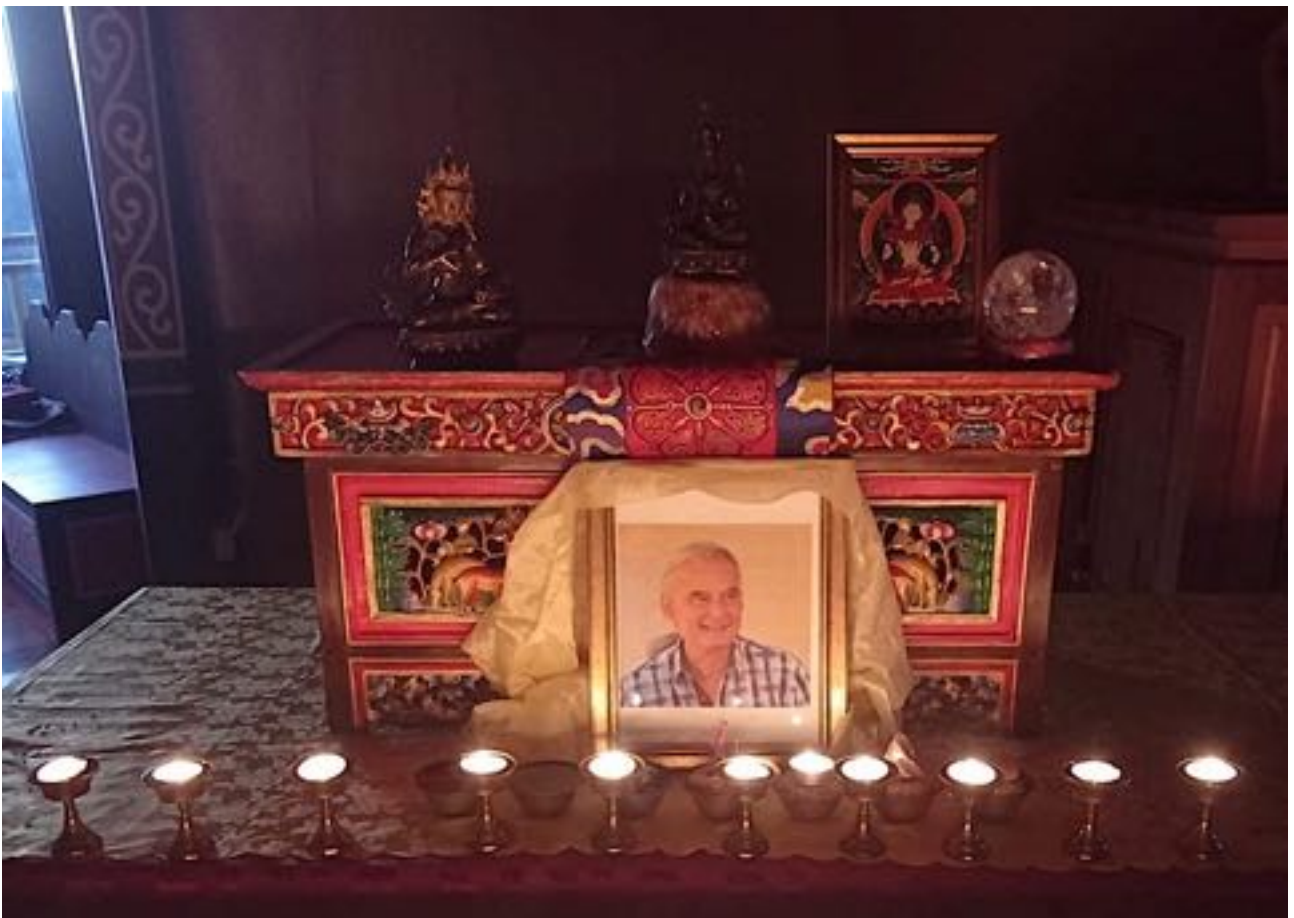


ELIO GUARISCO

di Paolo Roberti di Sarsina



Elio Guarisco (Varese 05.08.1954 – Como 27.11.2020)



Consegue il diploma di Maestro d'Arte alla Scuola d'Arte di Cantù e, mentre frequenta l'Accademia d'Arte di Brera (Milano), decide di partire per l'Oriente.

In India nel 1974 studia il Buddhismo con [Satya Narayan Goenka](#) (1924-2013), il maggior esponente della Tradizione meditativa Vipassana¹, allievo di [Sayagyi U Ba Khin](#) (1899-1971).



Satya Narayan Goenka e i suoi allievi a un ritiro di Vipassana nel 1974. Elio Guarisco è il quinto da destra nella fila più in alto

¹ Brevi notazioni storiche

La tradizione vuole che Vipassana sia una delle più antiche tecniche di meditazione dell'India.

Il birmano Sayagyi U Ba Khin è il primo grande maestro laico a diffondere e ritrasmettere il Vipassana, e il suo allievo, S. N. Goenka, la reintroduce in India nel 1969.

Nel XX Secolo la Meditazione Vipassana è stata insegnata da Sayagyi U Ba Khin (1899-1971) - allievo di Saya Thetgyi (1873-1945), il quale fu allievo del monaco Ledi Sayadaw U Nanadhaja (1846-1923) - e dai suoi discepoli Satya Narayan Goenka (1924-2013) e Daw Mya Thwin, nota come Mother Sayamagyi (1925-2017).

Goenka seguì il suo primo corso di Vipassana con Sayagyi U Ba Khin nel 1955.

Nel luglio 1967 U Ba Khin incaricò formalmente Goenka di trasmettere il Vipassana nel mondo.

Nel 1979 Goenka iniziò a viaggiare, facendo conoscere Vipassana in tutto il mondo.

