



DYNAMIC SPACE of the ELEMENTS

ONE YEAR OF ACTIVITY

2020 has been a memorably year.

Even though it wasn't one of the best years, we gathered all together in order to help each other and overcome all the difficulties.

It is in this year that Dynamic Space of the Elements was officially established as a cultural association and it continued to operate in the local area with its new form and opened its office in the municipality of Santa Fiora located in Mount Amiata.

Dynamic Space of Elements ETS is a project inspired by our Precious Master Choegyal Namkhai Norbu who wished to develop and benefit our Community by providing jobs and opportunities addressed particularly towards young people.

To be considered as a 'no profit association', DSE, belongs to the 'Ente del Terzo Settore' (ETS that stands for 'Third Sector Institutions') in accordance with the Italian Law.

Activities and income depend on the collaboration with Local Authorities and public announcements of different kinds.

This year's initiatives have been many, from the donations of COVID-19's safety material to art, astrology and geomancy's courses.

Below is a list of articles published through various channels about activities carried out by the association.

COURSE ON THE MANDALA OF THE ELEMENTS – KUNDUSLING (Barcelona)

From 18th to 22nd February 2020





The Dzogchen Community of Kundusling (Barcelona) organized with Dynamic Space of the Elements Cultural Association the course on the Mandala of the Elements, from 18th February to 22th February 2020

DONATIONS OF COVID-19'S SAFETY MATERIALS

27th March 2020



Dears,

The Ati Yoga Association in China and the Dynamic Space of Element Art are now working to address this difficult situation regarding the COVID-19 outbreak.

For this purpose we have contacted many individuals, associations, companies and regional government in different places in Italy and Europe. Numerous packages have been sent from China to the municipality of Arcidosso and Santa Fiora, to a hospital in the south of Italy and to Merigar and other countries where needs more support.

Once we will receive the material in Merigar, our Dynamic Space's team will provide for its distribution.

We have already done a detailed schedule of where the donations should be sent.

For now we are clearing the goods by paying all the customs fees.

We are also assisting with the municipality of Liupanshui to carry out the assistant of epidemic prevention work to the municipality of Arcidosso and provide all the documentation and information regarding the precious donation.

To conclude we have created a list of all those who until now have generously contributed to donate this very useful epidemic prevention material.

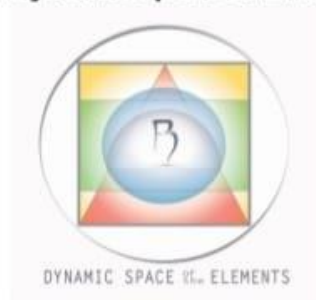
Thank you very much to whom has collaborated.

Best wishes,

Migmar Tsering
Lulu Yuan

Ati Yoga Association China

Dynamic Space of Element



31st March 2020

This specific day all donations for COVID-19 situation arrived from China to Arcidosso. This includes basic masks, medical grade masks, protective eyewear and gloves. We sent some of these supplies to Brescia and Florence.

Another 16-20 (if not more) packages were sent from China to Brescia, Milan and Rome.



01st April 2020

On April first sorted out all the safety material so it could be distributed to the municipality of Arcidosso, Santa Fiora, Seggiano and Castel del Piano (Monte Amiata).

We would like also to clarify the origins of these items and how they were sent here. “Dynamic Space of Elements” (based in Italy) and “International Cultural Atiyoga Association” (based in China) worked together in both countries with the aim to buy, ship and distribute all of these protective items.

It is an honor, a pleasure and, above all else, our duty to help people, and we were happy to cover the expenses of all the materials, the expedited shipping rates and all the related taxes.

In this very special time, we are constantly working to help people who are in need.

We will do our best, but it is necessary to point out that our financial resources are limited, since we are a newborn cultural association, and we are spending everything we have on these donations. Thanks for your attention.



06th April 2020

A new stock of protective gears, including medical face masks and protective coats arrived in Merigar..



07th April 2020

On April 7th, we sent 4000 regular face masks, 680 professional n95 masks (maximum protection), 30 face shields and 20 protective coats to Rome, Florence, Brescia, Bologna, Switzerland, Arcidosso and Santa Fiora.

So far, that date, we donated 70 faceshields, 4000 pairs of gloves, 8000 regular face masks, 800 professional n95 face masks and 120 protective coats.



