

Teaching Issue

Volume 9, Number 10 / December 2009

COMING SOON

Live Internet Broadcast With Tenzin Wangyal Rinpoche

Join us from your computer on Sunday, January 3, for a guided dzogchen practice with Geshe Tenzin Wangyal Rinpoche via live Internet broadcast. Hours: 1 p.m. to 2:15 p.m. Eastern Time U.S. (New York Time). [More information/enter the broadcast site >>](#)



Teachings

[Print this article](#) / [Print full issue](#) / [New: German translation](#)

'A View of Confession: As Myth, as a Meditation, and as a Means of Moving On' — an edited excerpt from oral teachings given by Geshe Tenzin Wangyal Rinpoche, summer 2009

Geshe Tenzin Wangyal Rinpoche presented teachings from the A-Tri dzogchen tradition of Tibetan Bon Buddhism during Ligmincha Institute's 2009 Summer Retreat. In this excerpt Rinpoche explains the practice of confession (admitting your misdeeds), one of the practices that comprise the
Ngondro or preliminary practices.

A-Tri



Sangha Sharing

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Giving Thanks

A letter from senior student Polly Turner to sangha and other friends on Thanksgiving Day, 2009

Dear friends,

Some years ago when Yongdzin (Lopon) Tenzin Namdak Rinpoche was teaching at Serenity Ridge, I arranged an appointment to meet with him. When I entered the shrine room in the lama house, I asked him if he would activate my new thangka for me, and he did so.



New Interactive Online Course

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Join Geshe Tenzin Wangyal Rinpoche for a three-week online Tibetan Sound Healing Workshop



We are delighted to announce that a three-week Tibetan Sound Healing course will be offered in a new interactive online format, from Jan. 16 through Feb. 7, 2010. Through instructional videos, Tenzin Wangyal Rinpoche will explain, demonstrate and guide the practice of ancient sound healing techniques. Now you can join him out of the comfort and privacy of your own home. As you progress through the practices, Rinpoche will make himself available to provide guidance and answer questions.

[More information/register at www.glidewing.com >](http://www.glidewing.com)

Introducing New Online Format!

- Instruction is via Internet-based video
- Three weeks of ongoing support from Tenzin Wangyal Rinpoche as you work with the practices
- No set class times, instructional videos remain available throughout the course
- Practice on your own schedule in the comfort of your home
- Share your experiences and learn from other practitioners through forums, chats, blogs and instant messaging
- Easy-to-use and easy-to-navigate workshop site
- All you need is a broadband Internet connection such as DSL or cable.

Workshop dates: January 16 to February 7, 2010

About Tibetan Sound Healing

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[Tibet Institute's Bookstore and Tibet Shop >](#)



Families on Retreat

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Please Let Us Know Your Interest

If you have ever thought of bringing your children, grandchildren, nieces or nephews to a Tibetan Bon or Buddhist retreat please help us plan by filling out the survey found at this link:

<http://www.questionpro.com/akira/gateway/1335683-0-0>



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Past and Future at Serenity Ridge

An End-of-Year Update

As 2009 draws to a close, Tenzin Wangyal Rinpoche and Norman Dill inform about recent developments at the retreat center and about plans for the months and years ahead. Your tax-deductible year-end donations are greatly appreciated.

A Letter From Tenzin Wangyal Rinpoche

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Dear students, friends and supporters of the Dharma,

I send you my heartfelt wishes for a healthy and happy New Year.

I feel that Ligmincha and our sangha continue to mature and grow. The changes at our retreat center, Serenity Ridge, have helped to support our growing sangha through teachings, practice, special events and improved facilities. I want to thank everyone for their support over this past

year. The dedication and support of our sangha are widely felt and appreciated!

We have been able to accomplish some important cost-saving improvements this year, including moving our Charlottesville administrative offices and consolidating them at our Serenity Ridge retreat center, paying down our loan on the second wing of the Garuda House, renovating the Teachers' House so that our administrative offices can reside there, upgrading the garage so that the bookstore has a permanent space there. We also now have wireless Internet available for retreat participants in the downstairs dining area and out on the new bookstore deck.

