

PROFESSOR EMERITUS
AND DZOGCHEN MASTER NAMKHAI NORBU

CURRICULUM VITAE

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1. Years in the East

1938: Born in Derge (Tibet A.R.) on December the 8th, 1938 Namkhai Norbu was recognized at the age of two as the reincarnation of the great Dzogchen master Adzom Drugpa (1842-1924).

Nowadays he is universally known as one of the world's greatest living masters of Dzogchen.

1942-1954: Studies in important monasteries and monastic colleges, mastering both the major and minor cultural sciences. Achievement of **two degrees in philosophical and literary sciences** and in **traditional Tibetan medicine**.

1954-1957: Teaching of the Tibetan language at **Southwestern University for the Minorities of Chengdu** (China). Deepening of the studying of classical Chinese.

1955: He met his main master, Changchub Dorje (1826-1961).

The way of living and transmitting the knowledge of the Dzogchen of Changchub Dorje would deeply inspire him during the whole of his life.

Notwithstanding his young age, by late 1950s he was already famous in Tibet as an academic scholar and a spiritual master.

1958-1960: Two-year stay in Sikkim.

Author of essays in Tibetan language at the Development Office of the Government of Sikkim.

1959: After evaluating several academic offerings, he accepted the invitation in Italy of **Prof. Giuseppe Tucci**, the well-known Italian Tibetologist and Orientalist, in particular due to the strong interest in the Italian scholar's important library of Tibetan texts.

2. Years in the West

1960-1963: Professor of Tibetan Language and Literature at **ISMEO** (Istituto per il Medio e l'Estremo Oriente), Rome, Italy and beginning of collaboration with Prof. Tucci, appointment funded by Rockefeller Foundation, USA.

1963-1992: Professor of Tibetan Language and Literature at **I.U.O.** (Istituto Universitario Orientale), Naples, Italy, the oldest European institution for Eastern studies.

1969: Assignment of Italian citizenship. He is married and has two children.

1960-2017: Unceasing commitment to the study of many aspects of the Tibetan culture and to the preservation of Tibet's spiritual and cultural heritage for the benefit of the future generations. In particular, his contributions relate to: ancient history of Tibet; autochthonous pre-Buddhist tradition; Tibetan nomad civilization; origin, theory and practice of astrology; Tibetan traditional medicine.

2.1 Teaching of Yantra Yoga, Dzogchen and Vajra Dance; Establishment of International Cultural Organizations; Organization of Cultural Events

1972: First teachings of **Yantra Yoga** (see appendix), an ancient form of Tibetan yoga based on the eighth-century text *The Union of the Sun and the Moon*. Yantra Yoga is a complete spiritual path focusing primarily on breathing and movement. Practicing it one can harmonize the energy of the individual so that the mind relaxes and finds its authentic balance in order to obtain a real state of calm and well-being.

Appointment for the teaching of the rhythmic breathing techniques and relaxation to the national swimming team (1972-76).

1976: On request of people from various social conditions and cultural backgrounds, he began to give general information on the **Dzogchen Atiyoga Teaching** (see appendix). Immediately a great interest for this ancient source of knowledge developed.

1981: Foundation of **Merigar**, the first international center of the **Dzogchen Community Cultural Association** (I.D.C.C.A., see appendix), on the slopes of Monte Amiata (Arcidosso, Italy, Europe). Successively, similar centers of the Association developed all over the world (Europe, Asia, North and South America, Russia, and Australia). Over the years, some of the greatest masters of the Tibetan Buddhist schools and many eminent orientalist have been invited at Merigar.

1988: Foundation of **ASIA** (Rome, Italy) – **Association for International Solidarity in Asia** (Associazione per la Solidarietà Internazionale in Asia), a nonprofit, nongovernmental organization mainly engaged in supporting the socioeconomic, educational, and cultural needs of Asian populations, in particular the Tibetan people (see appendix).

