, they have the habit of staying quietly in meditation. For example, the **OM AH HUM** breathing meditation, lamas are doing all the time even when it looks as if they are just sitting. Even when lamas are talking normally: *how are you?* and so on, they are using the sound of their voice to immediately benefit others. They are using their breathing action in a positive way. This is possible but it is difficult for us to understand, so we have to do things in a different way. If you have no personal experience or feeling of the self-healing energy inside the traditional practices, there could be the danger that one day you say: *I repeated this mantra for two years but nothing happened, it is*

not true, not true, I did this meditation for one year, for two years I have done this meditation but doing nothing. That these things are nothing is not true, they are everything but the way we learn and live in this society is different. People of the 20th century have a different mentality and a different culture.

What does different culture mean? Each country has its own culture, this is one meaning. However, in the past there was also a different culture of education; non-formal education. The mother, father, grandparents, teachers and so on would teach children in a very gentle way: *you do this, you do not do this, you must behave like this, you must not treat other people like that.* This form of education we do not have now. It is not even possible now because people do not want to listen.

People like freedom, freedom, freedom, liberty! This is wonderful but at the same time we have lost a very good culture, a non-violent culture. Before people were taught how to relate to other people: *you do not answer like that, you do not talk like that, talk in a nice way.* These days people think it is ok to use any kind of language. That means that now there is no different culture, everywhere there is one culture - a violence culture. Our way of speaking, listening and relating to other people creates suffering. Even when we give something, the way in which we give is violent.

Our way of speaking to each other is violent. The way in which we look at each other is violent. Our way of touching and moving is violent. There is even violence in the relationship between doctors and patients. We can use as examples of violence everything that we do in our normal daily life! The way we teach religion and spiritual values is violent. Giving medicine is violent. The medicine itself is violent. Method is violent, reality is violent. If you live alone there

is also violence. How many positive thoughts do you destroy, how many times do you react in a negative or violent way to your emotions and thoughts?

Everything is violent - so our culture is a violence culture. I am always repeating at the end of teachings: *by the power of the truth, violence culture transform into a non-violent culture - a peace culture*. I am not just repeating this because it sounds nice! It is something very important. There is no difference now between countries, they are all the same; Italy, America, everywhere is the same. Violence culture is everywhere. Maybe in America there is more fear. In New York they have more dollars but also more fear! Violence. We are always afraid that something will happen to us. Even if we prepare our house to be very quiet and secure with many doors and windows, maybe there is less noise but violence is still everywhere! The only solution is to transform this violence culture into a non-violence culture. This is something that everyone needs to do. Alone it is not possible. Everyone needs to think if what I say is true or not. If you think that what I am saying is completely not true - never mind. If however, you think that it is true then you need to do something.

Our relationships with others are violent; the way we look, our speech, even our thinking is like violence. This is too heavy, it is too much, so we have to do something. Business is violence: *I do this, I do this, I buy tomorrow!* Outside we show a nice soft way when we do business, but inside violence. Everyone needs to check if my message is true or not true. If you think it is true then you have to do something - now!

I do not study or prepare before I give teachings, I speak from my own experience and observations as this is a more direct and powerful way. I would really like to do something to develop non-violence, but not

only through Buddhist teachings, because to develop non-violence the solutions need to be open and useful to all people. That is why I wrote **“Non-Formal Education - Solutions for Better Living”**. I gave this to the United Nations General Secretary, to try to give them a message. Through the power of technology messages can be spread all over the world in a very short time. Now, we are speaking here at Borobudur, we are actually around 100 people but I think that I need to speak and give a peace message to the whole world. Technically I do not have this power, however if I go to the United Nations and they agree then they have this power. I am sure if we asked people about this violence culture many of them would say that it is true and that we need to do something - I am sure! We can start slowly but please do something to help me spread this message.

We have violence everywhere in this world. We need to talk about and explain the problems of violence that are directly related to our life and not in some distant philosophical way. Before I gave some simple examples because in this way people’s minds touch the point: *ah this yes, this true, this yes*. People agree. If I said these things in a philosophical way or spoke generally about the meaning of violence or non-violence, for example if I said to you violence was war, there would be no feeling because although we know there are wars and fighting in this world it is not something directly connected to our life. Introducing violence in a way that is related to everyday life is different, then people really understand.

There are thousands of different kinds of violence. Non-violence means, of course, that we need to stop war - but this is only one side, there are also many other ways. More than war, each person is living with violence. Families are living together with violence; the husband is too strong in his behaviour or the wife is too strong, brothers and

sisters fight! What is this? All the time there is violence in our day to day life. This is what? Living and creating violence! What reason? Why? Living together with violence - why? Working together with violence - why? Brother and sister treating each other with violence - why? There is no meaning.

We have to live in a friendly way without violence. The relationships between brothers and sisters, business people, families and so on, need to be without violence, this is most important. The result would be that we would enjoy much more and feel much happier. For example, in ancient times doctors not only gave medicine to their patients, but they also tried to give a good feeling and this was very beneficial. These days things are different: *ah I saw the doctor, I have strong pain, the doctor checked me and said terrible things, terrible things* - then what? Stronger than the physical pain we experience, now there is mind suffering. This happens all the time. We hear people repeating: *the doctor said this, my husband said that, wife said something, he complained to me*, we suffer because they speak and behave with violence. Please do not do this to each other!

This violence creates more suffering than guns. If one person kills another with a gun then we all accept that the person should be punished and go jail. However, in our daily life we are creating more suffering than this! Maybe we do not kill but we act and think with violence every day. What kind of punishment do we need? Actually our punishment is coming automatic, we are unhappy. Do not do these bad things. Brother to sister, wife to husband, boyfriend to girlfriend, whatever relationships you have please do not do bad things. Do beautiful, kind, gentle things, have a non-violent life.

