

# **Magical Journey of Khenpo Gelek: don't miss an online presentation of the book!**

written by Jitka Polanská



**Rimé Association for the Non-sectarian Practice, Promotion and Dissemination of the Dharma based in Bologna, Italy, is organizing an online presentation of the book “The magical journey to the path of enlightenment ” written by Khenpo Gelek Jinpa and Anne Brunila who will present the book.**

“Magical Journey” tells about important and often life-changing events in Khenpo Gelek’s life, his spiritual path and personal experiences as well as his travels in Tibet, Nepal and western countries. “I was stunned by Khenpo Gelek’s great openness with which he tells his story, including his hesitations, mistakes and disappointments,” Anne Brunila says. “I was not the only one who asked him to write a book about his life. He agreed finally to do it, and we started working on it in the spring of 2020, during the first lockdown.”

One hundred hours of recordings, 350 pages, two years of work. The book was released in the spring of 2023. “The hardest part was the transcription of the interviews, but the work on the whole was very rewarding. I learned a lot about Bon, the history of Tibet and Zhang Zhung and the monastic life. It was a profound teaching, at the same time,” Anne Brunila says.

“Through Khenpo Gelek’s story one can learn so much about Bon and about the practice of Yungdrung Bon. Even people, who might pick the book just because they are interested in Tibet or Nepal, will learn about this precious tradition as a by-product,” she says.

Anne Brunila has been studying and practicing Tibetan Buddhism for thirty years and since 2014 she has been a student of H.E. Yongdzin Tenzin Namdak Rinpoche, Khenchen Tenpa Yungdrung Rinpoche and Khenpo Gelek Jinpa.

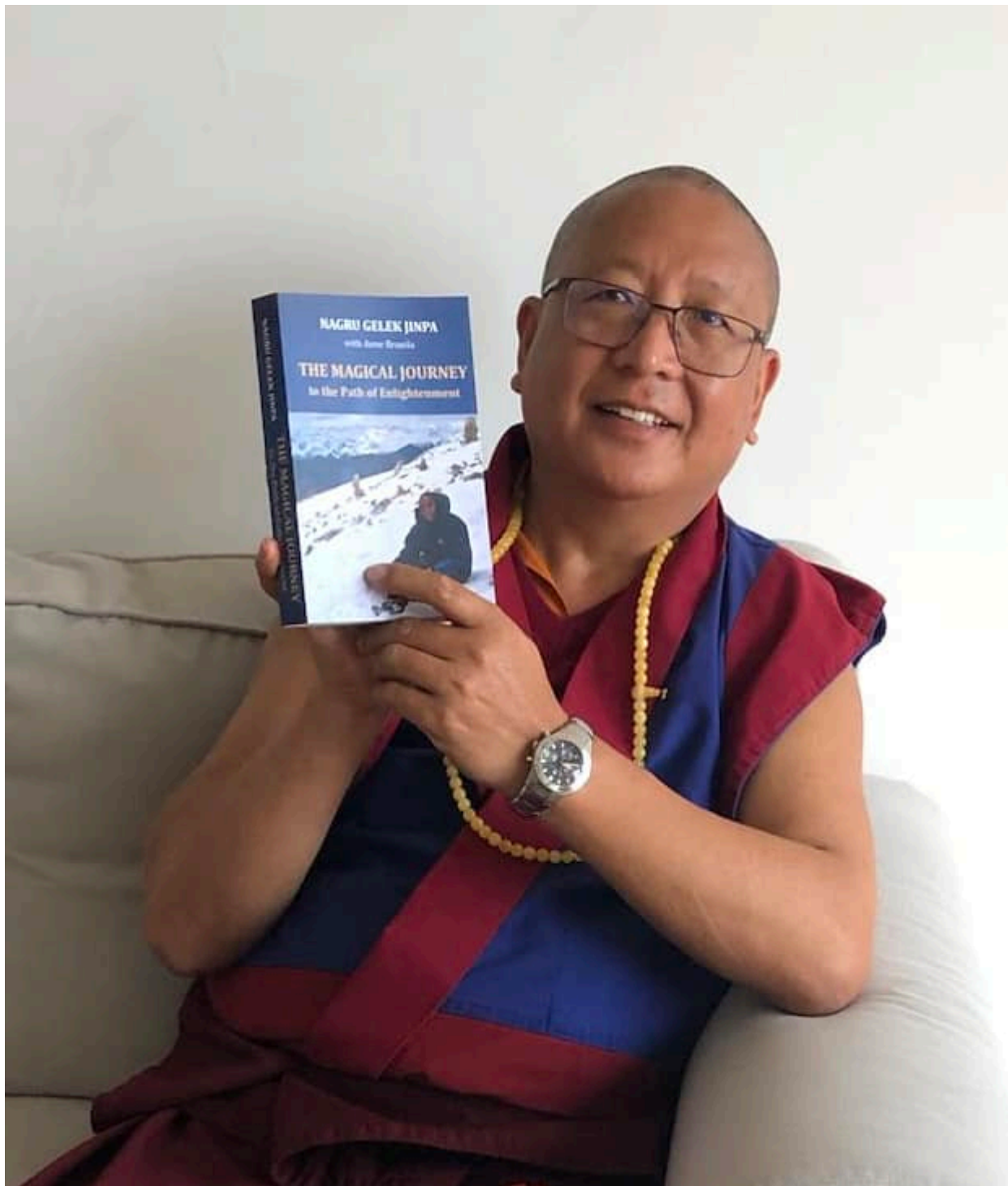
The presentation of the book by Anne Brunila will take place Tuesday 13 June 2023 at 18.00 on the [Youtube channel](#) and [Facebook page](#) of the Association.