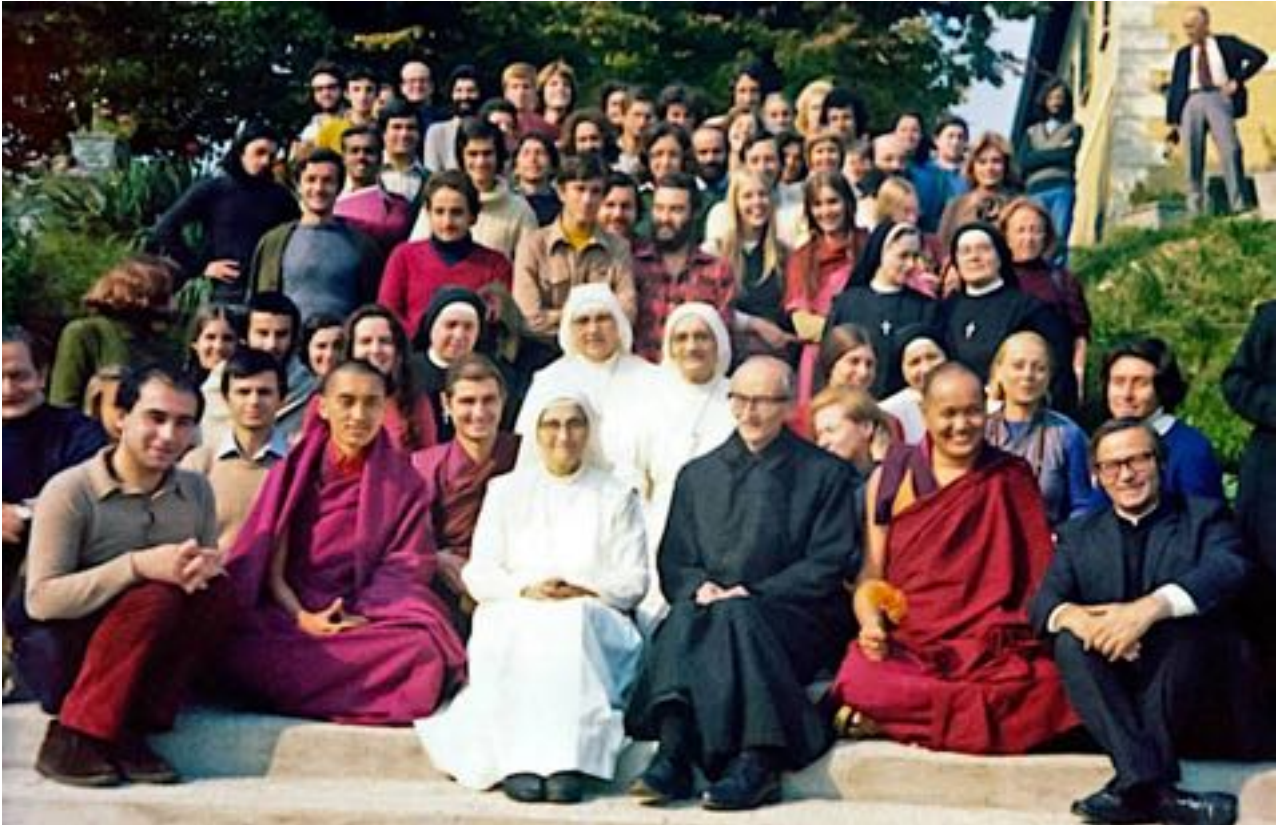
Il 23 aprile 1969 U Ba Khin scrisse una lettera con la quale incaricò i seguenti discepoli a diffondere il Vipassana nei loro paesi di origine: Leon E. Wright, John Earl Coleman, Robert Harry Hover, Ruth Denison, Forella Landie, J. Van Amersfoort.



Al suo ritorno dall'India approfondisce la pratica della Meditazione Vipassana con insegnanti occidentali formatisi alla Scuola di Sayagyi U Ba Khin (1899-1971), tra i quali John Earl Coleman (1930-2012), Robert Harry Hover (1920-2008) e Ruth Denison (1922-2015) e diventa istruttore autorizzato di Vipassana e nel 1975 organizza a Pavia il primo ritiro in Italia di J.E.Coleman.



*Primo ritiro di Vipassana con John E. Coleman in Italia, Torrazzetta (Pavia), Novembre 1975.
Elio Guarisco è il terzo da sinistra nella prima fila, di fianco a John E. Coleman*



*Primo ritiro in Italia di Lama Zopa e Lama Yeshe dal 13 al 20 ottobre 1975 presso la Casa di Esercizi Spirituali dei Padri Barnabiti presso il Comune di Eupilio.
Elio è il secondo da sinistra della terza fila.*

Poi entra nel Monastero Tharpa Choeling (Svizzera), fondato nel 1977 da [Kyabje Geshe Tamdrin Rabten Rinpoche](#) (poi chiamato in suo onore [Rabten Choeling - Centre for Higher Tibetan Studies](#)), dove per dieci anni, dal 1976 al 1986, impara la lingua tibetana parlata e classica e approfondisce la sua conoscenza della filosofia e della meditazione buddhista studiando con una decina di autorevoli maestri tibetani, in particolare con [Geshe Tamdrin Rabten](#) (1921-1986), consigliere filosofico del Dalai Lama.



Kyabje Geshe Tamdrin Rabten Rinpoche con i monaci del Tharpa Choeling 1978. Elio Guarisco è il secondo da destra.

Da sinistra a destra: Claude Grenier, Stephen Schettini, Christopher Pace, Laurence Williamson, Brian Grabia, Arnold Possick, Dominique Monmayeul, Stephen Batchelor, Helmut Gassner, Eckart Zabel, Bruno Leguével, Alan Wallace, Geshe Tamdrin Rabten, Geshe Jhampa Lhodro, Geshe Gendun Zangpo, Elio Guarisco and Gen Lo Norbu in occasione della ordinazione da novizio di on Laurence, Dominique and Eckart.



Elio Guarisco è il quarto da sinistra.



Elio pratica il Tummo al Tharpa Choeling

Elio Guarisco in quel periodo è tra i co-fondatori dei Centri Buddisti Tibetani Ghepel Ling (che ebbe Geshe Tamdrin Rabten tra i fondatori) e Terra delle Dakini a Milano.

Invitato da [S.E. Kyabje Kalu Rinpoche](#) (1905-1989), uno dei più eminenti maestri di meditazione della Scuola [Karma Kagyu](#) e [Shangpa Kagyu](#), e uno dei primi maestri tibetani a insegnare in occidente, Elio Guarisco si trasferisce in India a Darjeeling, dove rimane più di venti anni lavorando alla traduzione di [una grande enciclopedia del sapere indo-tibetano](#), conosciuta come *Sheja Kunkyab*, scritta da Jamgön Kongtrul Lodrö Tayé (un erudito eccezionale ed eclettico, protagonista del movimento non-settario nel Tibet Orientale alla fine del XIX secolo, del quale S. S. il XVI Karmapa riconobbe in [S.E. Kyabje Kalu Rinpoche](#) l'Emanazione dell'Azione).



In questo progetto egli fu il traduttore principale dei seguenti volumi: [*Myriad Worlds*](#) (1995), [*Buddhist Ethics*](#) (1997), [*Systems of Buddhist Tantra*](#) (2005), [*The Elements of Tantric Practice*](#) (2008) pubblicati dalla casa editrice americana Snow Lion, ora Shambala Publications.





Elio Guarisco con [H.E. Kyabje Chögyal Namkhai Norbu Rinpoche](#) e [H.E. Kyabje Kalu Rinpoche](#)

Nel 1986 Elio Guarisco entrò a far parte della Comunità Dzogchen fondata da [Chögyal Namkhai Norbu Rinpoche](#) (1938-2018), eminente e eclettico studioso e uno dei maggiori Maestri di Dzogchen, che fu stretto collaboratore dal 1960 di Giuseppe Tucci all'Istituto per il Medio e Estremo Oriente di Roma (IsMeO) e professore di lingua e letteratura tibetana e mongola all'Università di Napoli L'Orientale.