Maybe I should give more explanation than this. I am sorry because my English is poor so sometimes my speech is a little bit too direct.

I do not have a nice way of speaking, through philosophical terms or in an indirect nice way. This is my problem. My violence is to be too strong and direct through my speech! If I had good English, I would speak in a nice way, using words to really make you understand, but I am not able. I am using few words.

For example, the doctor says you have something wrong and so you need to make other checks and examinations, at that moment you smile at the doctor and say: *ah yes, thank you doctor, nice doctor thank you, one kiss, two kisses*. Then after you leave the office comes the fear: *what does this mean, maybe I have cancer or aids or a terrible disease*. A thousand different questions come into the mind - the speech of the doctor creates a lot of problems for the patient. This is not the mistake of the doctor. I am not against doctors. Maybe my speech is too strong. Anyway I am not against doctors, I too am a healer and help sick people. Doctors say to patients: *you are dying, you have a very dangerous sickness*. This is the modern way of taking care - to say you have no hope and no chance because you have some terrible disease. From one side maybe this is true, maybe the situation is like that - but on the other side this kills all the energy! The patient may have three or ten years more to live but when they receive this kind of news the mind dies at that moment. Actually, I won't go into details but how many people think for example: *ok the doctor says I have this problem, that I am sick, I have terrible disease so I will do stupid things because anyway I will die*.

I think that doctors need to give hope to the patients. Make hope. Hope is medicine. If the doctor says that you have a very dangerous sickness and that you need to make a thousand different examinations and treatments - this kills hope. Then different doctors tell you different things and that makes more doubt. Inside there is no hope, but we still continue to make appointments for examinations and treatment.

If you give hope then energy is coming. You can show patients many different methods to give them hope: spiritual methods, exercises, diet or simply through nice gestures. The way of communication is also very important - just listening to the patients situation in a kind and soft way is medicine. A pill is medicine but more than this pill, treatment in a nice soft and gentle way is medicine. If you treat the patient in a very gentle and soft way then any medication you give becomes more delicious, more powerful. If you give medicine and say to the patient: *ah you are in danger, you have to take thousands of different medicines*, the patient will take the medicine but it is not delicious, there is no hope, and therefore it is less powerful. This is not the fault of the doctor, this is the result of our culture, there is violence everywhere. This is a big problem in modern society.

If our culture was to teach doctors how to link and build positive relationships with patients, then this in itself would be a powerful medicine. We need to teach through non-formal education how we need to relate to each other. Hope. If we do not give hope then the person is dying at that moment, we completely kill the mind. They still continue with their lives, there is physical movement but the mind is already gone. This violent way creates how much negativity? In a culture of peace our touch would be peaceful, our physical movements would be peaceful, our speech would be peaceful, the way we look at others would be peaceful. If we have this peaceful energy then our speech is medicine, touch is medicine, looking in the eyes is medicine, smiling is medicine, gestures are medicine. If we all developed this peaceful and non-violent energy then the culture of peace would become a reality - this energy is wonderful!

If we kill somebody's mind today by destroying their hope, it means that this person is already in the intermediate state. The person experiences this intermediate state until they die: *now I am*

like this, what is going to happen, when - today or tomorrow, day after tomorrow or day after. Generally we say that we experience the intermediate state after death but in these cases it is coming in advance. What is this? Usually the intermediate state comes later but now it is coming in advance! This is a result of violence culture.

Please we have to develop everything into a peace culture.

There is no need for you to become Buddhist or to be a disciple of Lama Gangchen to do this - it is enough for us to be friends. We have teachings every day but I never say to you that you must follow in the traditional way the relationship of guru and disciple. I like to teach friend to friend, but this friendship is more than an ordinary friendship - friends today and then tomorrow not anymore friends. Not a friendship like this. I mean friendship until death, until enlightenment and forever. Today friend but tomorrow no longer friend - this is what? Today disciple but tomorrow no more disciple - this is what? Today the Lama is placed high and then after making the Lama low with our slippers - why? Friendship, very good friends, we need to know what good friends means. This is very important. If you say: *ah Lama he taught me, he showed me, he told me, he sent me*, this is enough for me.

Now I would like to listen to your questions and opinions. During these days we have talked a lot so maybe you would like to ask some questions. In this way I can also understand something. I would like everyone to tell me something, I want to listen to what is in your mind. I made the Lama Gangchen World Peace Foundation ten years after I came to Europe. Before we made the Foundation I organised one big meeting and I asked all my friends to come and then I asked their opinions. Ten years using the healing mantra **OM MUNI MUNI MAHA MUNI SHAKYAMUNIYE SOHA** - helping or not helping? Many friends came to this meeting. One doctor said one friend told

him that there was one Lama in Milan, he had one patient that he could not cure so he sent to me. The result with this patient was good. Then one day this doctor appeared at our centre, now we became good friends. I like to listen to my friends opinion. Even the bad things I need to know, for example if you felt uncomfortable or if you didn't understand something. Any suggestions you have are also important.

These days there are many different teachers and gurus, but at the same time this has created many negativities: *this teacher is good, this lama is good, this lama is no good, this school of Buddhism is good, this school of Buddhism is no good*. People are already tired of religion and this kind of information makes people more tired. It creates more danger of blockages: *you follow this, you do not follow this, you don't follow this lama*, these things are horrible. They are killing Tibetan Buddhism, they are killing spirituality, because people become tired and experience doubts: *I don't want Buddhism because samsara is already full of problems, spiritual also full of problems so bye bye*. What do we need to do? There is no need to be against other, each person has a different idea, however it is important that personally we do something. Any questions?

