



International Sangha News ☐ ☐ ☐

Students Report From Around the World

Sharings From Moscow



Rinpoche teaches as Vagid Ragimov translates

From Sept. 3 to 5, 2010, Geshe Tenzin Wangyal Rinpoche taught in Moscow about [The Tibetan Yogas of Dream and Sleep](#)

. Below,

Pavel Kuzmin

and other retreatants share their experiences, artwork, and photographs from the retreat.

* * *

Pavel writes:

“Silence... The last guests have left and this forest is falling into the silence. The retreat is finished, but a strong atmosphere of happiness, friendship and gratitude to the Teacher remains. And many of us would like to keep it as long as possible – this feeling of a miracle.

This retreat was a discovery for many of us. More than 200 people participated, most of them serious practitioners. Some came only for a rest but left with their opinions completely changed!

We have collected some sharings by people from this retreat, and here are five of them:

Galiya: *I'm practicing each day and also reading the books of Rinpoche. For me this is very important practice. For two years I was waiting to receive these teachings (I heard about other retreats but wasn't ready yet to go). And now... I still have a very clear image of Rinpoche's face before my eyes... Internally, I always ask Rinpoche to be my Master.*

Margarita: *Indeed I have gratitude to Tenzin Wangyal Rinpoche and the people who have organized this retreat. My first intent in going to Kunphenling was simply to relax and rest. Even when the first day began, I thought – “Yes, yes, I have heard it many times already, nothing new.” But during the retreat it changed. Maybe because the right words were there, or good examples were given, but my attitude has been transformed, the teaching touches my heart. I have the feeling of the power of a realized teacher. It refreshed my motivation, and after I came back to town, the silence, serenity, and confidence were still there. I start to be serious in practice, right now doing all practices that I have learned. I even have changed my attitude to stressful situations in my life – now they are more interesting than terrible. I am returning myself back to my self.*



Sasha: *During the retreat I had a strong vision – an image of a tree. Normally I'm skeptical concerning illusions and so on. But after Rinpoche's explanation about the refuge tree, I have changed my opinion. Please, give to him this picture in which I have tried to depict this vision ...*

Tanya: *This teaching that we have received from Rinpoche is very deep and pervasive. Now it's clear for me that nowadays many Western psychological healing practices have at their base ancient Buddhist practices of inner space. But those psychological practices in themselves are*

not so effective in clearing the root of a problem. When I came to the retreat I had been having a strong conflict with my mother. I had a difficult discussion with her and therefore felt troubled. But I had no power to recognize my own role in contributing to the problem. The day after the retreat I sent her a letter asking her forgiveness for my harsh words. I continue to try to find refuge within myself and am giving time for our relations to improve...



Sergeeva: *The last day of retreat with Tenzin Wangyal Rinpoche is done, we are leaving, and I feel fulfilled! Filled with happiness, joy, creative potential. Of the participants, I would say that this circle of people seems very familiar, very similar to me energetically, very friendly. On a subtle level I can feel that we are all one. It is the first time that after a retreat I feel full of gratitude and love, not only for the teacher, but also for the many other participants ...*

"I'm happy," I thought and said upon leaving Kunphenling. Indeed, this retreat has helped me to look at the world with more openness, more depth, and has helped me to be a bit more

balanced. Thank you!!!

Like always, when Rinpoche comes to Moscow, he is teaching something that nobody anticipated. It is always a fresh teaching and always very helpful. Dream Yoga practice, as a practice of life transformation – we have embraced this idea close to our hearts. His power and love energize us, and he even has given us responsibilities for continuing with this practice. And we are very, very happy to be part of this ancient teaching.

... After we watched Rinpoche's jacket disappear beyond the passport-control doors in the airport, the strong feeling of loss arose. But in the same moment we knew a timer had just started to count down the minutes to our next meeting with him. And the best first thing we can tell him upon this next meeting might be: "Rinpoche, we are doing your practice always, and this helps us a lot in our lives, bringing us step by step to the awakening."

— *Pavel Kuzmin*

More information about Bon Buddhist teachings in Moscow can be found at:
<http://www.bonpo.info/> or <http://www.garuda-bon.ru/>

Photographs by Sergey Borisov