

THE SPIRITUAL INHERITANCE OF TIBET ON MOUNT AMIATA

PROJECT REALISED BY ASIA IN COLLABORATION WITH THE DZOGCHEN COMMUNITY OF MERIGAR

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ASIA

WHERE

Merigar, Municipality of Arcidosso, Grosseto – Italy



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CONTEXT





It would be very hard to find a Tibetan adult, whether a monk, Tantric, or lay person, who has not undertaken a pilgrimage at some time in their life.

Tibetans use the term nékor (gnasskor) to refer to a pilgrimage, meaning going around the né (gnas), which is a sacred location or person. The pilgrim is known as a nékorwa (gnasskorba), one who completes a ritual circuit around a sacred place or person.

Therefore, a pilgrimage for a Tibetan is much more than a simple act of travelling to a sacred location. It is associated with ritualistic and religious activities that have a sociological, cultural, economic and literal meaning.

In Tibet, there are three types of pilgrimage destinations: (1) natural sights, such as mountains, lakes and caves; (2) sites built by humans, such as temples, monasteries and retreat locations; (3) and the secret grounds, or béyul (sbasyul).

A fourth type of pilgrimage consists of going to meet and pay homage to a Master or a person with special spiritual knowledge.

Tibetans also go on pilgrimages outside of Tibet, for example in India and Nepal. Here Buddha was born, taught and died, as did many other Masters tied to the Buddhist and Bönpo traditions.

Pilgrimages to sacred locations are not unique only to Tibetans, but are common in all other major monotheist religions around the world.

Undertaking a pilgrimage is a journey towards knowledge and an act that a pilgrim carries out to earn merits.

For Dzogchen believers and disciples of Namkhai Norbu, **Merigar, the first Gar of the International Dzogchen Community, is a sacred location. Pilgrims travel here to meet and pay their respects to Chögyal Namkhai Norbu, to receive his Teachings, and to practice and meditate.**

Merigar is an important sacred location where there are many notable buildings, such as:

- The Temple of Great Contemplations
- The Stupas
- The Zhikhang, that houses Mandala Hall
- Chögyal Namkhai Norbu's Retreat Cabin.



CHÖGYAL NAMKHAI NORBU'S RETREAT CABIN NEEDS URGENT MAINTENANCE

OBJECTIVE

Over the last 30 years, ASIA has been committed to conserve Tibetan culture and spirituality in Tibet, India and Nepal. ASIA has also realised many projects to raise awareness about Tibetan practices and culture and disseminate Tibetan values in the West.

For this reason, in 2018 we have decided **to launch a fundraising campaign to restore the Retreat Cabin of Chögyal Namkhai Norbu, in collaboration with the Gakyil of Merigar.**

PLANNED ACTIVITIES







Restoration work on the Chögyal Namkhai Norbu Retreat Cabin includes:

1 TREATMENT FOR EXTERNAL WALLS

1. Staved walls
2. Gutters
3. Flooring
4. Stairs and wooden banister
5. Columns

2 EXTERNAL SEWER

3 RESTORING THE STONE FLOORING OF THE STAIRS AND WALKWAYS

4 STRUCTURAL CONSOLIDATION WORK

BENEFICIARIES

The beneficiaries of the project will be Chögyal Namkhai Norbu, all his followers and all those who practice Dzogchen, and more broadly everyone who is interested in the culture and spirituality of Tibet.

> *"When I started teaching Dzogchen we decided that people practicing this tradition would have to help one another. I not only find joy in teaching and informing. My goal is to try to help people understand the real sense of the teaching. I am very happy when people understand and work together, doing something correctly: this is what Dzogchen teaching is all about".*
>
> Excerpt from Chögyal Namkhai Norbu's speech on 3 January, 2017
> The last day of the Yangtig retreat at Dzamling Gar.

