

## Teaching Issue

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### Teachings

**“Joy in Being” – An Edited Excerpt From Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche, Spring 2009**

As we engage in regular meditation practice, we come to recognize our limits as practitioners. We can benefit from trying to understand those limits, and from working with them in a way that helps us to be less conditioned [More >](#)

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### 'Choosing One's Practice'

**An Excerpt From *Healing With Form, Energy and Light*, by Tenzin Wangyal Rinpoche**

Whether or not meditation and spiritual practices are powerful depends on the practitioner more than the form of the practice. There is little benefit if they are done without a correct understanding of how to practice and what the practice is supposed to accomplish. The practitioner can engage in a fantasy of

[More >](#)

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### A Letter to Sangha

**In Response to the Tibetan Earthquake — by Tenzin Wangyal Rinpoche**

Dear sangha members,

As most of you know, on April 14 a tragic earthquake struck the remote Tibetan area of Qinghai province. Since then there have been more than 2,000 deaths, more than 200 people are still missing, and many thousands more are injured, a lot of them [More >](#)

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## Children Invited

### Bon Family Retreat Scheduled for June 25 – 26, 2010

Please join us for the first annual Bon Family Retreat led by [Lama Lhari-la Kalsang Nyima](#), resident teacher for Serenity Ridge. In this weekend program families with children between the ages of [More >](#)

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## Attend Teachings From Your Computer

### Upcoming Live and Recorded Webcasts by Geshe Tenzin Wangyal Rinpoche

Join us from your computer for an upcoming live Webcast by Geshe Tenzin Wangyal Rinpoche, as well as to view recordings of his recent, past Webcasts. To sample brief excerpts or view the full teachings, click on the links below. Rinpoche's next Webcast teaching, on June 15, will be [More>](#)

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## Second Online Workshop to be held this June

### A Three-Week Interactive Course With Geshe Tenzin Wangyal Rinpoche

From June 12 through July 4, 2010, through instructional videos Tenzin Rinpoche will explain and guide the practice of the ancient techniques of Tibetan Sound Healing. You can progress through these practices from the comfort and privacy of your own home, and Rinpoche will make himself available to provide personal guidance and answer questions. [More information >](#)

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## News From International Sangha

### Students Report From Around the World

#### *News from Poland*

**Urszula and Bogdan Waszut**, administrators for the Ciamma Ling retreat center near Warsaw, Poland, report that recent renovations at Ciamma Ling now provide a new,

[More>](#)

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## Intensive Study in a Retreat Setting at Serenity Ridge

### New Summer Tibetan Language Program

This summer brings an opportunity to immerse yourself in the study of Tibetan language. Join **Geshe Namgyal Nyima**, author of

*Colloquial and Literary Tibetan: Practical Usage*

(Berlin 2008), for an intensive program at the Serenity Ridge retreat center in two 12-day, successive courses from June 26 through July 19, 2010.

[Learn more >](#)

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## Upcoming Retreats

### Ligmincha's Serenity Ridge Retreat Center

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](mailto:Ligmincha@aol.com) or 434-263-6304.

### **May 22 and 23, 2010**

#### **Weekend Work Retreat**

##### **Two days of service at Serenity Ridge**

Please join us for a spring weekend of joyful service to help us beautify Ligmincha Institute's Serenity Ridge retreat center. Included: Free meals and on-site accommodations, plus daily guided meditation sessions.

[More information >](#)

### **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, 2010**

#### **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](mailto:Ligmincha@aol.com).

### **June 26 - July 19, 2010**

#### **Summer Tibetan Language Program**

### **With Geshe Namgyal Nyima**

This summer brings an opportunity to immerse yourself in the study of Tibetan language. Join Geshe Namgyal Nyima, author of *Colloquial and Literary Tibetan: Practical Usage* (Berlin 2008), for an intensive program at the Serenity Ridge retreat center in two 12-day, successive courses from June 26 through July 19, 2010. Open to beginning and intermediate students.

[Learn more >](#)

### **June 27 - 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.

[New: Extend your stay >](#)

[Learn more or register >](#)

### **Oct. 6-10, 2010**

#### **Sleep of Clear Light: The Practice of Sleep Yoga**

##### **With Geshe Tenzin Wangyal Rinpoche**

Centuries ago, Tibetan yogis developed the practice of sleep yoga to transform these dark hours of ignorance into a path toward enlightenment. A powerful tool for awakening, sleep yoga is more than a practice of the night. It helps us to integrate all moments — waking, sleeping, meditation, and even death — with the clear light of awareness. During this intensive five-day retreat, Geshe Tenzin Wangyal Rinpoche will teach and guide us in the clear-light sleep practices of the Mother Tantra, one of the most important cycles of teachings in the Tibetan Bon Buddhist tradition.

[New: Extend your stay >](#)

[Learn more or register >](#)

### **Nov. 3 - 7, 2010**

#### **Tibetan Yoga, Part 2: *Trul Khor* Training From the *Zhang Zhung Nyen Gyu***

##### **With Alejandro Chaoul-Reich**

The contemplative movements of Tibetan Yoga (*trul khor*) enable us to enter all three doors of body, energy and mind through a single practice, offering a powerful, skillful means for clearing the obstacles and obscurations to openness and clarity in meditation practice. Open

to students who have received the Part 1 teachings of  
*Trul Khor*

(

*Zhang Zhung Nyen Gyu*

) since Jan. 1, 2000.

[Learn more or register >](#)

**Dec. 27, 2010 - Jan. 1, 2011**

**Dzogchen: The View, Meditation, Behavior, and Result**

**The Experiential Transmission of Zhang Zhung, Part 3**

**With Tenzin Wangyal Rinpoche**

The Experiential Transmission of the Zhang Zhung Masters is the centerpiece of Geshe Tenzin Wangyal Rinpoche's dzogchen teachings and is presented at Serenity Ridge each year at our winter retreat. *Prerequisite:* Practitioners who have already received the Part 2 or higher-level teachings in a previous cycle of Chag Tri teachings are warmly invited to attend this retreat.

[Learn more or register >](#)

**New: Extend your stay!** You may stay up to three days after the winter retreat for personal retreat time. For more information or to register for an extended stay, contact Ligmincha office at [ligmincha@aol.com](mailto:ligmincha@aol.com) or 434-263-6304

**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 [gmincha@aol.com](mailto:gmincha@aol.com) [Li](#)

[gmincha@aol.com](mailto:gmincha@aol.com)

or 434-263-6304, or go to:

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

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