1989: Foundation of **Shang Shung Institute – International Institute for Tibetan Studies** (registered as **Shang Shung Foundation** in January 2015). It's a worldwide organization dedicated to the spreading of the value and knowledge of the Tibetan culture and preserving its various expressions (see appendix).

1990: Inauguration of **Shang Shung Institute** at the Association's European center in Arcidosso. Guests of honor at the official ceremony included **Nobel Prize His Holiness the Dalai Lama**, local authorities, the **chancellors of the universities of Rome and Naples**, the **president of ISMEO**, and many other professors, included ethnologist and orientalist **Fosco Maraini**.

1986-1994: Conception, architectonic project and iconographic supervision of the **Gönpa** at Merigar ("The Temple of the Great Contemplation", central meeting place for members of the Association). Gönpa inaugurated in 1990; panel paintings (by various artists) completed in 1994.

1992: Meeting with the Italian director **Bernardo Bertolucci** and source of inspiration for the film *Little Buddha*¹.

1993: Invitation to Russia in the new context of cultural openness of the Eastern countries following the fall of the Berlin Wall.

1993: Early teachings of the **Dance of Vajra** (see appendix), a particular form of meditation that, integrating movement, sound and concentration, promotes the harmonization of energy and encourages complete, natural relaxation.

1998: Travel to **Auschwitz** in tribute to the memory of the victims of the Holocaust.

¹ Later Bertolucci remembered the event with these words: "I went to see Namkhai Norbu in his house in Arcidosso, on the slopes of Monte Amiata, and after this meeting I began to develop the screenplay for the film".

1996-1998: Planning and artistic supervision of the **Great Stupa** at Merigar.

A stupa is a sacred monument symbolically promoting the peace, welfare, and prosperity of the place where it is built. The construction of the stupa was primarily funded with the contributions of the local population.

1998-1999: Invitation of Prof. Dr. Thubten Phuntsog (a researcher in traditional Tibetan medicine) to Italy in connection with a cultural exchange with **Beijing University**.

1999: Celebration of the **Vesak** in collaboration with UBI (Italian Buddhist Union) at the European center of the Dzogchen Community Association. Opening speech at Merigar, Arcidosso, Italy.

2001: Presentation of the celebrations for the **20th Anniversary of Merigar**. The local political authorities emphasize his vital contribution to the sociocultural development of the Amiata area and the dissemination of cosmopolitan values.

2008: Candidate for the **Nobel Peace Prize**.

2011-2016: Official recognition of **UNESCO** of the **Dance of the Vajra** as a world heritage (see attached appendix); delivery of diplomas to the Vajra Dance instructors by the International Dance Council CID-UNESCO in the presence of President Alkis Raftis (Tenerife, Canary Islands, Spain, 31st of May 2016)

2011, July 15-18. **“The Joy of Being Here: From Mount Amiata to the Whole World”**. Celebrations at Merigar for the 30th anniversary of the Association. Opening speech.

Celebrations included:

- Inauguration and unveiling in Arcidosso of monument to Peace by sculptor Piero Bonacina.
- Opening of the exhibition **“Tibet Art Now”**, organized by ASIA, with works by young Tibetan artists in Palazzo Nerucci (Castel del Piano).
- **“Friendship Meetings”** held by university professors and other eminent personalities in Arcidosso, Castel del Piano, Santa Fiora.
- Performances of dance and music created and offered by the artists and students of the Association from all over the world. Local media described Arcidosso as a “planetary village”.

2012-2017: Ongoing development of **Dzamling Gar**, the Association as a new worldwide center inaugurated in Tenerife, Canary Islands, Spain, in 2013.

The primary objective of the center is to provide the ideal conditions for people from all over the world, with diverse cultural and social backgrounds to share common interests in a relaxed manner, facing the theme of the personal and collective evolution thanks to the Dzogchen teaching, Yantra Yoga, traditional and contemporary Tibetan music and dance.