Question

Even though we want to develop non-violence in our daily life, it is very difficult in many situations to react in a non-violent way. If people treat us with violence and are not considerate towards us and our feelings - it is normal that we react with anger. Are there any practical methods that we can use in those situations to change this habit?

Answer

Anger is like a fire, it can easily be put out when it is small but it becomes more difficult when it takes hold. When we feel angry we should immediately try to distance ourselves from the cause of the anger. We can do this by leaving the room, by taking some deep

breaths or by thinking of something else. If we can stop ourselves reacting in those first moments then our mind will quickly find some other subject and the anger will diminish. If the anger becomes very strong and we feel that we cannot control it, we should at least try to not take it out on the other people around us.

Question

In my life I have to take a lot of responsibility both at work and home. This makes me feel very stressed and unpeaceful. I criticise a lot the people around me. What can I do?

Answer

We all have to try and develop a positive mind as this helps us to see other people positively. Instead of criticising and blaming others for our bad moods and for not helping, we should take responsibility for the actions we decide to undertake. We should try not to be distracted by other things in this way we can accomplish our work more quickly, this helps us to feel less nervous and unpeaceful.

Question

I gossip a lot with my friends, but I understand that this is a form of violence and something negative.

Answer

If you do not want to join in this gossip then don't get involved with what the others are saying. Try to change the subject to move away from the negative. If they are talking about someone try to point out the positive qualities of that person, try to give positive information.

All good news, suitable news, perfect news and information we have to receive with joy and keep it close to us - like when we receive money. When we hear bad news we can listen: *ah yes, yes*, but we have to keep it distant from us, don't take inside, don't make confusion. For example if someone is speaking about bad things on the telephone:

yes, yes, but do not internalise it. All the good things we hear we should listen to and use, any person can give us beneficial and good ideas. If you like to follow confusion, spiritual confusion, dharma confusion, lama confusion, it creates blockages. Our modern freedom creates many problems for us. This is just my idea but, if you like to be confused listen to confusion - spiritual confusion, dharma confusion and so on, then ok? We are changing, changing all the time change.

We follow many courses and we look in many different ways for new information; we listen to conferences, attend courses and read books in order to learn new things. On one side people like very much liberation and freedom but on the other side people like very much someone to guide them. So, they go to many different people and places searching for new ideas and information.

The meaning of this is very clear, it means that the education we have, even if we have a high level degree, is not enough for our life, we need more. Our normal education is not enough. Our normal modern education is just an instrument. We miss something in our life and so we spend a lot of time running and rushing around searching. Where do we find this information? What kind of education do we need? My idea is that non-formal education can give to us the information that we need for our life. It can teach people how to behave in a nice way, how we can use our speech and touch in a positive way, how to benefit others, how to make life delicious!! All this is non-formal education. There is a simple non-formal education booklet, it is just simple but inside there is a very profound message.

When we retire and finish working, the knowledge we gained through normal education is of no more use to us, we do not need it. This education is only an instrument for work. When we retire from our job then our knowledge is on holiday as we have no reason to use

it anymore. At this time newspapers are not enough for us, television is not enough, going to the bar is not enough; these things are not enough for our mind because we still feel solitary, lonely and bored. We have no idea how to spend our time or how to live our life. We experience suffering. Non-formal education is different. If you have a job or not, if you are rich or poor, if you are healthy, if you are dying, if you have a lot of physical pain; if you have non-formal education then there is no suffering. If you do not have non-formal education or a self-healing method then when you have pain, you suffer as well - all these things come together, of this I am sure. If you have non-formal education of course you experience pain in your physical body but there is no suffering! This is sure. Which is the more difficult to deal with, pain or suffering? Which causes us more difficulty? Pain is nothing. Suffering is terrible! Pain can be transformed into something positive. Suffering is sure to be suffering.

We usually make dedication prayers at the end of teachings and Self-Healing practice: *making peace with the environment, making peace with the elements, making peace with the family, making peace with money, making peace journey*. Many people think that world peace means without war, without fighting. It does not mean this. It means that all the actions of our body and mind in our daily life are made with peace. We need peace in every part of our daily life; we need a peaceful family life, we need peace in our business, we need peace journeys, we need peace company, we also need peace money. Money with shaking and fear is what? We need money without fear! Peace is very important for this world.

People think about peace in terms of events such as big conferences and organisations. They think that it is something that interests philosophical people and rich people. No, this is wrong! Peace is something that is relevant to our life 24 hours a day, day to day, week

to week, month to month, year to year, life to life. Peace. We need to recognise all the unpeaceful situations in our life and transform them into peaceful situations. Please do not do unpeaceful things, never! When you understand this and practice it then you will really understand what peace means. *Ah peace means one big meeting, maybe one big movement*, this is also true, but in a different way. Peace is our best friend. Other friends change from today to tomorrow but our peace friend is always our friend. Peace medicine always heals us, other medicine helps us today but tomorrow it is of no more help. Other protection maybe helps us or maybe not, but peace protection means no suffering. Even if our body is unbalanced or sick of course we experience pain but there is no suffering. Peace is very precious - really friend, really medicine.

Through peace it is possible to unite all religions because it is a common point. It is the one morality that everyone agrees upon because we all need peace. People who do not follow any particular religion will join on the point of peace. People who do not believe in anything believe in peace. People who are against religion believe in peace. Peace is very useful for everybody; make peace your company - it is the best company, make peace your medicine - it is the best medicine! When you begin a relationship, do it in a peaceful way as it will be much more successful, really successful. Peaceful way means with good feeling.