The next day we continued to the village of Barle with lama Namkha. I think he was the head of the village. He was already a little drunk when he brought us nice, strong horses and insisted we ride on horseback, because as a sign of respect, lamas should not walk. I was truly afraid that one of us would tumble to his death from the dangerous path... I would feel much safer continuing on foot.

*From the book "**The magical journey to the path of enlightenment**", p. 214*



Anne Brunila with the owner of Varja Books in Kathmandu Bidur Dangol



Khenpo Gelek after receiving first copies of his book at Shenten Dargye Ling

The book is available in various on-line shops, but if you buy it [HERE](#), you will support Khenpo Gelek's future project aimed at preserving the tradition of Yungdrung Bon. All proceeds from the sale on this platform go to him.

What is RIME?

"The name "Rimé" literally means "without parties", therefore "non-sectarian", "non-partisan".

The Rimé Movement was born in Tibet in the 19th century and inspired a great spiritual

renaissance, returning and referring to the original sources of Dharma Teaching with the aim of preserving, transmitting and teaching the multiformity of Lineages, all having the same spiritual basis, preserving variety, since different people have different mentalities and therefore need for a different approach and understanding.

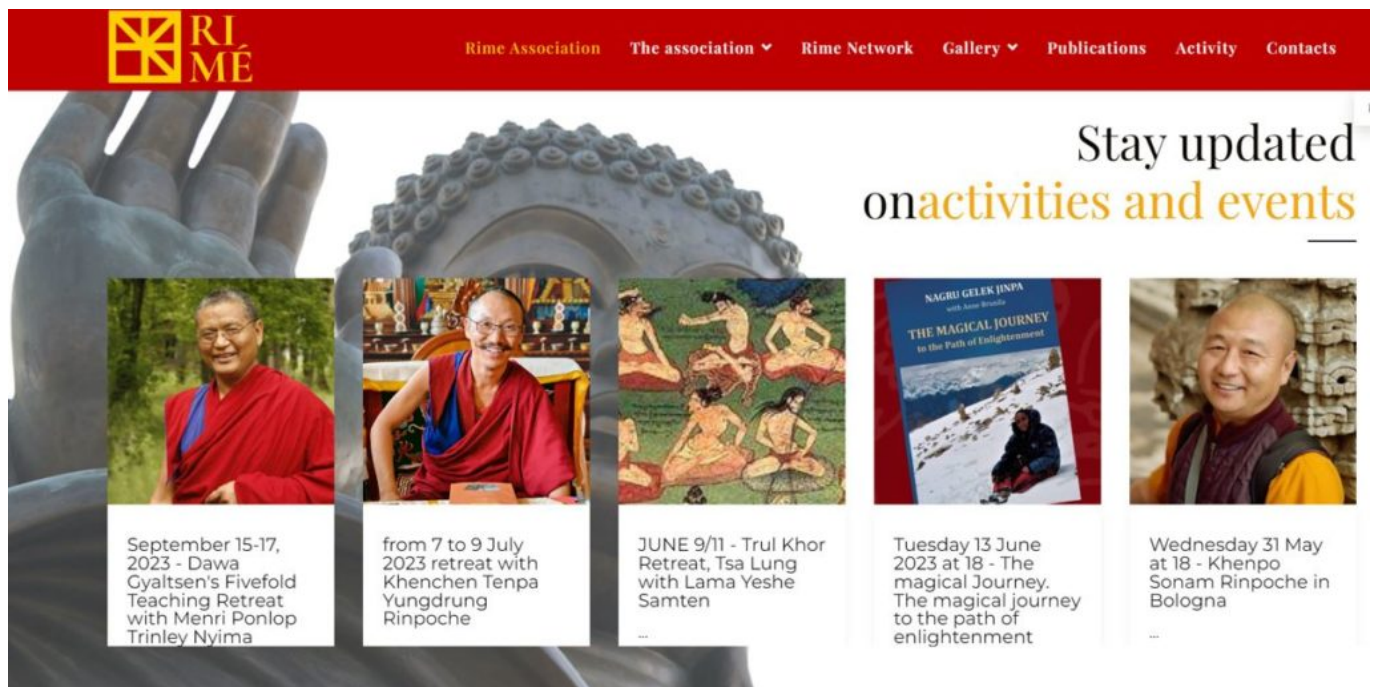
The Rimé Movement is founded on the unity of the different Dharma Transmissions and on the need to go beyond any sectarianism.

It expresses the primacy of the contemplative experience and of the vision of unity in diversity that springs from it.

*(an excerpt from the website of the Associazione RIMÉ based in Bologna, Italy)*

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Upcoming events organized by Rimé (click on the picture):