2012-2017: Supervision of the **Khaita Joyful Dances**, series of Tibetan collective dances (see attached appendix). Presentation of the Khaita at the **“World Dance Olympiad”** in Moscow (2015 and 2016); delivery of diplomas to the Khaita dance instructors by the International Dance Council CID-UNESCO in the presence of President Alkis Raftis (Tenerife, Canary Islands, Spain, 31st of May 2016); Participation in the "New York City Dance Parade" (editions 2016 and 2017); Participation at the 50th World Congress on Dance Research, organized by the International Dance Council CID, Athens, 5-9 July 2017.

2015: Opening of the cinerary of Merigar (Arcidosso, Italy).

2016: Ceremony of the laying of the foundation stone of the Great Gönpa of Dzamling Gar (Tenerife, Canary Islands, Spain).

2016: Consecration of the Victory Stupa - Palbar Chörten, Merigar, Arcidosso, Italy.
The event is held in the presence of Dr. Shangpa Denys, October 1, 2016.

2016: Inauguration of the **Museum of Asian Art and Culture (MACO)**, Arcidosso Castle, Italy (10th December). Welcome speech.

The Museum is the fruit of ten years work and the synergy among the International Dzogchen Community, the Local Administration and eminent orientologists. It is also the testimony of the *philia* among different peoples and cultures.

3. Academic and Cultural Activities

3.1. International Conferences and Seminars

- **Rome, Italy: “Meditazione Dzogchen, medicina, astrologia e Yantra Yoga”** (Dzogchen Meditation, Medicine, Astrology and Yantra Yoga), two series of annual seminars on Tibetan culture, Assessorato alla Cultura del Comune di Roma (Department of Culture of the Municipality of Rome), 1981-1982.

- **Venice and Arcidosso, Italy: First International Conference on Tibetan Medicine**, with distinguished Tibetan scholars living in the West, in the Tibetan Autonomous Region and in China. Ca’ Foscari University, Venice, and Cini Foundation, Arcidosso, 1983.

- **Naples, Italy: “Cuore, mente, spazio”** (Heart, Mind and Space), seminar at Istituto Universitario Orientale (IUO), with lectures held by Prof. B. Simmons and A. Derrico, 1985.

- **Dharamsala, Himachal Pradesh, India: First International Conference on Tibetan Language**, 1987.

- **Amsterdam, Netherlands: “Spirit of Peace: Forty Years of the United Nations”**, international conference, Europaplein, 1985.

- **Chengdu, Sichuan, China: Congress of Writers and Editors from the Five Autonomous Provinces**, 1988.

- **Naples, Italy: three-day Seminar on Tibetan Culture** at Istituto Universitario Orientale (IUO), organized by Shang Shung Institute, with lectures held by Prof. Kalsan Gyurmed and Jyang Jing Jing, Peking Institute of National Minorities, 1989.

- **Siena and Arcidosso, Italy: Second International Conference on Tibetan Language** (University of Siena and the Town of Arcidosso, August 30 to September 4, 1992), with the support of the Shang Shung Institute, in partnership and with the patronage of **UNESCO, UNICEF, European Parliament, Italian Ministry of Foreign Affairs, University of Siena, ISMEO, Region of Tuscany, Province of Grosseto, and the Town of Arcidosso**. Conference was attended by Western Tibetologists and eminent Tibetan linguists and represented an opportunity for exchange among Tibetan scholars, some of them residing in the West.

- **Monte Amiata, Italy: “Incontri di amicizia”** (Friendship Meetings), organized series of lectures held by university professors and other eminent personalities in three towns of the western Amiata: Arcidosso, Castel del Piano, and Santa Fiora, 2011.

- **New York, USA: Third International Conference on Tibetan Language**, Columbia University, Trace Foundation, 2011.

- **Moscow, Russia: Dzogchen Forum: “Open Tradition for the Open World”**, week-long

conference proposing an open meeting between Dzogchen and other spiritual traditions. Event was attended by thousands of people. Sokolniki Park EcoCentre, 2011.