Elio Guarisco con S.E. Kyabje Chögyal Namkhai Norbu Rinpoche



Durante i vent'anni trascorsi in India, Elio Guarisco continuò a collaborare attivamente con la Comunità Dzogchen Internazionale e, in particolar modo, con l'Istituto Shang Shung per la Preservazione della Cultura Tibetana, di cui fu uno dei fondatori.





Dal 2003, Elio Guarisco è uno dei tre traduttori principali del progetto Ka-Ter, lanciato dall'Istituto Shang Shung Austriaco, per la traduzione di antichi testi dell'[Insegnamento Dzogchen](#). E' anche insegnante del training per traduttori dalla lingua tibetana promosso annualmente dall'Istituto Shang Shung, ora Atiyoga Foundation.

Fluente nel tibetano colloquiale e classico, Elio Guarisco, che è uno dei più importanti [traduttori](#) a livello mondiale di antichi testi tibetani, ha curato varie traduzioni dal tibetano per l'Istituto e le [Edizioni Shang Shung](#), tra le quali figurano [testi](#) scritti da Chögyal Namkhai Norbu che trattano della Medicina Tradizionale Tibetana e altri temi:

Birth, Life and Death, Shang Shung Editions;

The Tibetan Book of the Dead, Awakening Upon Dying, Shang Shung Editions, 2013;

Healing with Fire, A Practical Manual of Tibetan Moxibustion, Shang Shung Editions;

Universal Benefit, the Practice of Kunye, the Tibetan Massage, Shang Shung Editions;

Healing with Touch, the Complete Book of Tibetan Massage, Shang Shung Editions;

The Silver Mirror, Tibetan Medicine Applied in an Easy Way, Shang Shung Editions;

Thirty Words of Advice of Longchenpa with Oral Commentary of Chögyal Namkhai Norbu, Shang Shung Editions;

The Divination Method of Lhamo Yudronma, Shang Shung Editions, 2013;

108 Tibetan Songs compiled and edited by Chögyal Namkhai Norbu, Shang Shung Editions;

Changchog, The Rite of Purification of the Deceased, Shang Shung Editions;

Dorje Kotrab, A Method of Protection, Shang Shung Editions.

Altre traduzioni o testi originali includono:

The Marvelous Primordial State, A Dzogchen Semde Scripture, Shang Shung Editions.

The Lifestory of Shakya Shri, Shang Shung Editions;

The Life and Teaching of the Yangon Hermit, Shang Shung Editions;

La Biografia di Kunga Lekpa, Shang Shung Editions, 1990;

La Vita e L'Insegnamento di un Maestro Tibetano, Edizioni Ghepeling, 1981;

Le Agiografie degli 84 Maestri Tantrici dell'India Antica, Edizioni Ghepeling, 1980;

The Foundations of Tibetan Medicine, Edizioni Ghepeling;

Elements for the Study of Tibetan Medicine scritto dal Dr. Thubten Phuntsog, testo base usato per lo studio della Medicina Tibetana all'Istituto Shang Shung in Italia.

Healing with Yantra Yoga: From Tibetan Medicine to the Subtle Body, scritto assieme alla Dott.ssa Phuntsog Wangmo, Shang Shung Publications.

Risvegliarsi al momento della morte (Il libro tibetano dei morti), Shang Shung Publications.

Creative Vision and Inner Reality, Shang Shung Publications.

Discovering the Health Benefits of Yantra Yoga, Shang Shung Publications.

Tibetan Medicine and Tsa, Lung and Thigle, Shang Shung Publications.

Curarsi con lo Yantra Yoga: Dalla Medicina Tibetana al Corpo Sottile, scritto assieme alla Dott.ssa Phuntsog Wangmo, Shang Shung Publications.

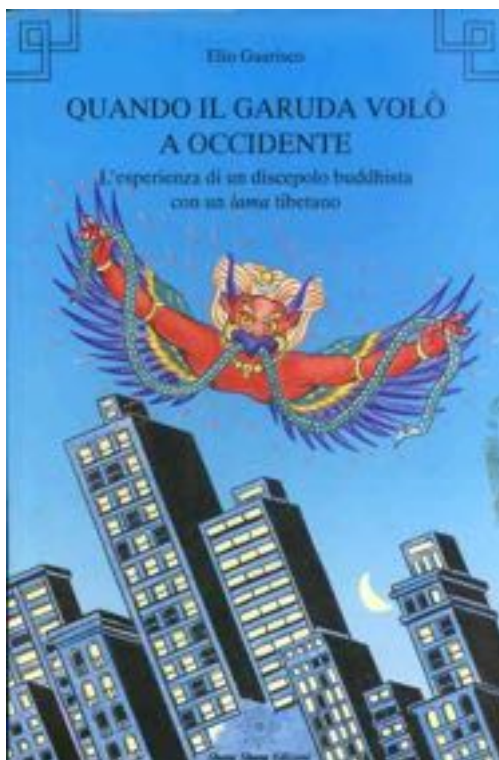
Yang dGon pa and His Text on the Vajra Body in *Sharro, Festschrift for Chögyal Namkhai Norbu*, Garuda Verlag.

Le vite degli ottantaquattro siddha. Storie di antichi maestri tantrici.

Prefazione a *Un lampo di vacuità. Il Sutra del Cuore della Saggezza.*

Elio Guarisco ha scritto un libro autobiografico intitolato: “*Quando il Garuda Volò a Occidente. L'esperienza di un discepolo buddhista con un lama tibetano*”, pubblicato dalle Shang Shung Editions,

tratto dalle sue [memorie](#) del periodo trascorso in Svizzera con Geshe Rabten, il suo insegnante di filosofia Buddhista.



Per molti anni Elio Guarisco ha anche lavorato come traduttore per eminenti medici e maestri spirituali tibetani, tra i quali anche Sua Santità il XIV Dalai Lama.

Per la sua attività di traduttore per molti maestri tibetani e organizzatore di congressi, eventi, seminari e corsi di meditazione, Elio Guarisco ha contribuito grandemente all'introduzione del Buddismo in Occidente e particolarmente in Italia.

Elio Guarisco è stato nominato da Chogyal Namkhai Norbu Rinpoche istruttore avanzato di meditazione e, in questa veste, viaggia in vari paesi del mondo insegnando e tenendo corsi.

Elio Guarisco è stato il docente di Medicina Tibetana al Master in "Sistemi Sanitari, Medicine Tradizionali e Non Convenzionali" dell'Università di Milano-Bicocca.