If you make something with violence, it is shaky and unstable. Please, we need to learn peace really well. Do not think that the meaning of peace is philosophical and so it does not touch your life - it is important for everybody to have peace - to have inner peace. Inner peace is the most solid foundation of world peace. We have many things in which we need to integrate peace; we need to become peace messenger, we need a peace country, peace nation, peace family. When we live alone why are we fighting inside? No peace! We need to make peace with ourselves.

I am speaking a lot about: *peace, peace, peace* - maybe this is a nice word but really people do not understand the meaning. I am trying to give a different kind of information so people realise what peace means for our daily life. Peace is something we feel inside.

We have normal education from a,b,c,d to degrees and very high levels. I do not know if I am wrong or right but I think all this education is given with fear. Business education is with fear, religious education is mixed with fear, even marriage is mixed with fear, normal education is given with fear, even the relationships between doctors and patients are now based on fear. What is this education? Education should teach you how to overcome fear - this is really education. Education is making more suffering and more fear - why? All the information we see on television, listen to on the radio, read in the newspaper is based on fear and negative information. The way we speak to each other, look at each other, touch each other, is based on violence and fear. When we eat our food, we eat with fear: *ah maybe this and this, maybe making me sick, maybe toxic, maybe it is polluted*. We eat with fear. In the cities where there are many people, we have fear: *maybe he will steal from me, maybe this person is sick, ah this has sickness maybe I get this sickness*. All the information we receive is terrible, it is all making fear. Why are we making more inner fear? We already have enough.

We have to make less fear. We have to transform this culture of violence and fear into a non-violent culture by giving peaceful and positive messages through education, television, radio, newspaper, information, speech and other methods. We have to make less fear. To do this we need new methods. Question for you - are you learning your knowledge with fear or without fear? Do you live in a peaceful culture or violent culture? Tell me your answer.

We live with fear, we are always afraid to get things wrong. We are afraid that somebody is better than us, that people do not like us, everything we do is always with fear. We always feel frightened and threatened by others but we never really consider other people and their feelings and happiness. Maybe we all should try to understand the results of our own behaviour on the people around us.

To completely overcome fear is possible but to live with fear is not possible. We need non-violence education, we need new methods. We need many kinds of methods to make less fear. We need to give peaceful information and examples to this world; peace radio, peace newspaper, peace magazine, peace television and so on. We need to transform unpeaceful into peaceful, violence into non-violence. Tantra means transform. How can we make this transformation? Through using only mantra it is not possible! So we are trying to do something. In Milan we made Peace Radio and in Chile they are trying to make peace television, because normal television gives too much negative information that creates fear. We have to change this to information and education without fear, to do this we need many alternative method. Please try to do something in your life and transform violence into non-violence.

We have the group United Peace Voices, Peace Publications, World Peace Services, Lama Gangchen World Peace Foundation. We are not just using this word peace in a nice way. We would really like to do something, we would really like to create a change. True or not true you need your own experience, you need to check. Everything that I am doing needs to be clear to you. If the people who listen to me and the people who live with me say: *I know Lama Gangchen, but I don't know what he is doing*, this is no good. We need a mind that researches. Then if people ask questions we can respond: *this is not true because, ah Lama Gangchen does this, this is not true, that is like*

that! We need to know well. If we do not know how to respond: *oh, I do not know maybe...* then this is a problem. If you know that I am true or not true then we are clear, then this is no problem, everything is ok, any kind of gossip will not harm you. If you do not have a clear mind then if someone says something it creates immediately a problem.

Self-Healing is not just singing and moving arms, the main point is that we are doing something to heal ourselves. Even if you do not know the Tantric Self-Healing practice you can still understand this point. If however, you do make the practice then this is wonderful! We really have to understand what peace and non-violence mean for us, in this way we can really practice and do something to develop these things in our life. Practice means that you are doing something every day - this is number 1, even if you do not do Self-Healing. Talking about peace, peace, peace but never being peaceful yourself means that maybe one day you will lose believe. If you never do yourself, if you have no personal experience then you think these words such as peace and non-violence are not true and then you reject them. You reject something that you have never tried! You try! You need direct experiences of these things then spontaneous understanding of peace and Self-Healing is coming.

I think we stop now. We will meet again tomorrow. First, before we go, I would like to hear more opinions.

I know many people who think they understand peace but they don't really do anything. Now I feel that it is really the time for all people to manifest an active peace.

I am glad to hear you put all these things into perspective. I don't know how often I will meet you in the future or how faithfully I will do the practice of Self-Healing.

I do know that I will go back home and back to my work in the healthcare system. I understand very well what you were talking about when you say that a lot of harm is done in the way people relate to each other - doctors to patients. Also doctors know this and many doctors are trying within the hospitals to change this. I think it is wonderful to try to make peace something very concrete in your daily life. I want to thank you for that because it is a point from which I can relate to you and your work, permanently and this not even as your disciple but as your friend!

I would like to say that Lama Gangchen taught us for the first time how the world could be. For the first time I found somebody giving a clear vision of world peace. Every time I look at television I see all this violence - no channel is different. Also in my experience with doctors and religions even if they say they want to help - it is true that they in reality harm and violate us, even though I feel they don't understand what they are doing. I am very glad in these days because I received some immense vision.