- **Barcelona, Spain: First Integrative Medicine Conference**, “Mental Disorders and Dementia: A Dialogue Between Conventional, Homeopathic, Tibetan, and Chinese Medicines”, 2014.

- **New York, USA: Second International Conference on Tibetan Medicine: Ancient Medicine for Modern Life**, American Tibetan Medical Association, International Shang Shung Institute, Shang Shung School of Tibetan Medicine, Rubin Museum of Art, 2014.

- **Barcelona, Spain: Second Integrative Medicine Conference**, “Cancer: A Dialogue Across Medical Fields”, 2015.

- **Tenerife, Canary Islands, Spain: Tibetan Culture Week**, annual series of international seminars, University of La Laguna (ULL), 2011, 2012, 2013, 2014, 2015. Topics: “Art and Spirituality of Tibet”, “Spirituality in Tibet: The Tibetan Book of the Dead”, “Birth, Life, and Death”, “Art in Tibetan Culture: Past, Present, Future”.

3.2. Lectures and Public Talks

- **Rome, Italy: “Yoga tantrico in Tibet”** (Tantric Yoga in Tibet), **series of ten lectures**, ISMEO (Institute for the Middle and Far East), 1965-1966.

- **Cosenza, Italy: “Storia della cultura tibetana”** (History of Tibetan Culture), Cosenza University, 1977.

- **Rome, Italy: “Principi di medicina tibetana”** (Principles of Tibetan Medicine), **series of four lectures**, ISMEO, 1978.

- **Florence, Italy: “Storia moderna del Tibet”** (Modern History of Tibet), Florence University, January 1979.

- **Paris, France: “Origins of the History of Tibet”**, Ecole Pratique des Hautes Etudes, January 1980.

- **Berkeley, USA: “Ancient Tibetan History”**, Berkeley University of California, Department of Oriental Languages, August 1980.

- **Stanford, USA : “Dzogchen Teachings”**, Stanford University of California, August 1980.

- **Berkeley, USA: “Meditation”**, Berkeley University of California, August 1981.

- **Cambridge, USA: “Dzogchen Ati Yoga”**, Harvard University, July 1982.

- **Rome, Italy: “Introduzione e storia della medicina tradizionale tibetana”** (Introduction and History of Traditional Tibetan Medicine), Museo Storico Nazionale dell’Arte Sanitaria, Ospedale Santo Spirito, 1985.

- **Naples, Italy: “Medicina tibetana”** (Tibetan Medicine), University of Naples Federico II, Faculty of Pharmacy, 1986.

- **Caracas, Venezuela: “Introduction to Dzogchen and Ancient History of Tibet”**, series of four lectures, Universidad Central de Venezuela, August 1986.

- **Caracas, Venezuela: “Meditation”**, Hospital Universitario, August 1986.

- **Bologna, Italy: “Introduzione al Buddhismo tibetano”** (Introduction to the Tibetan Buddhism), University of Bologna Alma Mater Studiorum, February 1987.

- **Copenhagen, Denmark: “Tibetan Culture”**, National Museum, July 1987.

- **New York, USA: “Tibetan Buddhism”**, Columbia University, August 1987.