<https://www.youtube.com/watch?v=TnG7D81Z20s>

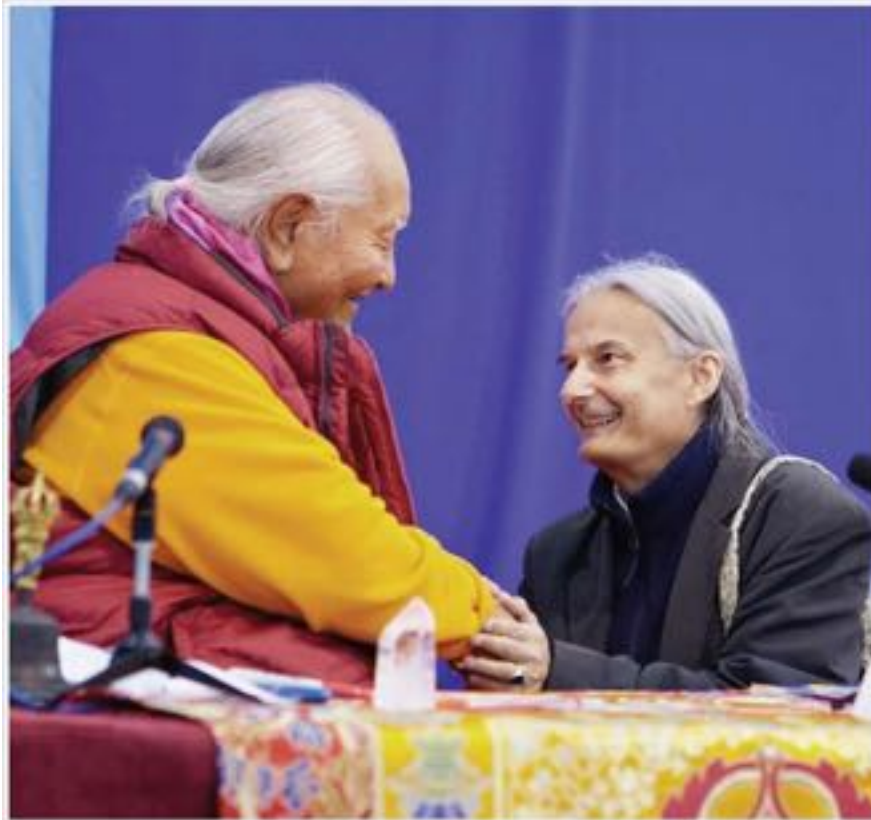
Elio Guarisco's Teachers

His Eminence Kyabje Chögyal Namkhai Norbu Rinpoche

Chögyal Namkhai Norbu Rinpoche, one of the foremost Dzogchen masters, was born in Derge, Eastern Tibet, in 1938 December 8, died in Italy 27 September 2018.

At the age of two he was recognized as the reincarnation of the Dzogchen master Adzom Drugpa by Palyul Karma Yangsid and Shechen Rabjam.

When he was three years old, the 16th Gyalwa Karmapa recognized him as the mind reincarnation of Ngawang Namgyal.



His Holiness the 14th Dalai Lama

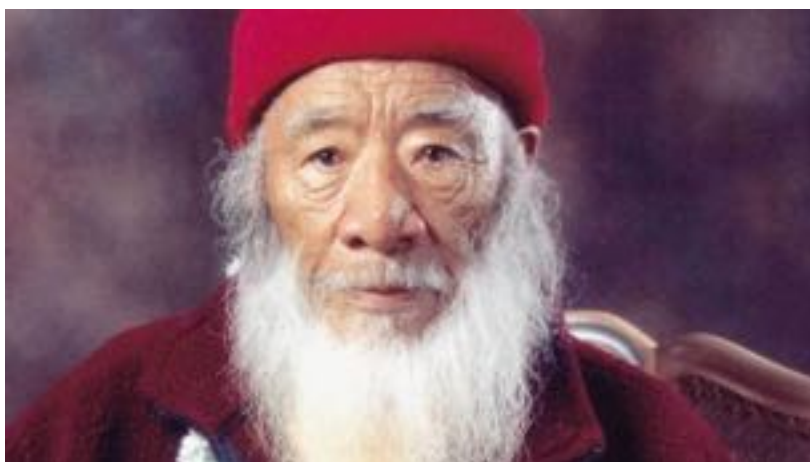
“The Dalai Lama is, I believe, nothing less than the face of the Buddha of Compassion turned toward an endangered humanity, the incarnation of Avalokiteshvara not only for Tibet and not only for Buddhists, but for the whole world - in need, as never before, of healing compassion and of his example to total dedication to peace.”



His Eminence Kyabje Chatral Sangye Dorje Rinpoche

Kyabje Chatral Sangye Dorje Rinpoche was one of the most accomplished Tibetan Buddhist yogis of our time.

In 1947, he had the lofty status of being the head spiritual master of Regent Reting the political leader of Tibet, but he has always preferred to live as a humble yogi in a simple dwelling without the distractions of fame and fortune.



His Eminence Kyabje Trulshik Rinpoche

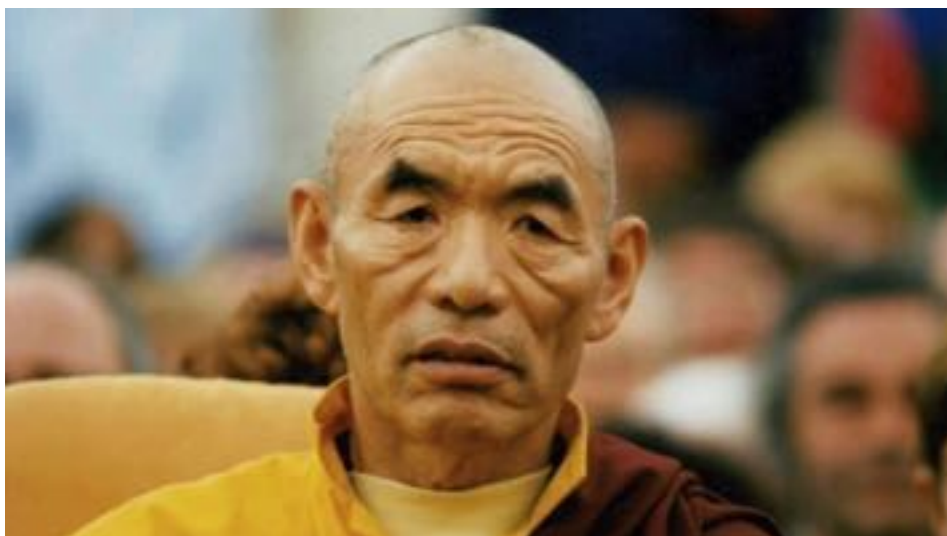
Kyabje Trulshik Rinpoche Ngawang Chökyi Lodrö was one of the seniormost lamas of Tibetan Buddhism.

