

# KHAITA IN OCTOBER

ISSUE DEDICATED TO "DENBA", FIRST  
SONG OF THE MEKHOR COLLECTION

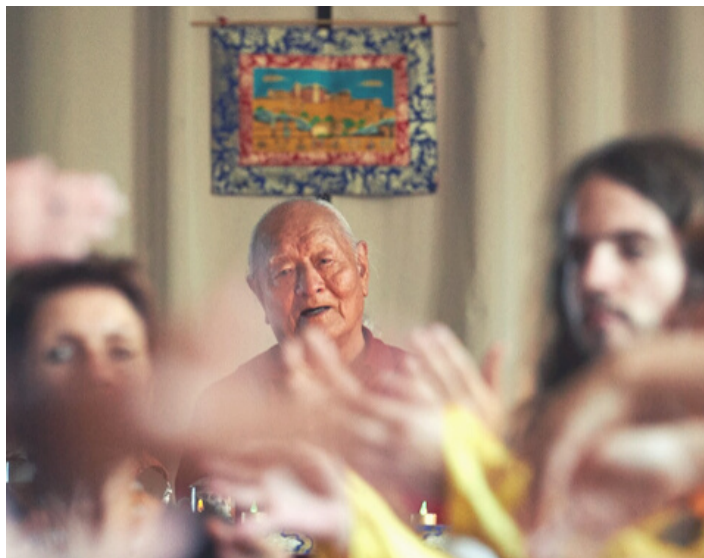
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## LET'S DISCOVER THE FACETS OF KHAITA

ADRIANA DAL BORGO

With the richness of colours that every season brings with it, today we begin a journey to discover the meaning of Khaita. Like drops of wisdom, the words of Chögyal Namkhai Norbu will guide us at each stage, gradually revealing the different aspects that Khaita, like a precious stone, can show us from time to time. The journey begins with Denpa, the song that opens the Mekhor collection, and we will understand why. Let's listen and let ourselves be carried away by the rhythm and melodious voices of the young singers, entering only later into the meaning. Let's then try to discover how the dance, with its harmonious gestures and choreography, translates the meaning and images of the song. In the courses and news section, we will discover online and on site classes to study, and we will find interesting hints of how Khaita can be developed in the business and educational system.



## "THE TRUE SITUATION..."

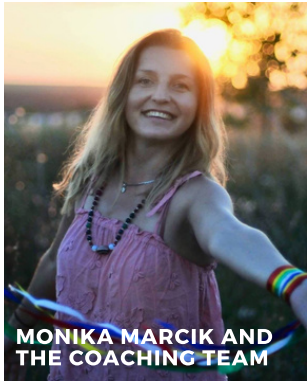
CHÖGYAL NAMKHAI NORBU

"....this is called rhythm, for dancing, it is very important. The title means 'the true situation'. The way of writing is very poetic. How wonderful! Of all of the songs, this is the most elegant. Fantastic! This song is very important. I started to be interested in songs last year (2011) after hearing this one, because I understood that communicating using music is very powerful. That is why it is a wonderful song and the music is also very nice. It is a poem specifically written with a double meaning. One meaning is combined with the sound of water, such as the sound of the Yarlung Zangpo (River Brahmaputra), the Jomo Langma (Mount Everest), and the other mountains from where these waters come, the sources of all of these rivers. Then it is combined with the feelings of people. Just as the song is matched to the melody, this melody is matched to the feelings of people, with the movement of the mind. It is all like this, combined a bit. When I heard this I thought that I need to really listen to these songs, they are really communicating... through melodies. When they sing, also people like to sing: they listen, sing and then think a little, slowly slowly receiving education. It is very very powerful

## NEWS FROM KHAITA WORLD



YULIA  
PETROVA



MONIKA MARCIK AND  
THE COACHING TEAM

### **6, 8, 13 AND 15 OCTOBER, ONLINE: KHAITA INTRODUCTORY COURSE WITH ADRIANA DAL BORGIO**

In four sessions Adriana Dal Borgo will introduce Khaita Joyful Dances basic principles and steps in an online course designed for everyone to discover the joy of dancing and the richness of this complete practice. All welcome! **For more info** [www.merigar.it/it/corsi-e-eventi/khaita-online/](http://www.merigar.it/it/corsi-e-eventi/khaita-online/)

### **EVERY SATURDAY, TENERIFE, DZAMLING GAR: KHAITA STUDY GROUP EVERY SATURDAY!**

Khaita study group every Saturday 17:00 -19:00 hs in Dzamling Gar Gönpa! We will watch videos with explanations of Chögyal Namkhai Norbu, study the meaning of songs, work with basic movements and steps, learn new dances with different instructors. Everybody is welcome! **For more info email Yulia Petrova:** [yulyashpulya108@gmail.com](mailto:yulyashpulya108@gmail.com)

### **10 OCT, POLAND, WARSAW: KHAITA IN POLAND - JOY AND HARMONY IN DAILY LIFE**

Recently Khaita in Poland started to spread across the business and education system. Thanks to cooperation of Khaita instructor Monika Marcik and consulting company The Values Team - Joyful Dances became a part of the Holistic Coaching School Program – I'm Coach®. Khaita is now considered one of the secondary skills development tool in this Program where participants train to become certified ICC® coaches. Events are scheduled until the end of the year so people can have regular access to this harmonising and joyful activity. Next class is planned for October 10th. Continue to read [here](#) **Find out more here:** <https://www.facebook.com/1427523043/videos/10223670156688434https://www.facebook.com/photo?fbid=1735116923345875&set=pcb.1735115790012655https://www.facebook.com/events/3154620954656356/>

## **DENPA. MELODY OF TRUTH**

SHERTEN & TSEWANG LHAMO

Drops of nectar coming from  
the sky, one.  
Thoughts flowing in the mind  
like limpid, clean water, two.  
The pure language of our  
fathers planted in our  
bloodline, three.  
These are the real melody of  
the drops of snow.  
The love we have, like the  
Brahmaputra River, one.  
The affection we feel, like  
Mount Everest, two.  
The commitment we keep,  
like a Vajra knot, three.  
These are the real melody of  
the drops of snow.  
The joy and sorrow carved on  
the face of the mountains, one.  
The months and years of  
happiness and sufferings  
carried in the rivers, two.  
The karmas of pleasures and  
sufferings communicated  
through melodies.  
These are the pure melody of  
the drops of snow.  
I am you and you are also me,  
We are all one family,  
The strength of our unity and  
our goals are the same.  
These are the true melody of  
the drops of snow.  
I am you and you are also me,  
We are all one family,  
The strength of our unity and  
our goals are the same.  
These are the true melody  
of the drops of snow.

**VIDEO AND MORE ON  
DENPA HERE: KHAITA.  
COM/SONGS/DENPA**