



DYNAMIC SPACE OF THE ELEMENTS
PRESENT:

DEEP PURIFICATION & ENERGY RESTORATION MANDALA MEDITATION RETREAT

20/21/22/AUGUST/2026
MERIGAR - ITALY

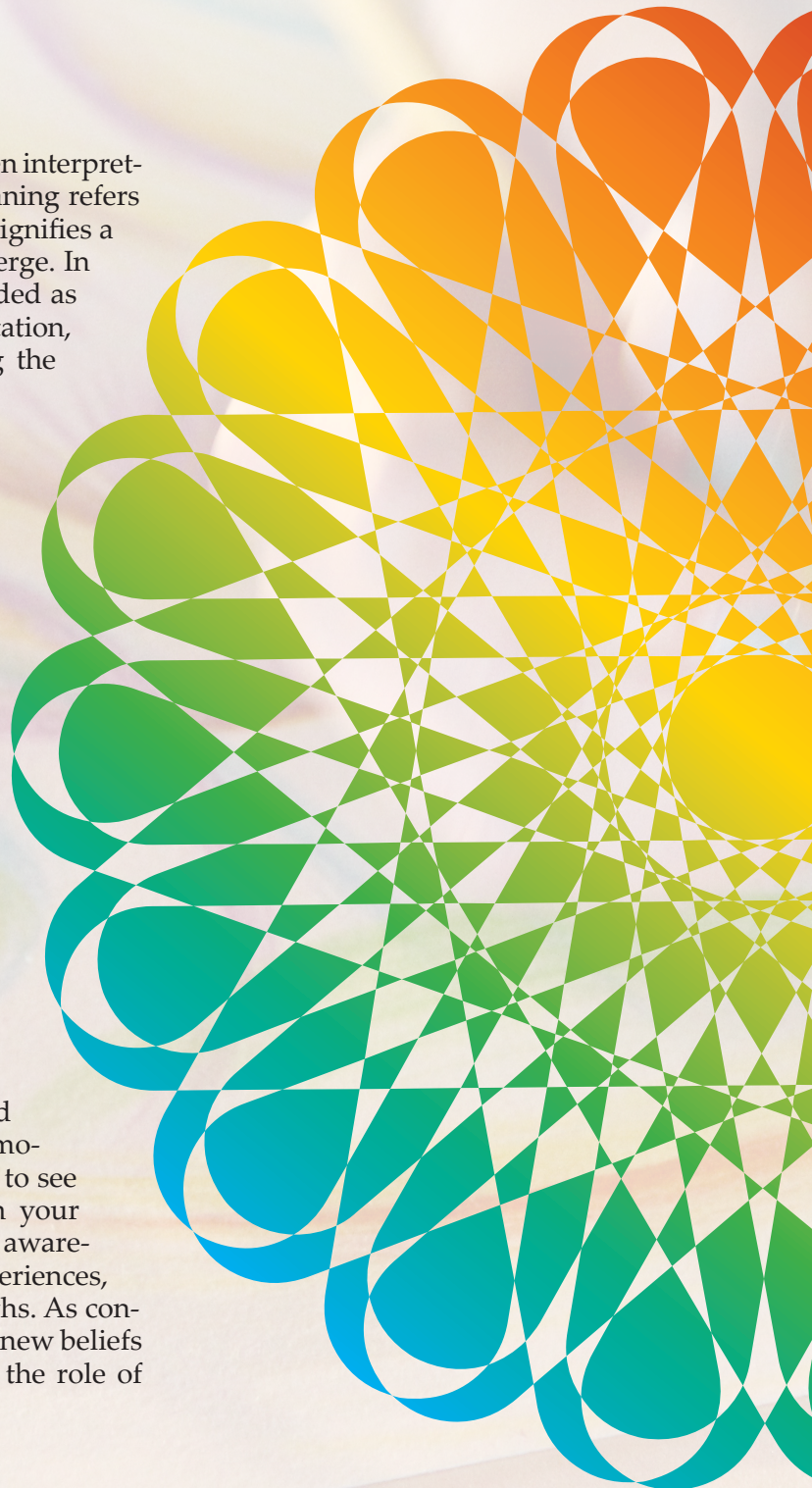
Mandala, translated from the Sanskrit mandala, is often interpreted as a sacred altar or spiritual field. Its original meaning refers to wholeness encircled by a wheel, or “*gathering*”. It signifies a place where sages, virtues, and spiritual merits converge. In Tibetan Buddhist practice, the mandala is also regarded as an “*inner map of the universe*” used in esoteric meditation, connecting with mysterious forces and symbolizing the axis of life and the wondrous cycles of existence.