I would like to thank you Rinpoche. In the days I have been here I have really learnt a lot and I would like to thank the people who have helped me. I would like to invite all the people who are here and who will be here next year to do something specifically about peace for the local community here. They have done a lot for us, the Borobudur Mandala is here and they are giving it to us to use for our practice. If we can do something to help the people in this region to develop peace then it would be good.

Here it is not possible to teach our practice using mantras and mudras and this kind of thing - but it is possible that we could organise some kind of conference on non-violence and non-formal education. Self-Healing in essence means how to take care of our normal life, 24 hours a day with non-violence. This is something that we can speak of to everyone, there is no problem. For example I have been to Pakistan, the people follow a different religion so in some ways it is not easy

there, but I made many friends. Not only in Pakistan but also in Turkey, the people liked very much our message of non-violence and non-formal education. We are all working on the same level, Buddhism or not Buddhism is not important, there is the feeling to be friends, to be brother, to be near. I am working in a very open way so people feel near. Anyway of course it is possible to do something here; non-violence, non-formal education, spiritual forum, peace culture, these things are possible to do together with everyone. I think that now everybody is opening doors to do things together. Now, maybe we listen Lama Michel!

Lama Michel

I don't really have anything particular to say but I would like to thank Rinpoche and all of you here for coming. We all know that Borobudur is a very nice place and has a very good energy, but when we come here we are like small children who open a book and don't know how to read. We just look at the stupa and we don't know how to use it for our practice. I would like to thank Rinpoche for showing us this path and also the path of peace. I would also like to thank Rinpoche very much for teaching all of us, through his example the way how we should act with people and relate to people in different situations. If we pay good attention to this we can really learn a lot. I am really very, very happy to have Rinpoche as my Guru.

So, I have listened to all my friends speaking and I am very happy. Why am I happy? I am happy because everybody is trying to take with them some kind of messages and ideas. This means you are taking with you non-violence, Self-Healing, Borobudur, you are taking something with you - that is wonderful. The people who are going to the seaside at Bali are just swimming and enjoying, they have no messages to take back home with them for their life. I am very happy that you all are taking something with you. I am very happy because we concluded something.

One new friend suggested earlier that we do something next year for the local people, I am happy to do this. However, I do not want to make, also it is not possible to make Indonesian people Buddhist. I do not want this, it is also not possible. I have no aim or wish in this direction, my motivation is to make for them a better life. Whoever comes to listen to me I never say that they should repeat mantras, become my disciple, take commitments and so on. Nothing. I like to make friendship with people. What is a friend? Friends help each other. If I need help - my friends help, If my friends need help - I help. This is friend. If someone needs help to understand peace or non-violence I can help by explaining to them. It is not necessary to use complicated philosophical terms - no need. Java Island is a very beautiful place with a very soft and gentle culture. We saw the traditional dances the other night; very beautiful, this is a soft culture! However, this peaceful energy needs to grow up and develop. Somebody suggested we do something to help, I am happy because someone had this motivation.

I would like to thank everyone here. I have been thinking particularly about non-formal education and how important it is. When you were speaking about fear you explained how our education subjects us to fear, how it was blocking our creative potential and also our intellectual capacity - I would like to help as much as I can to spread the non-formal education teachings.

Everyone here needs to become a healer, everyone here needs to become a teacher, everyone here needs to be a peace messenger. You all know these things. The first knowledge was mine - I gave to you this knowledge and information and now you own it. Even if I wanted to take it back.... it wouldn't be possible!! Now you have this information and so you have to use it yourself. All the people here need to think: *I am the owner of non-violence education, I am the owner of non-formal education, I am the Self-Healing owner and*

T.Y.S. Lama Gangchen

teacher. I am one person but now all of you have this knowledge. Now you! If you need a degree I will give one to you, some kind of certificate for participating in this course. If you are already working as a healer or in a hospital maybe it is useful for you. Please use the knowledge you have gained here in the right way.

Teaching

24th December 1996

I try to speak all the time of general information, things that are beneficial for all people, such as spiritual understanding without speaking of Buddhism in particular. I say that it is not necessary to become Buddhist, because we have many kinds of blockages and problems with religion and commitment - some kind of doubt, some kind of difficulty, some kind of problem. I say not necessary, but I also say that people need to become friends of Buddhism, friends of spirituality, friends of religion, friends of Catholic, friends of whatever there is nearby. We need to be nearby all religion, nearby spirituality.

I am Buddhist and I speak about Buddhist knowledge, but I try to make it easy for you by speaking in general terms. If we decide to become Buddhist on one side maybe there is a lot of happiness, but on the other side maybe there is some kind of blockage: *ah maybe now I have to change, it is not possible to do something*. This is a little bit like our marriage ceremony, on one side we are very happy to be married, on the other side: *now I am this and this and that, everything change*. In samsara people already have many kinds of problems, so I do not want to make another one! One more problem means we have more fear. One more fear - why? That is why I am thinking this way, and doing this way. I like to do this way. It is my wish to spread the teachings of Buddha and make them open to everyone so for this reason I teach in a non-formal education way. However I am not pushing you out - if you would like to become Buddhist or not is your choice. Nobody is going to be against you. If you like to take refuge or if you like to do more than refuge, if you like to follow the path until enlightenment - you choose. I will not say: *ah you don't do this because it is very complicated, because of this and this and that*. Whatever you like to do, is your choice.