- **Beijing**, China: “**Ancient History of Tibet**”, Beijing University, 1988.
- **Arcidosso**, Italy: “**Verso il Monte Kailash**”, Sala Consiliare del Municipio, 1988.
- **Melbourne**, Australia: “**Cultural History of Tibet and Buddhism**”, University of Melbourne, January, 1988.
- **Beijing**, China: “**Tibetan Culture, History of Tibet, Ancient History of Tibet, Tibetan Literature**”, series of lectures, Central Institute for National Minorities, February/March 1988.
- **Beijing**, China: “**The Four Noble Truths**”, National Buddhist Institute, March 1988.
- **Beijing**, China: “**History of Shang Shung**”, Institute of Tibetology, April 1988.
- **Lhasa**, Tibet, China: “**History of Tibetan Culture**”, Lhasa University, July 1988.
- **Lhasa**, Tibet, China: “**Tibetan Medicine**”, Sman-rtsis Khang Medical Centre, September 1988.
- **Melbourne**, Australia: “**Tibetan Culture**”, University of Melbourne, September 1989.
- **Vatican City**, Rome, Italy: “**Il Buddhismo tibetano**” (Tibetan Buddhism), Pontificia Università Lateranense, May 1990.
- **Rome**, Italy: “**Differenti luoghi e culture per lo stesso obiettivo di pace**” (Different places and cultures for the same goal of peace), with the participation of **H.H. the XIV Dalai Lama and Hon. Giorgio Napolitano, Senate of the Italian Republic**, Palazzo Giustiniani, June 1990.
- **Pesaro**, Italy: “**Consapevolezza e rispetto sono una via per la pace**” (Awareness and respect are a way to peace), Assessorato alla Cultura (Department of Culture), March 1991.
- **Amherst**, USA: “**Buddhism**”, University of Massachusetts Amherst, June 1992.
- **Florence**, Italy: “**Tibetan Culture**”, University of Florence, September 1992.
- **Naples**, Italy: “**Psichiatria e medicina tibetana**” (Psychiatry and Tibetan Medicine), Ospedale Policlinico, March 1993.
- **New York**, USA: “**Tibetan Culture**”, Columbia University, April 1993.
- **Jerusalem**, Israel: “**Dzogchen, the Total Perfection**”, Hebrew University of Jerusalem, June 1993.
- **Tel Aviv**, Israel: “**Culture and History of Tibet**”, University of Tel Aviv, June 1993.
- **Tokyo**, Japan: “**Tibetan Medicine**”, Tokyo Medical University, August 1993.
- **New Delhi**, India: “**Buddhism**”, Tibet House, December 1993.
- **New Delhi**, India: “**The Arts in Tibet**”, Indira Gandhi National Centre for the Arts, March 1994.
- **Ulan-Ude**, Buryatia, Russia: “**Tibetan History**”, Buryat State University, May 1994.
- **Zurich**, Switzerland: “**Tibetan Culture**”, Tibetan Youth Association in Europe, July 1994.
- **Dharamsala**, HP, India: “**Tibetan Arts and Culture**,” Tibetan Institute of Performing Arts, November 1997.
- **Beijing**, China: “**Tibetan Medicine**”, Chinese Academy of Sciences, May 1997.
- **Beijing**, China: “**Yoga**”, Chinese Academy of Sciences, May 1997.
- **Arcidosso**, Italy: “**Cultura tibetana**” (Tibetan Culture), Town of Arcidosso, August 1998.
- **San Francisco**, USA: “**The Three Gates**”, First Unitarian Universalist Church of San Francisco, August 1999.
- **Houston**, USA: “**The Three Paths of Liberation**”, First Unitarian Universalist Church of Houston, September 1999.