Considered the heart son of both Kyabjé Dilgo Khyentse Rinpoche and Kyabjé Dudjom Rinpoche, he became a teacher to His Holiness the Fourteenth Dalai Lama, and in 2010 the head of the Nyingma School.



His Eminence Kyabje Nyoshul Khen Rinpoche

Nyoshul Khenpo Jamyang Dorje was such a consummate master of Dzogpachenpo, and such an authority on the teachings of Longchenpa, that his disciples regarded him as Longchenpa in the flesh. He was the teacher of many of the younger generation of lamas, as well as a number of western Buddhist teachers.



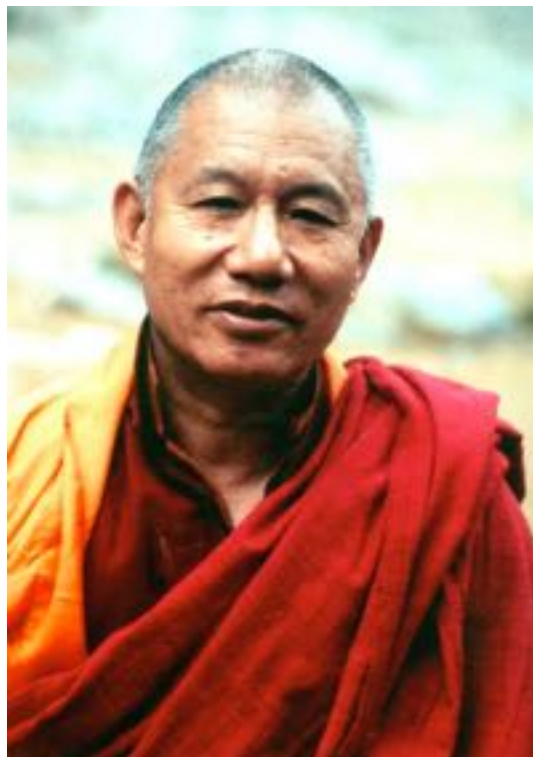
His Eminence Kyabje the First Kalu Rinpoche

Kalu Rinpoche was a Buddhist lama, meditation master, scholar and teacher. He was one of the first Tibetan masters to teach in the West. Holder of both Shangpa and Karma Kagyu Lineages.



His Eminence Kyabje Dodrupchen Rinpoche

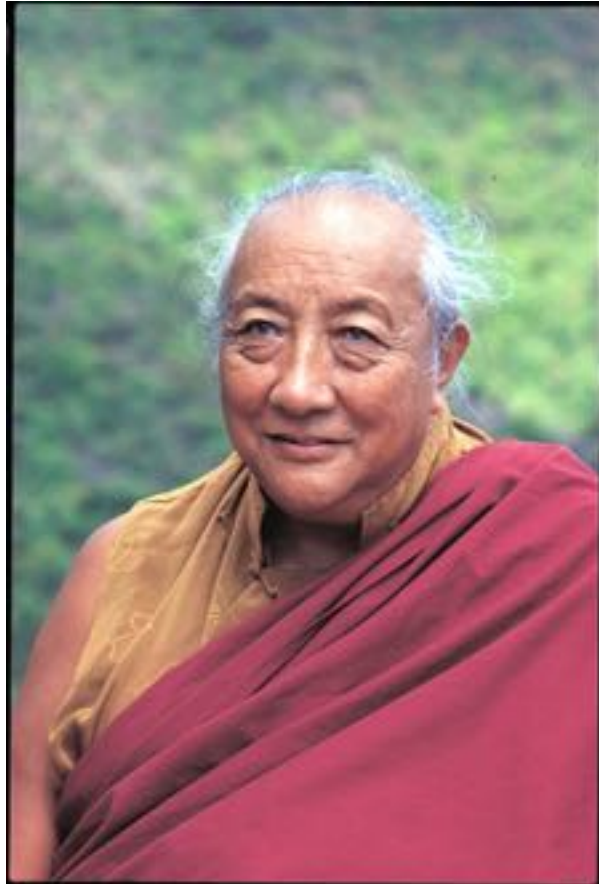
Kyabje Dodrupchen Rinpoche, the Fourth Dodrupchen Rinpoche, Tubten Trinlé Pal Zangpo is one of the most important living masters in the Nyingma and Dzogchen traditions. As the fourth incarnation of Dodrupchen Jikmé Trinlé Özer, the heart-son of Jikmé Lingpa who revealed the Longchen Nyingtik cycle, Dodrupchen Rinpoche is the principal holder of the Longchen Nyingtik teachings.



His Holiness Dilgo Khyentse Rinpoche

Dilgo Khyentse Rinpoche born in the Dergé region of Kham, Eastern Tibet, Dilgo Khyentse Rinpoche was recognized as the mind emanation of Jamyang Khyentse Wangpo (1820-1892), and was one of the closest disciples of Jamyang Khyentse Wangpo's activity emanation, Jamyang Khyentse Chökyi Lodrö (1893-1959).

Regarded by many as one of the greatest Dzogchen masters of the twentieth century, and the very embodiment of Padmasambhava, Dilgo Khyentse Rinpoche was the teacher of many of the important lamas of today.



His Holiness the 41st Sakya Trizin

Kyabgon Gongma Trichen Rinpoche, previously known as His Holiness Sakya Trizin, was the previous throne holder of the Sakya order of Tibetan Buddhism, the 41st patriarch of the Khön lineage which dates back to 1073.

He is renowned as an emanation of both Manjushri and mahasiddha Virupa, the founder of the Lamdré teachings, and also as an incarnation of Apang Tertön.

He is a brilliant master who manifests profound wisdom and compassion, and his excellent command of English render his teachings particularly beneficial to western students.





His Eminence Kyabje Yongzin Ling Rinpoche

Yongdzin Ling Rinpoche Thupten Lungtok Namgyal Trinlé (1903-1983), the 97th Ganden Tripa and Senior Tutor to His Holiness the Dalai Lama.

His reincarnation Tenzin Lungtok Thinley Choephak was born in Bir, India in 1985.