I want to assure everyone that we are doing our best to use your donations wisely and to save money wherever we can. We have ideas for new projects at Serenity Ridge, so that our retreat center continues to expand with new opportunities for practice for our worldwide sangha.

I look forward to an upcoming year of continued growth. We are planning a number of additional activities.

We welcome Lharila Kalsang Nyima to Serenity Ridge as our resident lama. We are pleased to announce some additions to our retreat center schedule: Beginning in January, Lharila will perform a ritual each month, such as the Healing Waters of Yeshe Walmo or Soul Retrieval. Lharila will also teach a five-day Ngondro retreat in March. We are also very happy that Menri Lopon Rinpoche will return to our retreat center this year to teach the Experiential Transmission, Part 2. We are inviting sangha to arrive before and after most retreats to do personal practice. And, we also plan to have a 10-day period scheduled for personal practice during the spring. I hope that many of you will join me at Serenity Ridge this year to receive the precious Bon teachings, experience support as we gather together as sangha, and deepen in your study and practice.

We will continue to develop our retreat center this coming year so that we can accommodate more retreats and other events. We plan to make improvements to our kitchen and dining hall, continue to improve the furnishings in the dormitories, improve the signage at Serenity Ridge, and continue to pay down the loan on the second wing of the Garuda House.

For those of you who are able to send a financial contribution, we appreciate it greatly.

With my heartfelt blessings and best wishes for 2010,

Tenzin Wangyal Rinpoche

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Business Report From Norman Dill, Director of Finance

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This year, 2009, has been a very good year for Ligmincha. We have made significant efforts to save money. In April we moved our Charlottesville center and administrative offices to our Serenity Ridge retreat center, thus saving Ligmincha the monthly rental expense for that space. We paid down a significant amount of our mortgage — just under \$50,000 — for the recently completed second dorm wing. This means that donations have paid for more than half the cost of the new wing, bringing the total amount now owed to \$600,000. As well, we refinanced the loan on the second dorm wing at a substantial savings.

Because of the enormous amount of professional volunteer work done for Ligmincha Institute, we have very low operating expenses and have been able to invest money to improve the buildings and grounds at Serenity Ridge. The generous support of the sangha has enabled us to create the wonderful setting we have now. Further support will be used to improve our kitchen and dining facilities and eventually to expand the teaching hall.

When you donate to the development of the Serenity Ridge retreat center, 100 percent of your donation goes to expand the retreat center. Our administrative and operating costs are covered by retreat fees. Please consider a year-end gift to Ligmincha Institute of any size to support Tenzin Wangyal Rinpoche's vision of a dynamic Bon Buddhist retreat center in the West.

To donate by Visa, Mastercard or American Express, go to Ligmincha.org and click on "Donate" or use the link below.

To donate by check, please make your check payable to "Ligmincha Institute" and in the memo field, indicate where you would like us to direct your donation — for example "Retreat Center Development," "Lishu Institute" or "General Donation." Mail your check to:

Ligmincha Institute
554 Drumheller Lane
Shipman, VA 22971

I would be glad to discuss our finances with any interested sangha member who would like more information.

Norman Dill
Director of Finance

[Donate now by credit card >](#)



New on YouTube

Dream Yoga Video

The state of your mind as you fall asleep can determine the course of your dreams ... and the course of your life. Tenzin Wangyal Rinpoche explains the purpose of the ancient practice of Dream Yoga in a new 9-minute video he recently created for YouTube. View the video at: <http://www.youtube.com/watch?v=6Gls65GDMGQ>



Upcoming Retreats

Ligmincha's Serenity Ridge Retreat Center

New on the schedule: Ngondro practice retreat Feb. 5-7; Ngondro teachings March 10-14. The retreats described below will take place at Serenity Ridge, Ligmincha Institute's retreat center in Nelson County, Va. To register or for more information, click on the links below, or contact us at Ligmincha@aol.com or 434-263-6304.