09th April 2020

ARTICLE FROM THE FACEBOOK PAGE OF THE MUNICIPALITY OF SANTA FIORA

“COVID-19 EMERGENCY: THE DZOGCHEN COMMUNITY OF MERIGAR DONATES MEDICAL SUPPLIES TO SANTA FIORA

A special package arrived this morning in front of the Town Hall of Santa Fiora: the Dzogchen community of Merigar has decided to donate sanitary material to the Municipality. These are protective suits, n95 and ffp3 masks, disposable gloves and face shields, or rather the protective visors used by operators on the front line against Covid-19 to effectively protect the whole face from the risk of contagion.



"A gift as precious as it is very welcome - affirms Federico Balocchi, mayor of Santa Fiora - which once again confirms the universal value of the Dzogchen community of Merigar and its deep bond with Amiata and with our community, as repeatedly affirmed and concretely witnessed by the late master Norbu".

"The Dzogchen community of Merigar, through the International cultural Ati yoga association in China, has organized and distributed donations throughout Italy, Spain and the United States. - comments Migmar Tsering, from the Dzogchen community of Merigar - We have happily donated protective suits, n95, ffp3 and generic masks, disposable gloves and face shields to the Municipality of Santa Fiora. This donation comes from the heart, it is an honor and a pleasure for us to contribute to the well-being of the citizens of Monte Amiata with this small action. Thanks to the Municipality of Santa Fiora, who gave us the opportunity to show him our closeness ".

“The devices - explains Mayor Balocchi - will be used by the personnel employed in dealing with the emergency, including the police and the municipal police. Some of the devices have already been delivered to the Misericordia of Santa Fiora to be used by the staff assigned to the 118 service. Others, in the next few days, will be destined for the personnel of the Castel del Piano Hospital”.”

10th April 2020

ARTICLE FROM THE FACEBOOK PAGE OF THE MUNICIPALITY OF ARCIDOSO

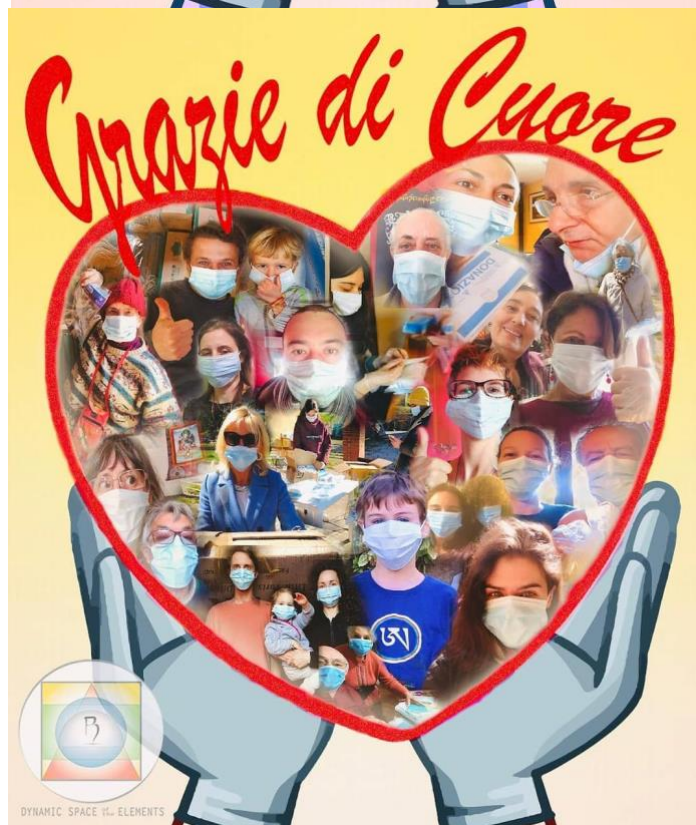


“We would like to thank the Merigar Community once again for donating masks, overalls and other important protective devices to our municipality, specially made to arrive from China. Even today our friend Migmar brought us other highly professional material, much of which has already been delivered to all those people who put their health at risk every day to help us, from local health workers, to general practitioners and of palliative care up to the police. Part of the devices were also donated to the nursing homes of Arcidosso, Castel del Piano and Semproniano. A gesture for which we are grateful, and which testifies to the deep bond that exists between the Dzogchen Community of Merigar and Arcidosso. A heartfelt thanks!”



21st April 2020

A GRATEFUL THANK YOU FROM THOSE WHO RECEIVED THE PROTECTIONS



23rd April 2020

ARTICLE FROM "THE MIRROR" MAGAZINE

‘MERIGAR DONATES A SUPPLY OF PROTECTIVE EQUIPMENT TO THE ELDERLY



Thanks to the donation of "Dynamic Space of the Elements" and "Ati Yoga Association", the "Tana dei Saggi" (an Home Accommodation for the Elderly in Bologna managed by the Social Cooperative "L'Impresa Possibile" of Bologna) has received, through the Dzogchen Community of Bologna "Gelegling", a supply of personal protective equipment for both the guests and the operators of the structure.”