Geshe Yeshe Tobden



Lama Wangdor a student of Rigdzin Changchub Dorje

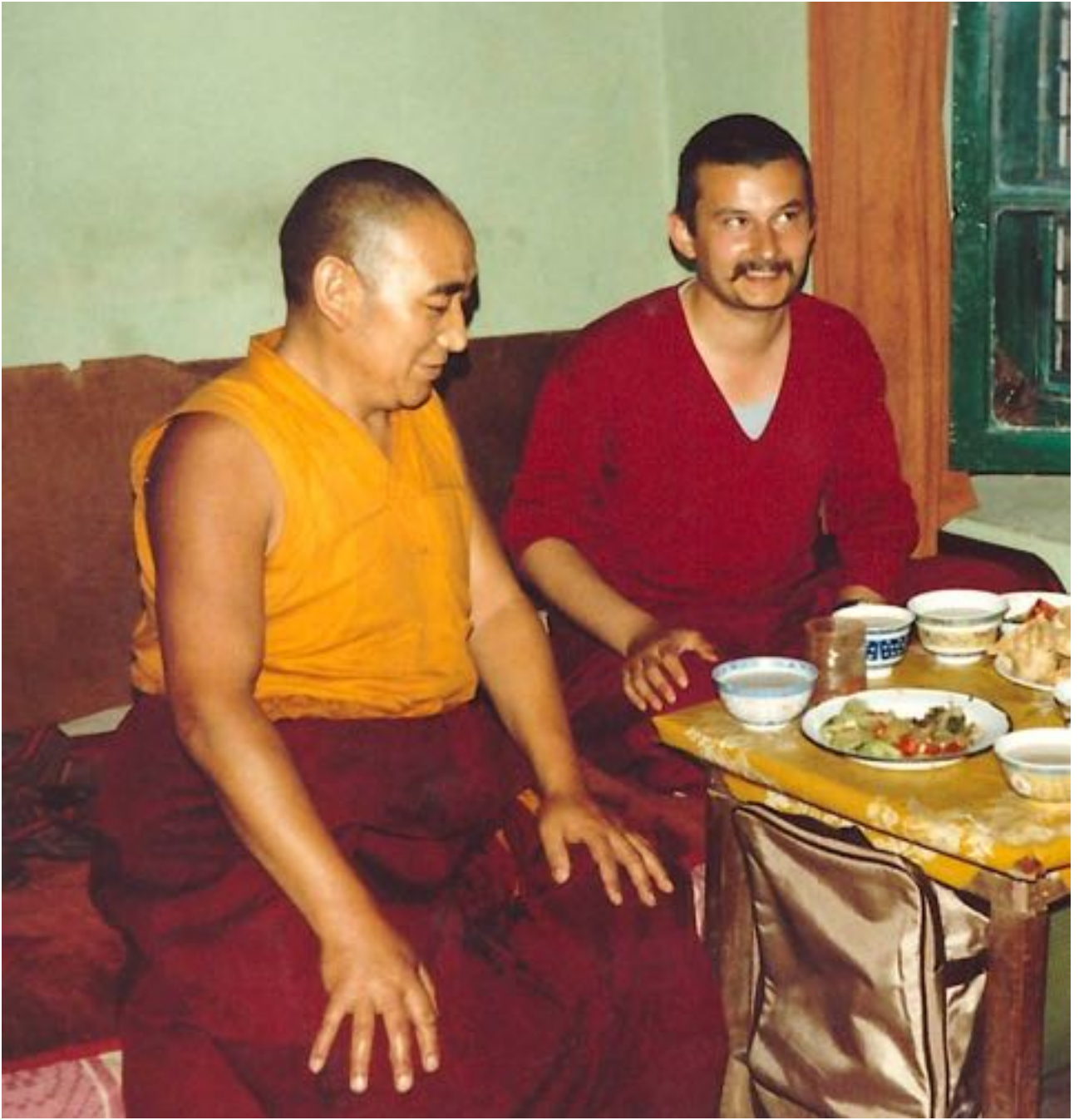


H.E. Jamgon Kongtrul the Third, a heart-son of H.H. the 16th Karmapa



Gomo Tulku



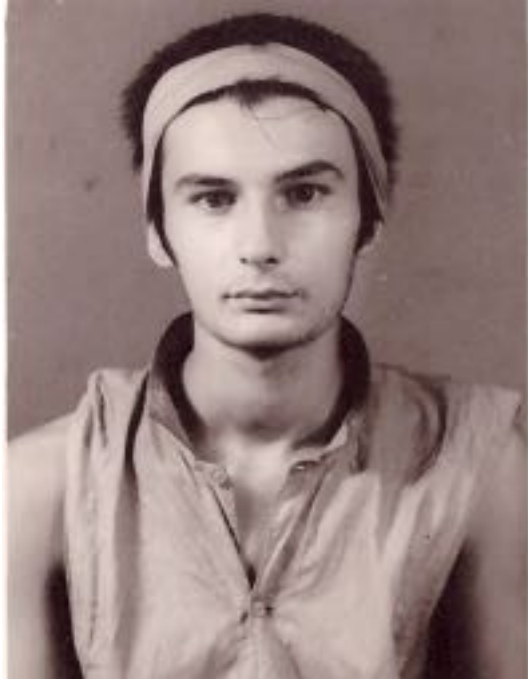


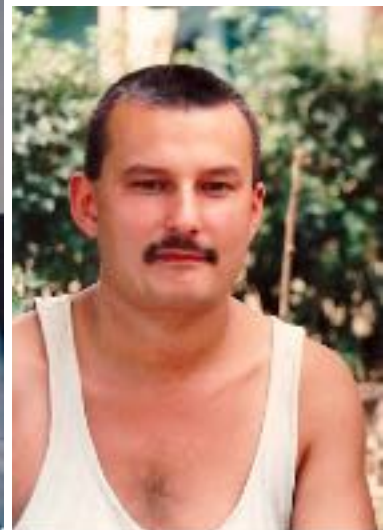
John E. Coleman, a student of U Ba Khin