- **Rome, Italy: “Medicina tibetana”** (Tibetan Medicine), Museo Nazionale Preistorico Etnografico L. Pigorini – Pigorini National Museum of Prehistory and Ethnography, November 2000.
- **Rome, Italy: “Introduzione al Buddhismo tibetano”** (Introduction to Tibetan Buddhism), San Leone Magno Institute, November 2000.
- **Rome, Italy: “Cultura tibetana”** (Tibetan Culture), Museo Nazionale Preistorico Etnografico L. Pigorini – Pigorini National Museum of Prehistory and Ethnography, May 2003.
- **Rome, Italy: “Education for Development”**, Museo Nazionale Preistorico Etnografico L. Pigorini – Pigorini National Museum of Prehistory and Ethnography, September 2003.
- **Miami, USA: “Tibetan History”**, University of Miami, September 2003.
- **Santiago, Chile: “Tibetan Medicine and Its Origin”**, Italian Consulate in Chile, December 2003.
- **Barcelona, Spain: “Tibetan Culture”**, Pompeu Fabra University, April 2005.
- **Kiev, Ukraine: “The Three Paths: Sutra, Tantra and Dzogchen”**, Central House of Artists, May 2005.
- **Rome, Italy: “L’antica eredità spirituale del Tibet”** (The Ancient Spiritual Heritage of Tibet), Sapienza University, June 2005.
- **Amherst, USA: “Traditional Tibetan Medicine”**, Amherst University, August 2010.
- **Amherst, USA: Keynote commencement speaker** at the graduation of the first twelve candidates in traditional Tibetan medicine. Amherst University, August 2010.
- **Bologna, Italy: “La medicina tibetana: patrimonio dell’umanità”** (Tibetan Medicine: Heritage of Humanity), University of Bologna Alma Mater Studiorum, September 2010.
- **Moscow, Russia: “How We Can Be in the Condition of Evolution”**, Moscow State Institute of International Relations (MGIMO), April 2011.
- **London, United Kingdom: “Bon, Shang Shung and Early Tibet”**, SOAS University of London, September 2011.
- **Hong Kong, China: “Dzogchen, the Essence of All Buddhist Teachings”**, University of Hong Kong, May 2012.
- **Lima, Peru: “The Real Condition”**, lecture at Ministry of Culture, April 2013
- **Moscow, Russia: Dzogchen Forum “Open Tradition for the Open World”**, lecture, April 2013.
- **Tenerife, Canary Islands, Spain: “Tibetan Cultural and Spiritual Heritage”**, University of La Laguna (ULL), February 2014.
- **Hyderabad, India: “Peace and Evolution”**, B.M. Birla Science Centre, World Buddhist Culture Trust, August 2014.
- **Shanghai, China: “Yoga”**, Fudan University, October 2014.
- **Córdoba, Argentina: “Health, Well-Being and Evolution According to Tibetan Medicine and Dzogchen Teaching”**, Universidad Nacional de Córdoba (UNC), November 2014.
- **Tenerife, Canary Islands, Spain: “Death and the Afterlife in Tibetan Culture”**, roundtable, University of La Laguna (ULL), March 2015.
- **Beijing, China: “Tibetan Culture”**, Ying Jie Communication Center, Beijing University, October 2015.
- **Córdoba, Argentina: “The Tibetan Yoga of Movement”**, Universidad Nacional de Córdoba (UNC), December 2015.

- **Barcelona**, Spain: “**Tibetan Medicine**”, III Jornadas de Medicina integrativa, Casal del Metge, 15 April 2016.
- **Las Palmas de Gran Canaria**, Canary Islands, Spain: “**The Relationship between Body, Energy and Mind from the point of view of Tibetan Medicine**”, Teatro Juan Ramón Jiménez, 28 April 2017.
- **Barcelona**, Spain: “**Tibetan Buddhism: Sutra, Tantra and Dzogchen**”, Universitat Autònoma de Barcelona, 15 May 2017.

3.3. Book Presentations (Author)

- **Rome**, Italy: “**La luce del Kailash. Storia dello Shang Shung e del Tibet**” (The Light of Kailash A History of Zhang Zhung and Tibet), Sapienza University, November 2009.
- **London**, United Kingdom: “**The Light of Kailash: A History of Zhang Zhung and Tibet**”, SOAS University of London, June 2010.
- **Arcidosso**, Italy: “**La lampada che rischiara le menti ristrette**” (The Lamp That Enlightens Narrow Minds), Aldobrandesco Castle, September 2012.
- **New York**, USA: “**The Light of Kailash: A History of Zhang Zhung and Tibet, vol. 1: The Early Period**”, Rubin Museum of Art, May 2013.
- **London**, United Kingdom: “**The Light of Kailash: A History of Zhang Zhung and Tibet, vol. 2: The Intermediate Period**”, Asia House, October 2013.
- **Arcidosso**, Italy: “**Il Tempio della Grande Contemplazione: il Gönpa di Merigar**” (The Temple of the Great Contemplation: The Gönpa of Merigar), Aldobrandesco Castle, April 2014.
- **Bologna**, Italy: “**I misteri della millenaria arte sacra tibetana svelati a Bologna**” (presentation on *The Temple of the Great Contemplation*), University of Bologna Alma Mater Studiorum, June 2014.
- **Paris**, France: “**The Light of Kailash: A History of Zhang Zhung and Tibet, vol. 3: The Later Period**”, INALCO (Institut National des Langues et Civilisations Orientales), June 2015.