28th April 2020

We were pleased to receive thanks from the hospital of Manfredonia (Puglia), which that day had received anti covid-19 protective devices from the cultural association Dynamic Space of the Elements and from the International Cultural Atiyoga Association in China.



09th May 2020

That day DSE and the Mayor of Arcidosso held an online meeting in the town hall of Arcidosso with the "Tuscany Region Politic for the Territory" about artistic projects based in Mount Amiata.



2nd June 2020

START OF THE RENOVATION OF THE OFFICES

Link: <https://www.youtube.com/watch?v=E83jQSpFsAo>

The new
headquarters of
the association!











12th June 2020

That day we concluded all the legal procedures that were needed to create **Dynamic Space of the Elements cultural Association!**



20th June 2020

**ZOOM MEETING ORGANIZED WITH TASHIGAR SUR (Argentina): THE BASE OF
THE ASTROLOGY OF THE ELEMENTS**



From 31st July to 12th September 2020

**PARTICIPATION AT THE BIAS (BIENNALE ARTE SACRA) ART EXHIBITION –
ALDOBRANDESCO CASTLE IN ARCIDOSO**



2020 **Biennale
Internazionale
Arte Contemporanea
Sacra delle religioni dell'umanità**



**THE GAME OF TIME.
THE TIME OF GAME.**

31 luglio 2020 - 12 settembre 2020
Sale espositive Castello Aldobrandesco di Arcidosso - Merigar

Inaugurazione 31 luglio 2020 ore 18.00
Castello Aldobrandesco di Arcidosso





20th August 2020

The first meeting held in the new headquarters of the Association.

Guests of that day: the Mayor of Arcidosso and the board of the "Il Quadrifoglio" Cooperative.



From 21st to 23rd August 2020

COURSE ON SA-CHAD – MERIGAR WEST (Arcidosso)

ARTICLE FROM “THE MIRROR” MAGAZINE

From August 21 to August 23 Migmar Tsering held a Base course on *Sa-che*, or Tibetan geomancy, in Merigar West, Tuscany Italy.

Sa-che (*sa dpyad*) is a field of Tibetan astrology in which is analyzed the appearance and position of the earth.



From 2nd to 6th September /2020

COURSE ON THE MANDALA OF THE ELEMENTS – YESELLING (Austria)

ARTICLE FROM “THE MIRROR” MAGAZINE



The Base course about the Mandala of the Elements, organized by Dynamic Space of the Elements E.T.S. and Shang Shung Austria, took place in Yeselling from 2nd to 6th of September.

All this would not have been possible without the contribution of the director of Shang Shung Austria, Oliver Leick, who, in full compliance following all the anti-covid health regulations, managed to set up everything necessary for the course in the magnificent venue of Yeselling. The kindness of Oliver and of all the participants touched our hearts. We hope to repeat this amazing experience in the future surrounded by the magical atmosphere of this ling.

From 26th September 2020 to 15th March 2021
“SHAPES & SOUNDS” ART EXHIBITION – MERIGAR WEST
ARTICLE FROM “THE MIRROR” MAGAZINE



Figura 1 Giorgio Dallorto, Fabio Andrico, Migmar Tsering and his daughter Yangcen, Tenzin Kunga.

“During the recent practice retreat held on the second anniversary of the Parinirvana of Chögyal Namkhai Norbu at Merigar, an art exhibition entitle ‘**Sounds and Spaces**’ was launched by the [Dynamic Space of the Elements](#) and [Merigar](#) on September 26, 2020. Held in the Mandala Room at the Gar, the event displayed the work of several artists from the Dzogchen Community, including the Dynamic Space of the Elements, Fabio Andrico, Giorgio Dallorto, and Kunga, with the works on display linked in a particular way to the Teaching of Chögyal Namkhai Norbu. In addition visitors were able to view a wonderful collection of some of the Master’s flutes. The collection is unique in that the instruments are all made from different materials, and come from different parts of the world and different time periods.

The Dynamic Space of the Elements exhibited several particular paintings representing the five elements of Tibetan astrology and painted in traditional Tibetan style using precious stones, natural pigments, and gold leaf, making them also precious for their materials. Some of their later paintings presented traditional Tibetan folk tales, such as the painting of *The Two Sisters*, one of whom brings joy and happiness while the other brings suffering and bad luck, yet the two are inseparable and

represent the human condition in which joy is always accompanied by suffering. Other paintings depicted concepts from Buddhist philosophy such as *The Mala*, representing the continuity of life and emptiness.