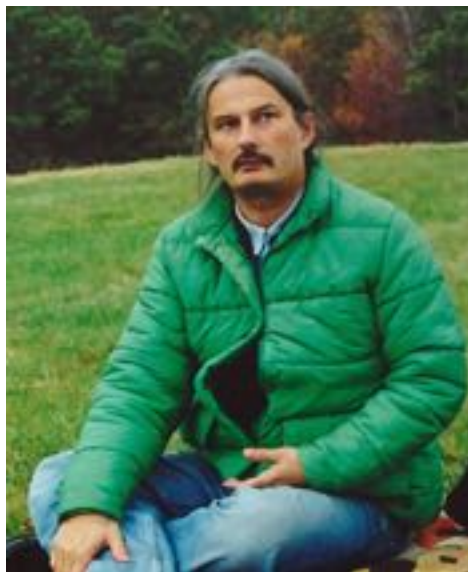


Galleria







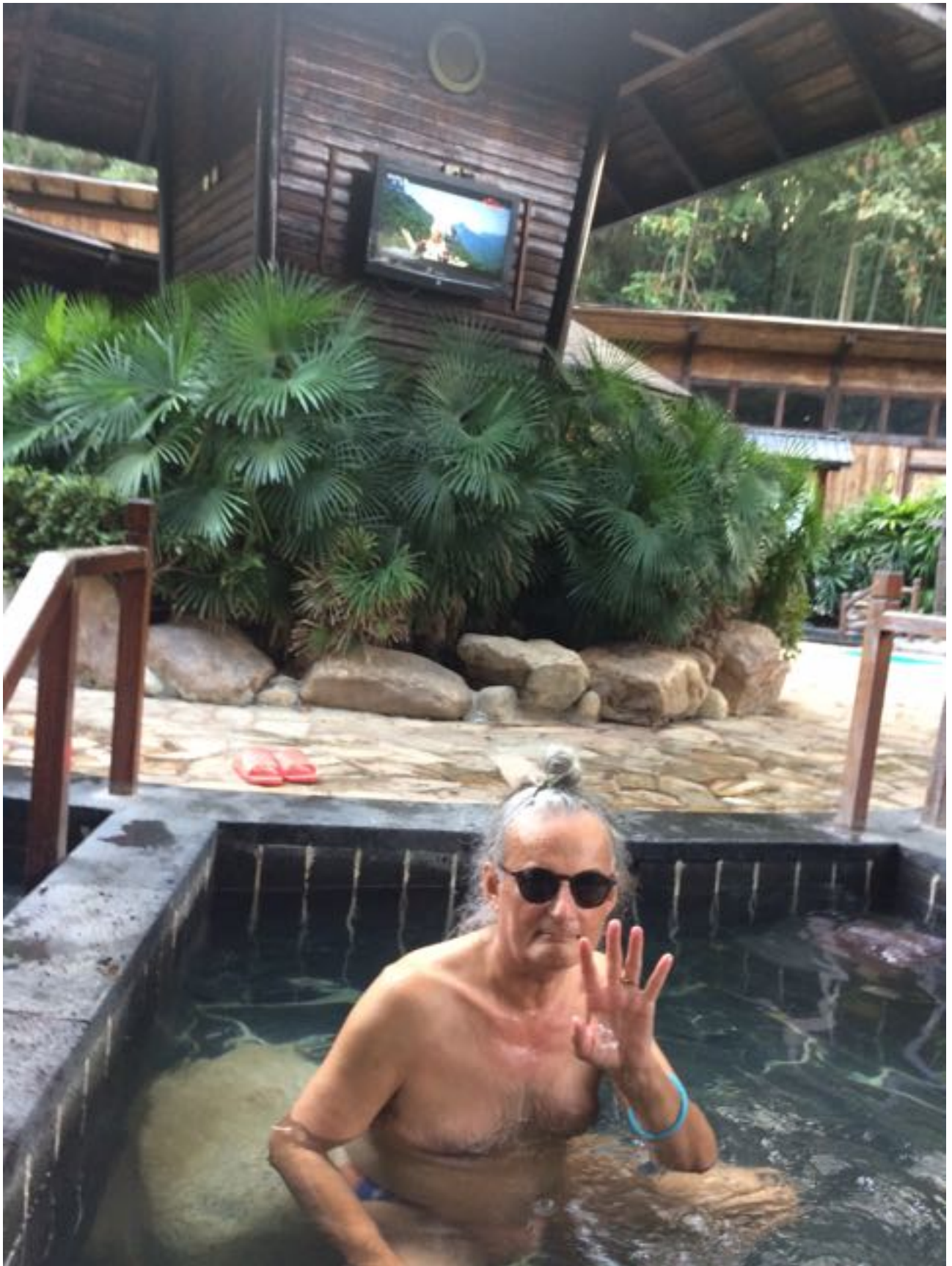








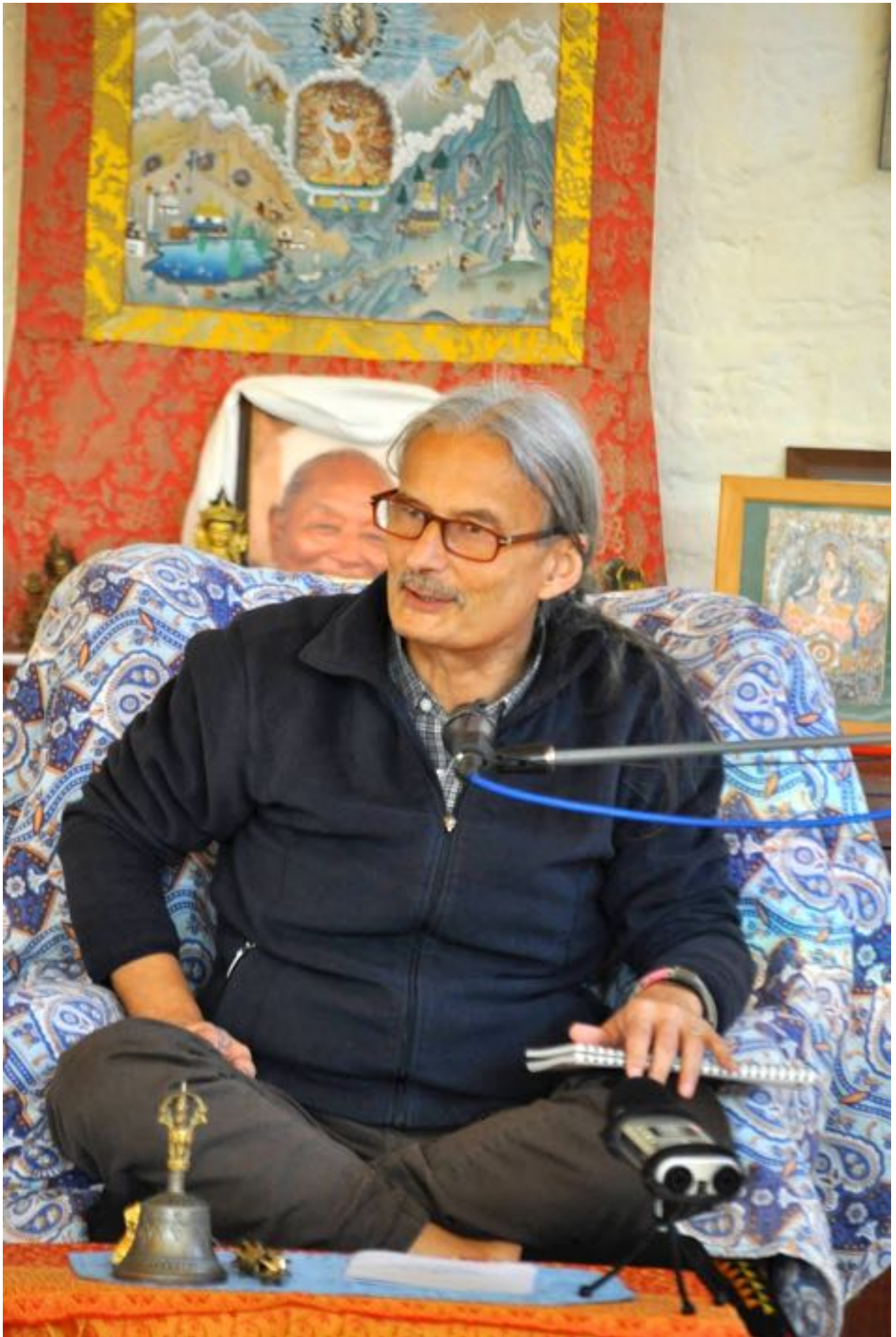
























Short English rendering of the Italian native authoritative version of Elio's biography I have written upon his supervision and authorization.