The screenshot shows the website of the Rimé Association. At the top is a red navigation bar with the logo on the left and links for 'Rime Association', 'The association', 'Rime Network', 'Gallery', 'Publications', 'Activity', and 'Contacts'. Below the navigation bar is a large banner with a background image of a Buddha statue. On the right side of the banner, the text 'Stay updated on activities and events' is displayed. Below the banner, there are five event cards, each featuring a photo of a Buddhist teacher and details about an upcoming event.

Event	Date	Teacher
September 15-17, 2023 - Dawa Gyaltzen's Fivefold Teaching Retreat with Menri Ponlop Trinley Nyima	September 15-17, 2023	Dawa Gyaltzen's Fivefold Teaching Retreat with Menri Ponlop Trinley Nyima
from 7 to 9 July 2023 retreat with Khenchen Tenpa Yungdrung Rinpoche	from 7 to 9 July 2023	Khenchen Tenpa Yungdrung Rinpoche
JUNE 9/11 - Trul Khor Retreat, Tsa Lung with Lama Yeshe Samten	JUNE 9/11	Trul Khor Retreat, Tsa Lung with Lama Yeshe Samten
Tuesday 13 June 2023 at 18 - The magical Journey. The magical journey to the path of enlightenment	Tuesday 13 June 2023 at 18	The magical Journey. The magical journey to the path of enlightenment
Wednesday 31 May at 18 - Khenpo Sonam Rinpoche in Bologna	Wednesday 31 May at 18	Khenpo Sonam Rinpoche in Bologna

## TUMMO RETREAT IN NORMANDY

Soon after my *geshe* graduation in 2001, Professor Charles Ramble, a renowned Tibetologist from Oxford University, contacted Yongdzin Rinpoche and Khenpo Rinpoche to tell them about a research project on *tummo* that Western scientists were planning. They wanted to measure and record the physical effects of intense meditative practices, breathing techniques, and visualizations during a traditional hundred-day *tummo* retreat. They were specifically interested in seeing how these practices raise body heat. For the study, they wanted to invite some experienced Tibetan Bönpo monks and meditators to Normandy, France.