Another of their paintings depicts the Stupa of Enlightenment as an illusion to show how everything that we experience is a dream, while the flowers represent the purity arising from the Master's teaching.



Known by all in the Dzogchen Community for his skills as a Yantra Yoga instructor, Fabio Andrico also demonstrated his artistic skills and presented some of his canvases, done spontaneously during the lockdown. During the presentation he explained how he found painting a way to express the sensations that come to him directly – the canvas being space, colors are light, and the dimension of the elements continually manifesting in space, creating a harmony.



Figura 2 Giorgio and his painting of the verses of the Dorje Sempa Namkha Che

Calligrapher Giorgio Dallorto offered two large calligraphic paintings to the exhibition. Both written in exquisite golden *Uchen* script, one of them displayed the *Long Tun with the Invocation to Ekajati and Dorje Legpa*, while the second highly detailed work revealed the *Dorje Sempa Namkha Che Tantra*, the root text complete with 55 quartains.



Tibetan artist Kunga who works with ASIA Onlus in Rome brought several large colorful portraits to display. At the inauguration he told listeners that painting is like a meditation for him and spoke of his love of color. On each of his works he had added verses in khyu yig script, which, he explained, was easier to read. He also wanted people to learn about another type of Tibetan calligraphy so that it doesn't disappear in the future."

03rd October 2020

FROM THE FACEBOOK PROFILE OF THE MAYOR OF SANTA FIORA



“Today I had the pleasure of visiting, in the mandala room of Merigar, the exhibition "Sounds and Shapes", set up in honor of the 2 years since the death of the master Norbu, with paintings by various artists of the community and the master's collection of flutes. It will be open until tomorrow, it is a really deep and interesting artistic and cultural journey!”

28th October 2020

OUR OFFICIAL WEBSITE [HTTP://DYNAMICELEMENTS.ORG](http://DYNAMICELEMENTS.ORG) IS AVAILABLE!!



**DYNAMIC SPACE of
the ELEMENTS**

Thanks to the work of **Gabriele Marrazzi, Giulia Yangcen Mimaciren, Laura Borel** it is now possible to join our association online, donate for projects, see our latest updates and stay up to date about courses.

10th January & 08th February 2021

**CONNECTING AND DEVELOPING DZOGCHEN COMMUNITY SKILLS:
TWO SEMINARS IN COLLABORATION WITH DYNAMIC SPACE OF THE
ELEMENTS**

We are living in challenging times. One of the multiple advices from our precious Master Choegyal Namkhai Norbu was to work with circumstances. This also means to grow and develop new skills, to create direct and immediate spaces where the Dzogchen Community has the opportunity to manifest, to meet, to grow and create.

Such a space were the two webinars that Merigar East hosted in collaboration with [Dynamic Space of Elements](#), one on the 10th of January, 2021, the other on the 8th of February. Both seminars were led by Migmar Tsering who continued developing the various aspects of traditional Tibetan art and related sciences.

Dynamic Space of Elements, part of the [Ati Yoga Foundation](#) is a non-profit organization with the mission to create new work opportunities for enabling young people to live close to the Dzogchen community by organizing courses, events, exhibitions, cultural exchange and promotion of new talented individuals.

SEMINAR ABOUT THE STUPA OF THE TERMA OF CHANGCHUB DORJE



The stupa is the oldest Buddhist monument. As a symbolic representation of the enlightened mind of the Buddha, stupas are of great significance for Buddhist practitioners. Building a stupa is considered extremely beneficial, leaving very positive karmic imprints in the minds of those involved in it and bringing great benefit to the area where they are placed.

Migmar has been helping to build many stupas on the Dzogchen Community grounds. Two of them

can be found in Merigar East, [supported by practitioners' generous donations](#).

The Dynamic Space of the Elements is currently working on the construction of the Changchub Dorje *terma*. In this *terma*, there are several stupas, each one different from the other in shape and mantras inside. When Rigdzin Changchub Dorje presented this *terma* he explained that constructing and placing these stupas in different locations in the world would benefit all beings and is aimed at eliminating obstacles, realizing the teachings, and eliminating conflict, poverty and disease.

