

RECENT EVENT – MEDITATION INTENSIVE  
October 13, 2010

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Here is a shot in the shrine room of Karma Triyana Monastery located in the mountains above Woodstock, New York, where I recently did a 10-day intensive. This is around 5 AM, and folks are gradually filing in to practice. This particular 10-day teaching on Mahamudra meditation has been going on since 1989, and we are going into our 22nd year coming up.

Standing in the back of the shrine as I did to take this photo, I could faintly hear the Green Tara puja which was already well underway in a nearby shrine room, mainly the sound of the cymbals and drum rolling through the hallways.

Ten days of teaching and practice with the Ven. Khenpo Karthar Rinpoche is always the highlight of my year. Just to be sitting in the same room with him for hours at a time is an experience difficult to put into words. The 800-mile drive from Michigan to the monastery is always arduous, taking 12-14 hours depending on delays. Margaret and I are exhausted when we get there, but so happy to be 'home' with Rinpoche.

Once we are safely there, we enter his mandala, which means our minds somehow mix or at least my mind slips into his embracing acceptance like a dewdrop into the ocean. For ten days or so we are in some kind of sacred space, frozen in time away from our daily business, alert, and genuinely happy. It is always painful to leave when the retreat is over and re-enter normal life again. Driving home really brings meaning to Wordsworth's line "But trailing clouds of glory do we come."

Michael