The research was funded by the Kalpa Group, which Loel Guinness had established to support innovative projects that fall beyond the scope of conventional research funding. He had been looking for potential research projects when Professor Ramble met him and acquainted him with the Bön tradition. As it happened, Yongdzin Rinpoche and Khenpo Rinpoche were teaching in France at the time, and Loel Guinness invited them to his estate in Normandy. He became very interested in *tummo* and decided to finance the research project and organize a *tummo* retreat in Normandy. Dr. Herbert Benson from the Mind-Body Institute at the Harvard Medical School had already done research in this area and agreed to collaborate with the Kalpa Group.

I was contemplating what to do next in my life when Khenpo Rinpoche suddenly suggested I participate in this research project. I had completed my hundred-day *tummo* retreat in eastern Tibet and was thrilled by the opportunity to do the retreat again in France. It was easy to say: "Yes, I want to go!" I had hoped all my life to be able to travel to Western countries one day, and now my dream was coming true. Three Bönpo monks, Lama Sangye Mönlam, Sherab

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Legden, and I, were chosen to go to Normandy. Khenpo Rinpoche arranged all the travel documents, and his relative Sherab Palzang came with us as our translator. None of us could speak English or French at that time.

This was the first time I flew in an airplane, and the experience was beyond my imagination! Not comparable to anything I had done before. Soaring occasionally above the clouds through the vast sky and seeing landscapes and mountain ranges from above was just amazing. After landing at Charles de Gaulle airport in Paris, we just followed Sherab Palzang, who also was travelling for the first time to this kind of big city. We were completely baffled by the huge size of Charles de Gaulle and the masses of people from all over the world rushing around. We had great difficulty finding the immigration desk, our luggage, and finally the exit. The rest was easy, because Loel Guinness had kindly sent a car to drive us directly to Normandy.

The cleanliness of French cities, villages, and environment was stunning. Everything looked very big: the buildings, streets, roads – everything. The most surprising thing to see were the traffic lights. Suddenly everybody stopped – or rushed across the street as if they were competing with each other!

When we met Loel Guinness at his residence in Normandy, I immediately felt comfortable in his presence. He took us on a tour of his estate and the surroundings, and the most striking thing for me was noticing there was no dust anywhere, inside or outside. Everything was very clean, whereas in Kathmandu everything – roads, houses, trees, flowers – is covered by a thick layer of grey dust.

The place where the tests would be conducted was equipped with all sorts of modern research equipment. Several doctors were present, as was Charles Ramble. We were introduced, and the plan was we would perform a

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From the book ***"The magical journey to the path of enlightenment"***, the Chapter ***"The winds of karma blow to the West"***

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## **Editorial: Online magazine of Shenten Dargye Ling is born!**

written by Jitka Polanská



Dear readers,

voilà the Speech of Delight, a new online magazine of Shenten Dargye Ling and its community which comes in replacement of the identically titled newsletter that our sangha used to have in the past. Welcome to its site! We opted for this format because we think it will allow us to deliver you interesting stories more fluently and also be more interactive.

Speech of Delight will focus on Shenten but we will also include stories of sangha members and their activities, as well as report about events and projects of Triten Norbutse Monastery, the home of the founder of Shenten Dargye Ling, our beloved teacher His Excellence Yongdzin Tenzin Namdak Rinpoche.

We would also like to disclose richness of bon and its different aspects to the public of both practitioners and readers who are just keen to know more about this spiritual tradition. We would like also to inform you about new publications and audiovideo material related to Yungdrung Bon.

Speech of Delight in its new coat has received blessings and encouragement from our precious teachers and leaders of our community Khenchen Tenpa Yungdrung Rinpoche and Khenpo Gelek Jinpa. They also agreed, together with Wolfgang Reuter, who is a member of Shenten Dargye Ling Association, to sit on the Editorial board of the magazine.

We hope that you will enjoy reading it. We plan to add new content regularly and develop it gradually, with your help. Let us know your feedback and suggestions!

Jitka Polanská, editor-in-chief

Speech of Delight