SEMINAR ABOUT *LUNGTA*



The Tibetan term “*Lungta*” is used to define the development of the element of fortune. Each individual has a *sog* (life), *lus* (body), *wang* (capacity-charisma), *lung* (luck) and *la* (protection of life), and to get maximum functionality from each of them the five elements must be balanced. During the seminar, we learned what *Lungta* is from the perspective of Tibetan astrology, how it is connected to our life, and how we can develop it. Dynamic Space of the Elements is now working on the construction of the “*lungta* castle”, used in an ancient kind of practice to develop our *Lungta*. In all Buddhist tantras, all religions and all spiritual paths, we speak of relative reality, and absolute reality. In absolute reality there is no concept of good and evil, help and damage; but in relative reality we are subject to the law of interdependence, and in different circumstances infinite positive or negative things manifest themselves.

Participating in Stupa projects, hanging *Lungtas* for the New Year can bring benefit into our lives and we can manifest positive circumstances for our practice too!

We would like to thank Migmar and Cecilia for giving us the possibility to connect through those webinars with the worldwide community. More than 100 participants joined the webinars! It was really great to see all of you interconnected. We wish all the best of luck for the Metal Ox year.

We invite you all to meet again, for the seminar with Migmar we will host on the 14th of March 2021 on the Metal Ox year reading of the Mewas!

01st March 2021

**DAY OF WORK ON THE LAND WITH 15 HISTORICAL OLIVE TREES DONATED TO
THE ASSOCIATION BY LOCAL INHABITANTS**











14th March 2021

THE METAL OX YEAR & THE TIBETAN MEWAS
AN ONLINE PUBLIC SEMINAR WITH MIGMAR TSERING ON HOW TO HARMONIZE
YOUR ENERGY FOR THE CURRENT TIBETAN METAL OX YEAR.

ARTICLE FROM “THE MIRROR” MAGAZINE

On Sunday March 14, 2021, a short two-hour online course on Tibetan astrology, in particular on the aspects of the current year the Year of the Metal Ox, was organized by [Merigar East](#) together with the [Dynamic Space of the Elements Cultural Association](#) and the [Ati Yoga Foundation](#).



Oliver Leick and Migmar Tsering

After a brief presentation by the Merigar East Gakyil, Oliver Leick and Marco Baseggio (member of the board of directors and director of the Ati Yoga Foundation respectively) described in a simple and essential way the role of the ATIF, using the metaphor of the tree: the roots are the Teaching that was received from Chögyal Namkhai Norbu, the trunk (the ATIF), has its branches (the various entities of the Community) and leaves (the sangha). To this Marco Baseggio added his personal memories of Merigar East, encouraging all forms of collaboration between the different groups within the Community.

I had the pleasure of attending the first Tibetan astrology course that took place three years ago at Dzamling Gar led by the Dynamic Space team who helped us with great patience. This time the meeting took place online during which Migmar Tsering was able to present Tibetan astrology in a nutshell. It is a real teaching, which requires years of study and practice. Rinpoche himself was very expert in astrology, so much so that he wrote the text that Migmar uses as a base for his courses.

It is not a journey among the stars as we are used to in the West, but rather a journey into ourselves, an unprecedented perspective on our relationship with the world made up of relationships, balances, and interrelations. At our birth, the structure of the elements of which we are composed is formed, and that is their relationship, specific to each of us.

Finally Migmar went to the heart of the current Metal Ox year, arousing further curiosity and interest.

The two hour course flew by. Migmar was kind and helpful but above all very prepared and concluded by talking a little about the objectives of the Dynamic Space of the Elements association.

Thank you Merigar East. Thank you to everyone. Thank you Rinpoche.

Edith Casadei

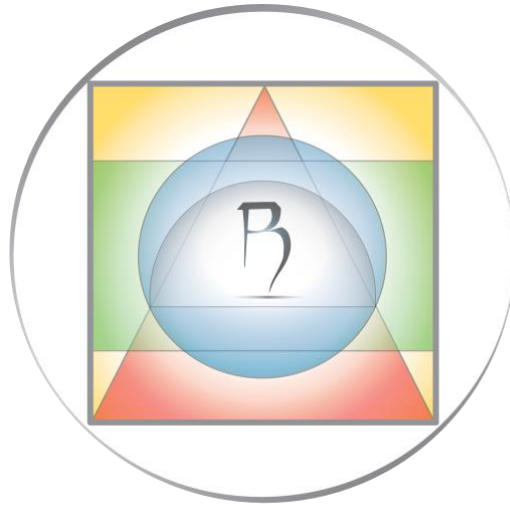
18th April 2021

SEMINAR ON ZOOM – HOW TO MAKE A SHITRO’S TORMA
IN COLLABORATION WITH MERIGAR EAST – ROMANIA



Dynamic Space of the Elements.

Everything is already possible, let us just meet!



DYNAMIC SPACE ^{of} _{the} ELEMENTS