3.4. Exhibitions and Performances (Speaker, Guest of Honor)

- **Arcidosso**, Italy: “**Riflessi nel Borgo**” cultural exhibition on the life and spirituality of the Tibetan nomads (subsequently also presented in other European countries), Aldobrandesco Castle, 1987.
- **Rome**, Italy: “**Tibet. Immagini di una terra ai confini del tempo**” (Tibet. Images of a Land at the Edge of Time), photographic exhibition, opening speech. Shang Shung Institute, Asia onlus, with the patronage of Comune di Roma, sala S. Rita, June 1989.
- **Arcidosso**, Italy: “**La Civiltà Tibetana. Tibet: una terra, una cultura**” (The Tibetan Civilization), artistic and ethnographic exhibition, opening speech. Shang Shung Institute, Aldobrandesco Castle, 1990.
- **Arcidosso**, Italy: “**Prima della tempesta**” (Before the Storm), photographic exhibition featuring photos taken in Tibet before 1950 by well-known anthropologist **Prof. Fosco Maraini**, Aldobrandesco Castle, 1990.
- **Grosseto**, Italy: **Monument dedicated to peace** by sculptor Babette Eid, carried out and offered by the International Dzogchen Community to the Town of Grosseto (Giotto Park) in celebration of the

fall of the Berlin Wall. Inauguration attended by **His Holiness the XIV Dalai Lama**, the **President of Tuscany**, **local authorities**, and a large audience, 1990.

- **Rome**, Italy: “**Il tesoro celeste. L’arte tibetana della medicina**” (The Celestial Treasure: the Tibetan Art of Medicine), exhibition carried out by the NGO ASIA at the **Museo Nazionale Preistorico Etnografico L. Pigorini** in Rome, with the financial support of the **Italian Ministry of Foreign Affairs**. Exhibition accompanied by a lecture series with Tibetan and Western doctors, “**The Relationship Between Traditional Tibetan Medicine and Conventional Medicine.**” November 2000 to January 2001.

- **Rome**, Italy: Exhibition: “**Usi e costumi dei nomadi**” (Customs and Traditions of the Nomads). Contributed objects from private collection for use in natural environments reconstructed to depict the daily life of nomads. Gave series of lectures on the uses and customs of nomads. Exhibition and accompanying lectures also addressed the issue of the survival of the unique ecosystems in the nomadic environment. Museo del Folclore (Museum of Folklore), 2004.

- **Arcidosso**, Italy: Inauguration of first two rooms of **Museum of Oriental Art and Culture** (work in progress). Aldobrandesco Castle, September 2012.

- **Arcidosso**, Italy: “**Merigar under the Stars**” international dance event with performers from around the world. September 2012 and 2013.

- **Tenerife**, Spain: Regular performances of contemporary Tibetan dance in various locations by the **Khaita dance troupe**. November 2013 to present.

- **Buckland**, USA: Performance of song and dance introducing **art and culture of Tibet** to local population. Mohawk School, July 2014.

- **Arcidosso**, Italy: “**Con il cuore in mente**” music and dance show **charity event** organized by Dzogchen Community and the Misericordia emergency medical services of Arcidosso and Castel del Piano. Guest of honor. August 2014.

