

# Gomadevi retreat Merigar East (June, 6-12 2025)

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## 1. Schedule

**1 Day Friday - June, 6 (open for those who have received at least the Lung of the Mantra)**

**Afternoon Session, 16:00-18:00**

1. Guru Yoga in a simple form
2. The sources and the lineage
3. Explanation of Guru Gomadevi Short Thun I°
4. Practice of Guru Gomadevi Short Thun

**2 Day, Saturday - June, 7 (open)**

**Morning Session, 10:00-12:00**

1. Guru Yoga in a simple form.
2. Guru Gomadevi icon symbolism
3. Explanation of the Guru Gomadevi Short Thun II°
4. Practice of Guru Gomadevi Short Thun.

**Afternoon Session, 16:00-18:00**

1. Guru Yoga in a simple form
2. Mudra with and without ritual instruments
3. Explanation of the Guru Gomadevi Short Thun III°
4. Practice of Guru Gomadevi Short Thun.

**3 Day, Sunday - June 8 (restricted for those who have received Initiation)**

**Morning Session, 10:00-12:00**

1. Guru Yoga in a simple form.
2. Explanation of the Guru Gomadevi Medium Thun I°
3. Practice of Guru Gomadevi Medium Thun.

**Afternoon Session, 16:00-18:00**

1. Guru Yoga in a simple form.
2. Explanation of the Guru Gomadevi Medium Thun II°
3. Practice of the Guru Gomadevi Medium Thun.

**4 Day Monday - June 9 (restricted)**

**Morning Session, 10:00-12:00**

1. Guru Yoga in a simple form.
2. Explanation of the Guru Gomadevi Medium Tun III°
3. Practice of the Guru Gomadevi Medium Thun.

**Afternoon Session, 16:00-18:00**

1. Guru Yoga in a simple form.
2. Explanation of the Guru Gomadevi Long Thun I°
3. Practice of Guru Gomadevi Long Thun.

**5 Day Tuesday - June 10 (restricted)**

**Morning Session, 10:00-12:00**

1. Guru Yoga in a simple form.
2. Explanation of the Guru Gomadevi Long Thun II°
3. Practice of the Guru Gomadevi Long Thun.



**Afternoon Session, 16:00-18:00**

1. Guru Yoga in a simple form.
2. The ritual instruments: the bell and vajra and related Mudras I°
3. Practice of the Long Thun.

**6 Day Wednesday, June 11 (restricted)**

**Morning Session, 10:00-12:00**

1. Guru Yoga in a simple form.
2. The ritual instruments: the bell and vajra and related Mudras II°
3. Practice of the Long Thun.

**Afternoon Session, 16:00-18:00**

1. Guru Yoga in a simple form.
2. The ritual instruments: the damaru and the bell.
3. Practice of Guru Gomadevi Long Thun.

**7 Day Thursday, June 12 (restricted)**

**Morning Session, 10:00-12:00**

1. Guru Yoga in a simple form.
2. Answers to questions and clarifications on different aspects of Gomadevi's practice
3. Conclusion of the retreat with the Ganapuja.

## 2. Requirements

(Restricted and open sessions) Those who have received the Initiation of Guru Gomadevi can practice the Long, Medium and Short Thun. In particular, those who have received the Initiation can visualize the Inner Mandala since they were introduced to it during the transmission of Initiation. This means that they have received the cause to mature the transmission of knowledge.

(Restricted and open sessions) Those who have received the root initiation of the Longsal Cycle can perform the practice of Long, Medium and Short Thun. In particular, those who have received the Initiation can visualize the Inner Mandala since they were introduced to it



during the transmission of Initiation. This means that they have received the cause to mature the transmission of knowledge.

(Restricted and open sessions) Those who received the Direct Introduction linked to the Jnanadakini (Longsal Thugthig of Jnanadakini) can practice the three Thun and visualize the Inner Mandala since the Direct Introduction is exactly the Introduction to the real state of the Jnanadakini with all the characteristics and symbolic attributes which are included in the Inner Mandala. The Direct Introduction is valid even if received via Web Cast because the Master has assumed responsibility for this type of transmission of the Teaching.

(Open sessions) Those who received in person at the end of a retreat or even via Web Cast the Mantra of the Essence of Guru Gomadevi (Essential nine-syllable mantra of the Guru Wisdom Dakini Gomadevi) can practice only the Short Thun without visualizing the Inner Mandala of which they have not received the transmission, that is not contained in the simple Lung or Trilung with explanations on the method of visualizations, on the melody etc. of the mantra of Essence.