If you like to study and practice Buddhism in a deeper way to gain more knowledge, it is your choice. If you want to be a friend of Buddhism it is your choice. If you want to be a friend of Lama Gangchen it is your choice. If you want Lama Gangchen to be your guru it is your choice. Even if you just want to listen and have no fixed religion - no problem. The most important thing is that you feel good about what you heard and if you find some good messages and ideas you follow, however if you think what you heard is not beneficial for you - then leave it. The main point is that you feel comfortable. I have made a painting which maybe you have seen. It shows Jesus, Buddha and other religious symbols together. It is important to know that religions can work together; however we do not need to mix the practices. I want to work with my body, speech and mind to benefit others but not only Buddhist people. I want to share with everyone. No need to mix. We need to be clear in our practice.

Now we will read one text of non-formal education that was prepared for one Habitat conference in Turkey.

The art of non-formal education for better living
A solution to create inner and outer peace in the cities of tomorrow

Presented on the occasion of the Habitat II Conference in Istanbul, Turkey.

What is non-formal education?

Non-formal education is very far away from most people's minds, so firstly I would like to explain what it is. We are all familiar with formal education which helps us to gain vocational skills and teaches us to use the logical, rational, cognitive and intellectual part of our brain. However we are not familiar with non-formal education. Non-formal education helps us to deal with the intuitive, emotional, instinctive, artistic and subconscious aspects of our mind, all of which help us to develop our social, interpersonal, psychological and emotional life skills. Whilst the formal system of education prepares us very well for the world of work, its limitation is that it does not teach us how to deal with the emotions that arise during times of stress and life crisis, or how to unite abstract concepts with everyday life. Through integrating non-formal education into the formal education system we can harmoniously develop both the left and right hemispheres of our brain. This integration creates individuals who are more balanced and who can create and maintain social peace and harmony in our cities, people who are interested in taking care of the urban and natural environments. Non-formal education is a life long education and not something that finishes when we leave school.

There is no doubt that in the future, due to the intense competition of eight billion city dwellers for human resources such as work, money, living space, nutritious food, clean water and air, that the external sources of stress will greatly increase. This is the reason why we have to start integrating now non-formal education into the formal school and vocational education systems. By doing this the next generations will be able to deal with the additional burden of social and urban stress in a more relaxed and peaceful way. I think non-formal education is very necessary as it gives to us the emotional education which

enables us to deal with modern life. If we follow non-formal education then our lives will be less expensive on the economic, energetic and emotional levels. This kind of emotional education is something that people of all cultures and faiths need. In previous generations these ideas were found mainly within the teachings of the world religions. It would be appropriate to try and extract the essence of the good ideas relating to emotional intelligence, interpersonal relationships, peace, healing and environmental care which are within all the religious and spiritual traditions and present them all to modern society as a part of non-formal education.

Non-formal education is important at all stages of our life and development; at the time of conception, in the mother's womb, throughout school years, during working life, when we are sick and suffering, at the time of our retirement and as we experience the effects of ageing and at the time of death. It is something appropriate for all different groups in our society; the young, old, teenagers, business people, the terminally ill, prisoners and so on - it is for every social group in our society. Regardless of their other needs, everyone needs non-formal education as it helps us to pacify our uncontrolled emotions and psychological disturbances so that we can function in an effective, peaceful and happy way whatever the situation. Non-formal education gives us positive company and a different perspective as well as many beautiful solutions to our difficulties.

Birth

The way we behave affects unborn children in an emotional and energetic way, therefore we need to begin non-formal education at the prenatal stage. For example, unplanned children whilst in the womb on a very subtle level experience their parents' feelings of fear and rejection and this effects the child's emotional and physical development. Scientists have discovered that if infants are deprived of affection, that the neural development of the brain is affected.

Childhood

Children are educated from the beginning of their school lives into a culture of fear. Many find their first experiences of school life to be a very stressful experience. Some of the things which we take for granted in daily life cause a lot of anxiety to children, such as the busy morning traffic, animals, teachers, being liked and accepted by the other children, being academically successful and so on. These psychological factors of fear, aggression, feeling victimised or shy, emotional neglect by parents and so on, greatly hinder the child's emotional development and if not remedied may produce alienated and violent individuals. Non-formal education is implemented in very simple ways. For example, at the start of the school day a few minutes are given to a peace class or assembly where children develop together a peaceful mind and good motivation for the day. I suggest that everybody, no matter of their age, dedicate a few minutes to peace in the morning where they just relax and internalise the idea not to be stressed or fearful. Starting the day in such a positive way helps children to study in a much more effective way and helps adults to deal with work and stress. Non-formal education can also deal with educating children in specific areas such as how to cope with bullying, discrimination, aggression, interpersonal relationships, conflict resolution and so on.

Adulthood

There is a lot of competition in societies due to the pressures to succeed. After many years of education when we finish school or university we have already created the mental habit of fear, competitiveness and bad self image and so we end up living with traumas which diminish our possibilities and development. Our whole lifestyle reflects these kinds of problems. For example when running our business, we always have a lot of fear and blockages, these cause us to waste a lot of time and energy at work. I suggest that we develop many different levels of peace education programmes, both at local and state levels. This is of course not only for children but also for adults. Of course it is very important that children get the

peace habit when they are young, in their formative years, because they are the men and women of tomorrow.

The usual pattern is that children receive a formal education preparing them for work, they then leave home to become independent, generally between the ages of 20 and 30. Between the ages of 20 to 50 most people experience some kind of enjoyment in their lives but after that they start to experience problems which their education did not prepare them for such as growing old, sickness, retirement, loneliness, death and so on. These problems will be increased by living in a dense urban environment, due to the lack of traditional social networks, stress, unemployment, competitiveness and the alienation of city life. Every moment of our normal lives, our mind reflects many different emotional and perceptual realities. For example we might project a fearful attitude and so feel threatened at work or we might project aggression and so experience the city as a very hostile place. Due to our belief in the external reflections of our own negative emotional states we get upset or react inappropriately with our friends, family and colleagues as well as with strangers. If we integrate non-formal education into our life it can really help us to identify and transform these negative emotional responses which could otherwise destroy our relationships, health, friendships or capacity to work.