Elio Guarisco (05.08.1954-27.11.2020)

He graduates the Art Master's diploma from the Cantù Art School and, while attending the Brera Academy of Art, Milan, he decides to leave for the East.

In India in 1974 he studied Buddhism with Satya Narayan Goenka (1924-2013), the most exponent of the Vipassana Meditation Tradition, pupil of Sayagyi U Ba Khin (1899-1971).

On his return from India he deepens the practice of Vipassana Meditation with western teachers trained at Sayagyi U Ba Khin School (1899-1971), including John Earl Coleman (1930-2012), Robert Harry Hover (1920-2008) and Ruth Denison (1920-2008). 1922-2015) and becomes an authorized instructor of Vipassana and in 1976 he organized J.E.Coleman's first retreat in Pavia.

Then he enters the Tharpa Choeling Monastery, Switzerland, founded in 1977 by Kyabje Geshe Tamdrin Rabten Rinpoche (later named after him Rabten Choeling - Centre for Higher Tibetan Studies), where for ten years from 1976 to 1986, learns the spoken and classic Tibetan language and deepens his knowledge of Buddhist philosophy and meditation by studying with a dozen authoritarian Tibetan teachers, especially Geshe Tamdrin Rabten (1921-1986), philosophical advisor of the Dalai Lama.

Elio Guarisco at that time is among the co-founders of the Tibetan Buddhist Centers Ghepel Ling (who had Geshe Tamdrin Rabten among the founders) and Terra delle Dakini in Milan.

Invited by H.E. Kyabje Kalu Rinpoche (1905-1989), one of the most eminent meditation masters of Karma Kagyu School and Shangpa Kagyu, and one of the first Tibetan masters to teach in the west, Elio Guarisco moves to India to Darjeeling, where for more than twenty years he has been working on the translation of a large encyclopedia of Indo-Tibetan knowledge, known as Sheja Kunkyab, written by Jamg öñ Kongtrul Lodr ö Tay é (an exceptional and eclectic erudite, protagonist of the non-sectarian movement in East Tibet at the end of the th century, of which S.S. XVI Karmapa recognized H.E. Kyabje Kalu Rinpoche the Emanation of Action).

In this project he was the main translator of the following volumes: Myriad Worlds (1995), Buddhist Ethics (1997), Systems of Buddhist Tantra (2005), The Elements of Tantric Practice (2008) published by the American publisher Snow Lion, now Shambala Publications.

In 1986 Elio Guarisco joined the Dzogchen Community founded by Chögyal Namkhai Norbu Rinpoche (1938-2018), eminent and eclectic scholar and one of the major Masters of Dzogchen, who was a close collaborator from 1960 Giuseppe Tucci at the Institute for The Middle and Far East of Rome (IsMeO) and professor of Tibetan and Mongolian language and literature at the University of Naples The East.

During the twenty years spent in India, Elio Guarisco continued to actively collaborate with the International Dzogchen Community and especially the Shang Shung Institute for Preservation of Tibetan Culture, of which he was one of the founders.

Since 2003, Elio Guarisco has been one of the three main translators of the Ka-Ter project, launched by the Austrian Shang Shung Institute for the translation of ancient texts of the Dzogchen Teaching. He is also a teacher of training for translators from Tibetan language promoted annually by Shang Shung Institute, now Atiyoga Foundation.

Fluent in colloquial and classic Tibetan, Elio Guarisco, who is one of the world's most important translators of ancient Tibetan texts, has curated various translations from Tibetan for the Institute and Shang Shung Editions, including texts written by Ch ögyal Namkhai Norbu that discuss Traditional Tibetan Medicine and other issues:

Birth, Life and Death, Shang Shung Editions;

The Tibetan Book of the Dead, Awakening Upon Dying, Shang Shung Editions, 2013;

Healing with Fire, A Practical Manual of Tibetan Moxibustion, Shang Shung Editions;

Universal Benefit, the Practice of Kunye, the Tibetan Massage, Shang Shung Editions;

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The Life and Teaching of the Yangon Hermit, Shang Shung Editions;

Kunga Lekpa Biography Shang Shung Editions, 1990;

Life and Teaching of a Tibetan Master, Ghepeling Editions, 1981;

The hagiographies of the 84 Tantric Masters of India, Ghepeling Editions, 1980;

The Foundations of Tibetan Medicine, Edizioni Ghepeling;

Elements for the Study of Tibetan Medicine written by Dr. Thubten Phuntsog, basic text used for studying Tibetan Medicine at Shang Shung Institute in Italy.

Healing with Yantra Yoga: From Tibetan Medicine to the Subtle Body, scritto assieme alla Dott.ssa Phuntsog Wangmo, Shang Shung Publications.

Wake up at the time of death (The Tibetan Book of the Dead), Shang Shung Publications.

Creative Vision and Inner Reality, Shang Shung Publications.

Discovering the Health Benefits of Yantra Yoga, Shang Shung Publications.

Tibetan Medicine and Tsa, Lung and Thigle, Shang Shung Publications.

Treating with Yantra Yoga: From Tibetan Medicine to Thin Body, written together with Dr. ssa phuntsog wangmo, shang shung publications.

Yang dGon pa and His Text on the Vajra Body in Sharro, Festschrift for Chögyal Namkhai Norbu, Garuda Verlag.

The lives of the eighty-four siddhas. Stories of ancient tantric masters.

Preface to a flash of vacuity. The Heart of Wisdom Sutra.

Elio Guarisco wrote an autobiographical book called: " When Garuda flew to the West. The experience of a Buddhist disciple with a Tibetan blade ", published by Shang Shung Editions, taken from his memories of his time spent in Switzerland with Geshe Rabten, his teacher of Buddhist philosophy.

For many years Elio Guarisco has also served as a translator for eminent Tibetan doctors and spiritual teachers, including His Holiness the XIV Dalai Lama.

For his activity as a translator for many Tibetan masters and organizer of congresses, events, seminars and meditation courses, Elio Guarisco contributed greatly to the introduction of Buddhism in the West and especially in Italy.

Elio Guarisco has been nominated by Chogyal Namkhai Norbu Rinpoche advanced meditation instructor and, in this capacity, travels to various countries around the world teaching and teaching courses.

Elio Guarisco was the lecturer of Tibetan Medicine at the post-graduated course in "Healthcare Systems, Traditional Medicines and Non-Conventional" of the University of Milano-Bicocca.