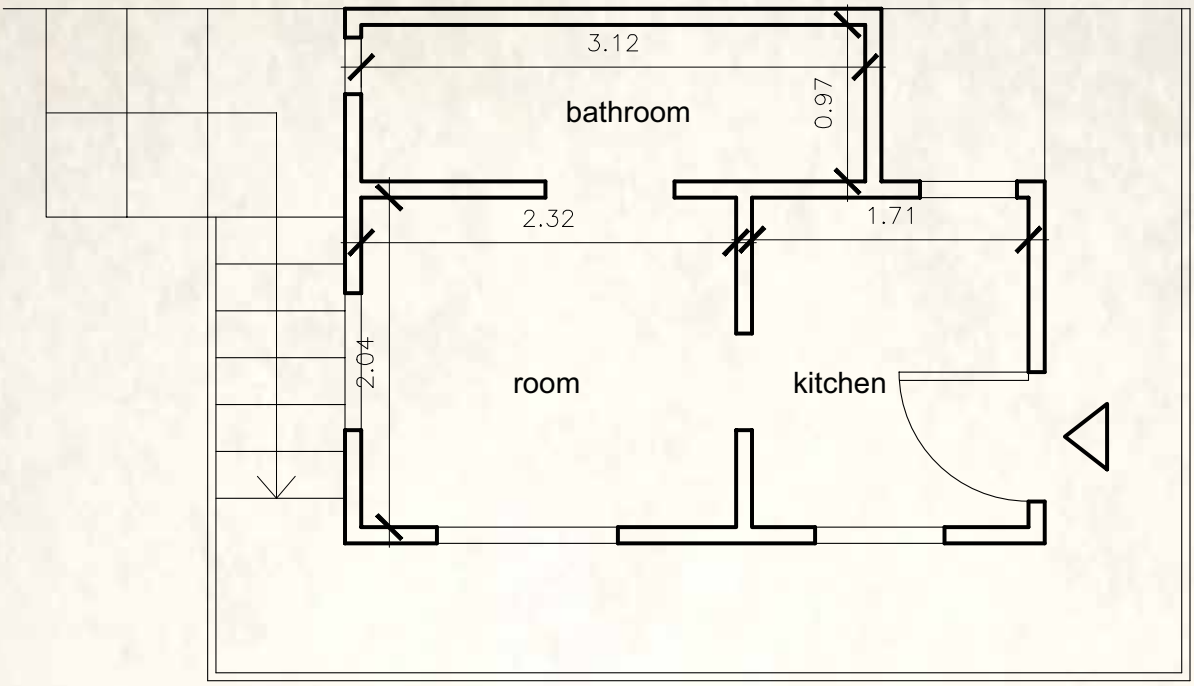
METHODOLOGY

ASIA, an NGO founded by Chögyal Namkhai Norbu in 1988 and officially recognised by the Italian Ministry of Foreign Affairs, will oversee the fundraising, promoting and dissemination of the project.

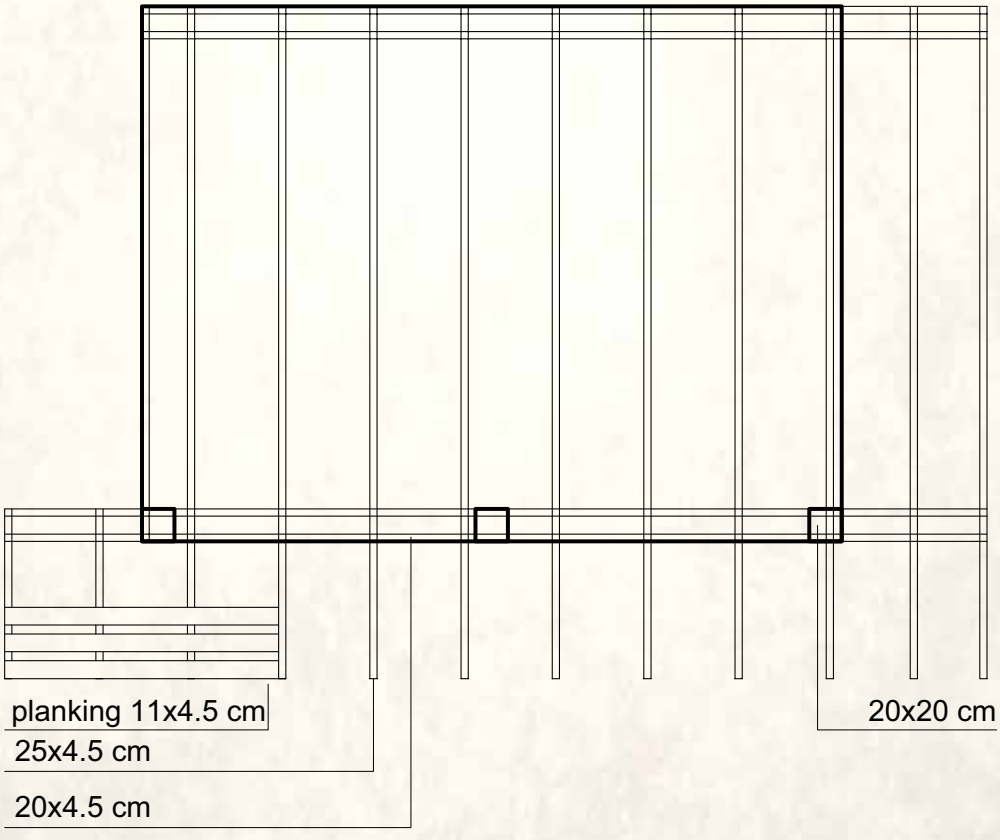
Merigar – Dzogchen Community of Merigar – founded by Chögyal Namkhai Norbu in 1981, will be in charge of realising the project, monitoring, restoring, and reporting on the use of the funds.