We always act with fear, we are always subconsciously scared to lose our job or that something bad is going to happen to us. This is due to the fear which we have internalised. In the workplace everybody has some kind of fear and stress, especially those financially responsible. In many ways our whole lives, from birth to death, are stressful and uncomfortable. Perhaps this is partially due to the lack of emotional and psychological education. When we wake up in the morning we immediately think about work. We drink coffee and feel nervous and stressed from the moment we wake up. It is much better if instead of that automatic stress reaction we spend the first few minutes of the day developing a peaceful mind. In this way our whole day and our work will unfold much more positively.

Nowadays people's mentalities are changing. Now people are no longer interested in all the details of issues like they were before, people just want the essence, the main point, quickly. For example on the internet you go directly to the point, you do not get hundreds of pages on the subject. We are rapidly moving towards a society where we just deal with the essence of things rather than with all the details. Now everybody has their own world view, their own morality and it is not possible to say that this is right or wrong, we need to accept other people's lifestyles. At the very least we can all agree to take care of one principal morality, that of inner peace. We are trying to work together to be united around the concept of peace. Non formal education means that we will all try to be united in the 21st and successive centuries. I think that this is vital if our cities are to succeed in the third millennium.

Sickness

When we are really sick we have a lot of fear, stress and pain. Non-formal education helps us to overcome the mental stress and suffering that goes with those painful physical experiences. Our body may suffer extreme pain but non-formal education helps us to accept this situation and so we remain cheerful and optimistic. This means that we do not experience mental suffering or depression due to the pain. This is a very important factor in speeding up the process of healing or in the case of terminally ill patients it extends their lifespan and improves their quality of life.

Retirement

It is natural that at some point in life our job will finish and so it is important to do this without fear. Although some people look forward to their retirement many people when they retire feel disempowered because most of the skills and education which they acquired over so many years have become irrelevant. For them retirement means spending their time with their memories, watching television and reading newspapers. Many old people live alone or have to live in old people's homes because they have no relatives willing to take care of them. This leaves many older people feeling that life has failed them

and they become very sensitive and easily shocked. Non-formal education should be offered to pensioners to equip them with the psychological skills that they need to deal with their new situation.

Death

At the time of death non-formal education helps us to die in a very relaxed and comfortable way. At death we have to leave behind all our emotional and material supports, we even have to leave our body and speech behind. The only thing that we can take with us into and beyond the death experience is our mind. For this reason before we face death our mind has to be well prepared and peaceful. Many people worldwide have reported that in near death experiences their minds became very sensitive to energies, noises and so on. They also describe many different positive and negative visions which reflect how they lived their lives. The only thing which helped in this situation was the sensation of inner peace. Coma is also similar to the near death experiences as the person's body and speech is paralysed but their mind is actually in a very sensitive state. If we give a coma patient peaceful and positive energies and information it greatly helps them even if they appear not to be responding.

Inner peace and non-violence

We have to develop a feeling for inner peace. It is our inner light, our most important company, the most important knowledge we can have, the most important power. People these days have a mistaken idea about peace. They think that peace makes us weak. This is not true, it actually makes us much more powerful. Some people believe that they can only make peace through violence and warfare but we know from our national experiences that this brings only a lot of suffering and violent experiences to many people without solving any fundamental problems. We should try the new experience of the peace deterrent. Gandhi liberated India from colonisation by the power of peace. Whether we are spiritually inclined or not does not matter, everybody needs inner peace.

I believe that inner peace is the true foundation of world peace, and that to achieve inner peace we need non-formal education. Through this we can increase our love, compassion, patience, equanimity, kind heartedness, inner peace and other positive emotional states which can help us to deal with the stressful and difficult situations which confront us throughout our life. If we collectively developed these attitudes we will no longer find it necessary to wage war on our fellow city dwellers or other nations.

Non-formal education can play a major role in promoting the ideas of ahimsa or non-violence. Non-violence or inner peace is a very necessary force in the creation of world peace and is powerful enough to stop all the weapons in the world. If we personally and collectively practise inner peace, we will ensure the future of the planet and human society.

The causes of violence

These days both our emotional lives and our cities are full of violence. We can see the effects of this personally and socially in the destruction of our environment. We persist in destroying important natural habitats. There are both external causes and internal causes of violence. The external causes of violence are being dealt with by local and national governments, the UN and various NGOs and agencies. They try to alleviate the causes of violence by offering aid in whatever ways are suitable. However, despite all these programmes, if we look honestly at our situation and that of the world, things over large areas of our planet are getting noticeably worse. This implies to me that just dealing with the external causes of violence is not sufficient. I think that we also need to consider working in the area of non-formal education to deal with the internal causes of violence. For example, although it is very important that we stop the manufacture and use of torture implements and weapons, we also need to educate people in ways to deal with their own inner darkness, such as the negative emotions of fear, violence, hatred and prejudice. By giving people this kind of education they will not feel justified in expressing destructive emotions against their fellow citizens.

As the population of the world swells, many of our children will grow up in crowded environments and they will experience very different pressures from the ones we had to deal with. By the year 2025 it is predicted that two thirds of the world's population will live in polluted urban environments and due to this will suffer great psychological stress.