Practicing mandala painting can effectively relieve stress, settle the body and mind, restore inner strength, and allow beautiful flowers of life to bloom through the tip of a pen - quietly and joyfully.

In this mandala meditation retreat, we will engage in a variety of artistic practices such as painting and chanting to purify our physical and mental energy, release emotions and negative imprints, and rekindle the innate energy and boundless creativity within.

Unlike rigid, traditional meditation approaches, this practice allows inner strength to arise naturally through complete relaxation, awakening awareness of the flow of wisdom, calming a restless mind into present-moment stillness, experiencing life as it unfolds, and cultivating mindfulness and insight.

Within the imagery of the mandala, the structure and colors of life may reveal themselves clearly. At this moment, we become observers of order. You may begin to see the challenges, limitations, and answers present in your own life, learning the wisdom of observation and awareness. Amid endless layers of relationships and experiences, one may recognize both constraints and breakthroughs. As consciousness becomes integrated through the mandala, new beliefs can manifest in everyday life, helping us return to the role of steward of our own lives.



ABOUT THE TEACHER

Zhang Dase (*Maha Ruba*)

- Artist
- Cultural scholar
- Founder of the Awake Art system of awakened artistic living
- Life-growth and spiritual guide

He is an artist from China who began studying painting at the age of six, using art to understand the world and explore the truth of life. He spent extensive time in Tibetan regions, undertaking over twenty years of meditation practice and study under various spiritual teachers, including teachings centered on Dzogchen (Great Perfection), and received recognition to teach these practices.

Drawing wisdom from a vast range of traditional teachings, he developed a complete system of practice adapted to modern life. Through structured, efficient, and practical artistic exercises, he aims to help busy modern individuals cultivate concentration and awareness, move beyond patterns of dualistic suffering, and return to a more complete and awakened state of being.

The Awake Art courses he founded have gained significant popularity in China, benefiting thousands of participants - from people facing challenges in work and life, to long-term spiritual practitioners seeking breakthroughs, truth seekers exploring the nature of life, and corporate groups and public figures seeking inner support and transformation.

A REFLECTION FROM ZHANG DASE

In the drama of samsara, we play many roles and often become deeply immersed in them, losing ourselves in stories of our own making and wandering through the themes of our lives, exhausted and disconnected from our strength.

What is trapping you? What is consuming your energy and preventing you from embracing the freedom that is already yours?

Often, it is things that never truly belonged to you that drain your life force. Purification means saying farewell to illusion - to the things that do not belong to you yet have been magnified by your mind, from a fleeting thought to the vast cycle of samsara itself.

Deep purification is related to the truth of life. When we rediscover the naturally clear sky, we are no longer disturbed by thunder, storms, or turbulence. When we find what is unchanging, we stop fearing change.

We are not lacking anything in life. The only thing to discover is what stands between us and the truth. When temporary illusions are seen clearly, you may once again return to the throne of your own life and reclaim the power that has always been within you.

THIS SESSION: MANDALA MEDITATION

"Deep Purification & Energy Restoration"



COURSE DATES:

20/21/22/August/2026

Morning Session
Afternoon Session

20th: 15:00 - 18:00

21th: 10:00 - 13:00 / 15:30 - 18:30

22th: 10:00 - 13:00

COURSE FEE: 200 €

(Includes tea breaks and art materials)

LOCATION:

Italy - Merigar Gönpa
Detailed directions and transportation information will be provided after registration.

REGISTRATIONS:

dynamicelements@yahoo.com

RECOMMENDED ATTIRE

- Loose, comfortable clothing (white is preferred)
- Avoid skirts, shorts, tight, revealing, or transparent clothing
- Thick socks or quiet indoor slippers with clean socks (shoes removed before entering the meditation hall; floors may be cool)
- Flat, soft-soled shoes (avoid high heels or noisy footwear)

IMPORTANT NOTES

- Registration is first-come, first-served; enrollment closes when full.
- On-site check-in will take place on August __ at __. Please arrive on time.
- To maintain the atmosphere of the retreat, participants are asked to attend the full session and avoid leaving midway.
- Silence will be observed throughout the retreat; please keep mobile phones on silent mode.
- No prior drawing experience is required to participate.