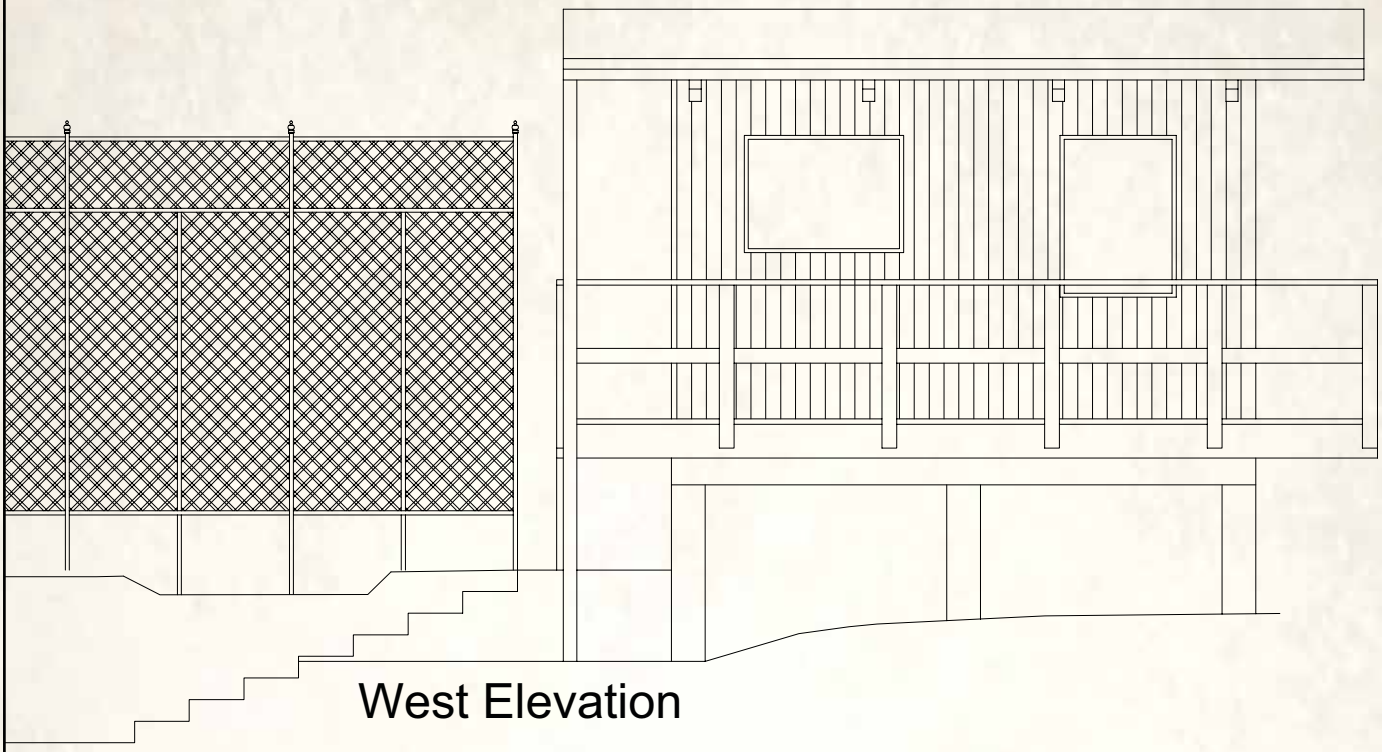


Floor Plan

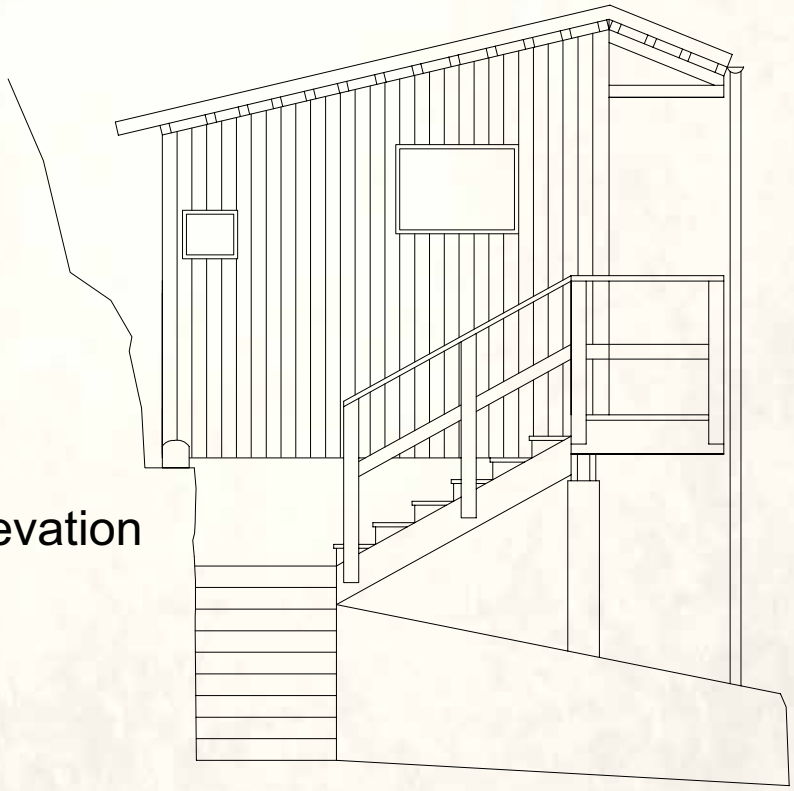


flooring for walking surfaces

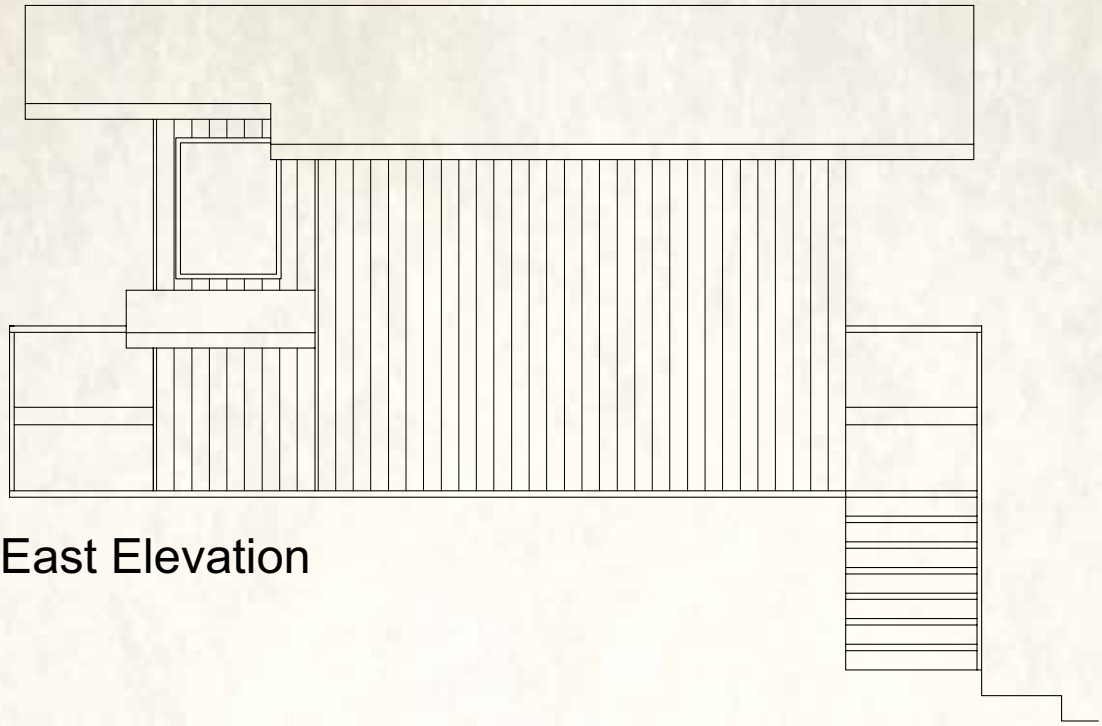




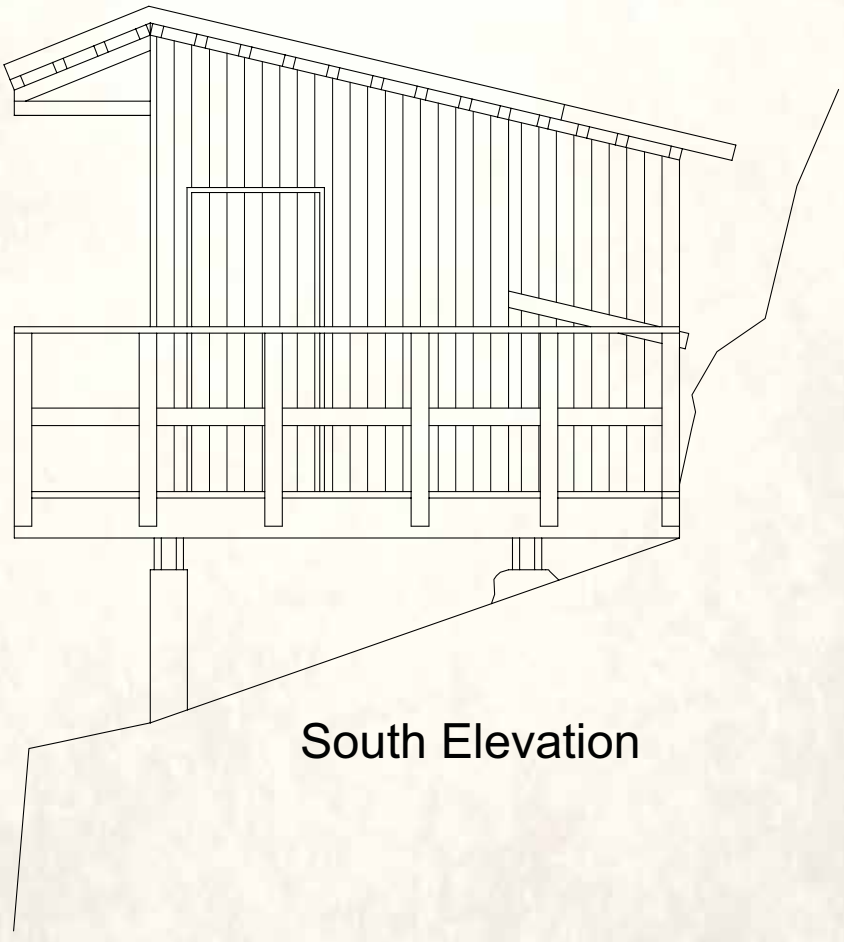
West Elevation



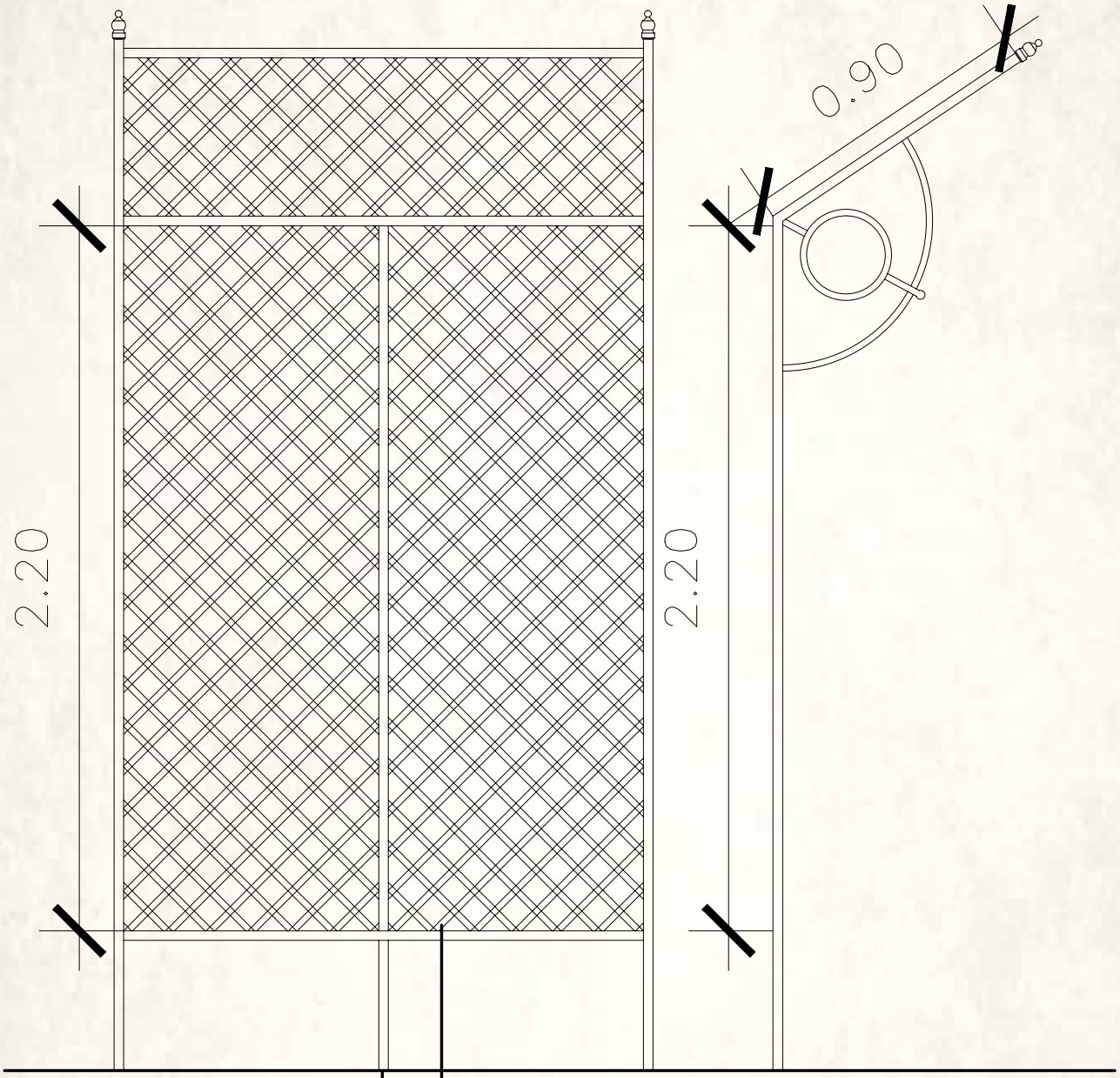
North Elevation



East Elevation



South Elevation



frame: battens 3.5x3.5 cm
Mesh: steel plate 2 cm wide

protective iron mesh
iron painted
micaceous brown

COST

The total cost for the project is 20,000 Euros

50€
Flooring

100€
External walls and gutters

200€
Restoration of 1 square metre of the centre

HOW TO DONATE*

- **By bank transfer to Asia Onlus**
  IBAN: **IT 43 M 05216 03226 000000013004**
  Swift BIC: **BPCVIT2S**
- By credit card or PayPal on the website: **www.asia-ngo.org/merigaren**

Please reference **"Merigar Retreat Cabin"**

**Donations made through ASIA's offices in your home country may be tax deductable, if permitted by national tax laws.*

ASIA (in English, Association for International Solidarity in Asia) is an NGO recognised by the Italian Ministry of Foreign Affairs and signatory of the partnership agreement with ECHO (Humanitarian Aid and Civil Protection Department of the European Commission).
Since 1988 ASIA has worked in the Himalayan regions on projects that promote the social, economic and health development and the preservation of the cultural identity of the local populations.

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Merigar – the Cultural Association Dzogchen Community of Merigar – established in 1981, has the objective of supporting the Dzogchen Teaching handed down by Master Namkhai Norbu. Merigar carries out activities aimed at fostering harmony and welfare, offering tools that help face daily life and relations with others in a balanced way, especially through meditation courses, Yantra Yoga, Vajra Dance and Khaita Dance.

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