4. Dzogchen Teaching Seminars

Since the founding of the International Dzogchen Community Cultural Association, he dedicated all his free time from university commitments to hold teaching retreats, followed by a growing number of students. The retreats focus on Dzogchen, Yantra Yoga and dances.

Main topics at retreats:

- Introduction to the principles of Dzogchen
- Deep relaxation in Dzogchen
- How to observe ourselves
- How to discover our natural richness as human beings
- Meditation in the Dzogchen teaching
- Hidden potentialities of human beings
- Meditation and the concept of peace
- The path of Yantra Yoga in Dzogchen
- Respect for others and for nature
- Kindness and compassion
- Harmony and wisdom in life

- Evolution as an inner process in the Dzogchen teaching
- How to manage our emotions
- Harmony of sounds and movements according to Dzogchen
- Evolution, wisdom, and respect in daily life

5. Publications

The works of Namkhai Norbu Rinpoche have been published by Penguin LTD (UK and USA), Shang Shung Edizioni (Italy), Ubaldini (Italy), Newton Compton (Italy) and Snow Lion (USA). Works listed below are a selection only and do not include books published in languages other than English, Italian, Tibetan, and Chinese.

English:

- *Tibetan Massage Kunye* (1983)
- *Dzogchen and Zen* (1984)
- *The Crystal and the Way of Light: Sutra, Tantra and Dzogchen* (1986)
- *The Cycle of Day and Night* (1987)
- *Drung, Deu and Bön* (1995)
- *The Self-Perfected State* (1996)
- *The Mirror: Advice on the Presence of Awareness* (1996)
- *Dream Yoga and the Practice of Natural Light* (2002)
- *Birth, Life and Death* (2008)
- *Yantra Yoga: The Tibetan Yoga of Movement* (2008)
- *The Light of Kailash: A History of Shang Shung and Tibet*, three volumes (2009-2015)
- *The Temple of the Great Contemplation: The Gönpa of Merigar* (2014)

Italian:

- *Il libro tibetano dei morti* (a cura di Namkhai Norbu, 1983)
- *Dzogchen, lo stato di autoperfezione* (1986)
- *Viaggio nella cultura dei nomadi tibetani* (1990)
- *La suprema sorgente* (commento di Namkhai Norbu, 1997)
- *Yantra Yoga, lo yoga tibetano del movimento* (2011)
- *Il Tempio della Grande Contemplazione: Il Gönpa di Merigar* (2014)

Tibetan:

- *Bod 'brog-gi shes-rig* (1983)
- *sBas pa'i rgum chung – The Small Collection of Hidden Precepts* (1984)
- *Bod-sman stabs-bder lag-len byed-tshul dngul-gyi me-long* (1988)
- *Bod kyi gna' rabs dus rim gyi lo rgyus* (1988)

Chinese:

- *Chua-kang mu-qu shin* (1989)
- *Zan-ming gudai lishi* (1990)

Numerous interviews on topics related to Dzogchen teaching and Tibetan culture were broadcast by networks of various countries and particularly by the Italian public television (RAI). These latter ones were filmed at IUO of Naples (1989) and Arcidosso (1990, 2003, 2008).

6. Honors

Award received from the President of Italy Giovanni Gronchi, Rome, Italy (1960/1961)

Award received from His Holiness Pope Paolo VI, Vatican City, Rome, Italy (1966)

Honorary Citizen of Town of Arcidosso, Italy (1995)

Honorary Citizen of Town of Tanti, Argentina (1995)

Golden Pen received from His Holiness the XIV Dalai Lama (1986)

Golden Pen received from the Director of the Tibetan Medical College, Qinghai, China (2011)

Laurea *honoris causa* for studies on communication and evolution – International East European University, Izhevsk, Russia (2011)

Honored with High Patronage of the President of Italy on the occasion of the 30th anniversary of the International Dzogchen Community Cultural Association, Arcidosso, Italy (2011)