Dec. 27, 2009 - Jan. 1, 2010

The Experiential Transmission of Zhang Zhung, Part 2

Annual Winter Retreat with Geshe Tenzin Wangyal Rinpoche

This retreat is full. To join our waiting list, contact Ligmincha at Ligmincha@aol.com.

Feb. 5 - 7, 2010

Zhiné: The Medicine of Tranquility

With Gabriel Rocco

The annual zhiné practice retreat affords an opportunity to step out of the stress and demands of daily life and come home to yourself. Zhiné is a form of meditation that enhances your ability to maintain focused attention and abide in clear, open awareness. You can relate to zhiné as a medicine, a tonic of tranquility that helps you disengage from the destructive mental patterns

that obscure your true nature.

[Learn more or register >>](#)

Feb. 5 - 7, 2010

**Ngondro Practice Retreat
With Marcy Vaughn**

Students who have received ngondro teachings and transmission are warmly invited to attend this practice retreat, which will focus on the practice of ngondro. This retreat will take place concurrently with the Zhine retreat with Gabriel Rocco.

[Learn more or register >>](#)

March 10 – 14, 2010

**Ngondro: Part 1 of the Experiential Transmission
With Lhari-la Kalsang Nyima**

The Ngondro, Part 1 of the Experiential Transmission of Zhang Zhung, is the entrance to a cycle of Bon dzogchen, or “Great Perfection,” teachings, which until the past decade were part of a secret transmission passed one-to-one from master to student. The ngondro teachings, a complete set of practices in themselves, offer instructions for “taming” oneself, for purifying, and for perfecting; and are the prerequisite for further study of the Experiential Transmission of Zhang Zhung.

[Learn more or register >>](#)

April 14 - 18, 2010

**Sacred Waters: The Healing Practice of Sipe Gyalmo
With Geshe Tenzin Wangyal Rinpoche**

Join Geshe Tenzin Wangyal Rinpoche at Serenity Ridge this spring when he offers a special healing experience for the general public, health care professionals, and anyone who is currently encountering illness.

[Learn more or register >>](#)

June 2 - 6, 2010

**Introduction to the Nature of Mind: The Experiential Transmission of Zhang Zhung, Part 2
With Menri Lopon Trinley Nyima Rinpoche**

This year we are again very fortunate to have Menri Lopon Trinley Nyima Rinpoche, the head

teacher of Menri Monastery in Dolanji, India, teaching these beautiful and essential practices to us. The concise and essential practice manual of the Experiential Transmission, the *Chag Tri*, provides pith instructions for those who aspire to practice dzogchen, the path of self-liberation.

[Learn more or register >>](#)

June 20 - 26, 2009

Summer Work Retreat

Free of charge. Whether you join us for one afternoon or the full week, this is a wonderful time to share with sangha and to be of joyful service. Our work retreat includes vigorous work periods, daily meditation practice, and ample time for a swim in the pool or a walk along the Rockfish River. Participants are provided with free tenting and meals, and for those who participate in the entire work retreat there will be a 50 percent discount on one week of the summer retreat.

For more information or to register, please email Ligmincha at Ligmincha@aol.com or call us at (434) 263-6304.

June 27, 2010 - July 17, 2010

Awakening the Self, Discovering Joy: Self-Realization Through the Three Doors of Body, Speech and Mind

19th Annual Summer Retreat With Tenzin Wangyal Rinpoche

Our own body, speech and mind can offer direct access to profound inner transformation. The keys to effectively unlocking these three doors are found in the ancient Bon Buddhist tradition of Tibet, whose powerful meditation practices help to remove physical, energetic, and mental blockages that keep us from achieving our highest potential. Join us for a unique, life-changing opportunity to discover your unbounded being, the source of authentic joy. Registration is available for one, two, or all three weeks.

[Learn more or register >>](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please contact us at

mincha@aol.com

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or 434-263-6304, or go to:

<https://www.ligmincha.org/retreats/retreats.html>