Non-formal education and especially education in non-violence will become vital in the prevention of widespread crime and civil unrest. Increasing the powers of the police and military forces will never be enough to deal with these problems. We need to think now about the effects that education of the present generation will have in the future. We need to educate both the educators and our children in the values of non-violence, social cooperation, love, compassion, patience, tolerance, inner space, inner peace, intelligent wisdom and so on. If we can create a basic attitude of non-violence in the minds of the next generation then all the activities that they need to support their lives, families, cities and so on will go much more smoothly. This includes work relationships, business, family lives, personal relationships and so on. Inner peace education is a long term investment for the future of our cities.

I travel around 80,000 km annually to learn and teach non-formal education as there appears to be a global lack of the emotional skills that we need to help us cope with our modern urban life. Over the past few generations people have changed with the growth of industrialisation. Previously people were satisfied with the necessities of life but now people need more money and more expensive material possessions to be happy. Money has become the religion of the 20th century but living our lives this way has not helped us to solve our fundamental human problems. Instead of making us more happy, we are more unhappy and it seems as though everything has just become more expensive and dangerous. Instead of being the slaves of our money we need to let money work for us.

We need to create balance by taking care of the differing needs of all the citizens in both the developed and developing world. The citizens of the developing world mainly need sustainable economic development as their interpersonal skills, on the whole, are more developed. The citizens of the developed world although they have many external material possessions need to develop their psychological and interpersonal skills through non-formal education. I hope that we will be able to develop worldwide economically as well as psychologically through the many different methods of non-formal education. There are already many systems and methods of non-formal education within each culture, all of which are based around the creation of inner peace. Non-formal education is not just for children and for the future, peace is something which we all need to develop right now, especially those of us who have responsibilities and decision making powers on behalf of other citizens. I hope that in the third millennium we will be able to make peace the spirit of the age.

Since 1982 I have been working to develop non-formal education. This work has taken place in many different ways and in many different spheres of society. In addition to this I am working to create a United Nations Spiritual Forum for World Peace. This Spiritual Forum proposes to create space for all religious and spiritual traditions to share ideas and views from their own traditions which could help to create inner peace education to develop world peace via both formal and non-formal education. This would be something really useful for our urban societies. I spend a lot of time promoting non-formal methods of physical and psychological healing from ancient eastern cultures. These ancient healing therapies I have repackaged in new forms suitable for modern people. I have also developed and promote a psycho-physical relaxation method called NgalSo Tantric Self-Healing. This method is based on the Tibetan Buddhist tradition. It is a method which can help us on the energetic level to deal with our subconscious world of emotions. This stops our negative emotions bursting through onto a conscious level in the form of violent emotional outbursts or physical sicknesses.

The essence of Self-Healing is learning to discriminate between what is truly beneficial and what merely appears to be beneficial for our society, cities and environments. Many of these ancient therapy systems were considered in the past to be secret or the knowledge was passed down, only to a few people from generation to generation. Considering the present deterioration our cities and the minds of the world's citizens I feel it is important to research and share globally non-formal healing methods.

To find solutions for all the problems of this world we need to integrate many different methods such as; combining the formal education system with non-formal education, continuing and expanding the United Nations programmes to improve the living conditions of the poor. More than 600 million urban dwellers presently endure unhealthy and potentially life threatening conditions. There are many interesting ancient ideas with regard to urban planning and city management which could be useful in essence to modern architects and city planners, for example the mandala concept and the creation of sacred spaces. We need enlightened citizens if we want better cities. The outer environment is a reflection of our inner state, this is interdependence. I would be happy to supply further details on the subject if anyone is interested.

I think that if we take many different combined outer and inner psychological measures, and work to reduce violence, then this fusion of technology and psychological education will create much better urban environments than those of the past. Despite the massive expansion of our cities over the next two generations, our grandchildren will still be able to experience our world as a tolerable, hopeful and peaceful place to live in.

I would like to talk about non-formal education but now we read this information, we also have transcripts of the non-formal education speeches. It's very clear. Everybody here has a normal education - maybe doctor, professor and so on. But, this education is not clear. This education destroys many things in our life because it does not teach us how to live with body and mind together. On one side our normal everyday life is too expensive but the way we use our mind in a wrong way is also too expensive. This is really dangerous! We have to do something which develops for us a cheaper, easier and more comfortable life, we have to use our precious energy in a less expensive way. That is why I talk about non-formal education. Now we gave only an introduction but I hope one day that everybody in this world will become interested and then we can really make a programme - up to ten class!

So, how we use Borobudur Stupa Mandala energy is very important, non-violence is very important, Self-Healing is very important, non-formal education is very important. We all have a lot of jobs and a lot of wishes, but we need to help. I am a refugee person so I need help to make all these things come true, this message needs to reach to everyone. Now we have finished our retreat here, I would like to thank you all very much. We have learnt things on many levels; energy level, information level, knowledge level, new idea way, high level way, how to expand our quality of life and how to make our daily life better.

I would like to say thank you to everyone here. We will see each other again in the future, or we can see each other every day, if you want.

Seven limitless prayer

Limitless love

May all beings have happiness and its causes

Limitless compassion

May all beings be free from suffering and its causes

Limitless joy

May all beings never be separated from the great happiness
that is beyond all misery

Limitless equanimity

May all beings dwell in equanimity, unaffected by attraction
to dear ones and aversion to others

Limitless health

May all beings recover from the sicknesses of mind and body
pollution so that they all enjoy relative and absolute health now and
forever

Limitless ecological regeneration

May all beings relax in a pure and healthy outer and inner
environment now and forever

Limitless peace

May all beings enjoy inner and world peace now and forever

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