

Teaching Issue

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Teachings

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“The Illusory Nature of Life” — Excerpts From *The Tibetan Yogas of Dream and Sleep* by Tenzin Wangyal Rinpoche

In the Great Perfection (Dzogchen) teachings, the issue is always whether or not we recognize our true nature and understand that the reflections of that nature manifest as experience. The dream is a reflection of our own mind. This is easy to believe after we wake up, just as the Buddhas know – after they are enlightened – that the entities and objects of samsara are illusory. And just as it takes practice to recognize the illusory nature of dream while asleep we must practice to realize the illusory nature of waking life. With some understanding of how dreams arise, it may be easier to understand what is meant by “illusory” and “lacking inherent existence,” and also, importantly, easier to apply this understanding to our experience. The process by which experience arises is the same whether we are dreaming or awake. The world is a dream, the teacher and the teaching are a dream, the result of our practice is a dream; there is no place where the dream breaks until we are liberated into pure rigpa. Until then, we continue to dream ourselves and our lives in both the dream and the physical dimension.

Not knowing how to work with thought means one is controlled by thoughts. Knowing how to work with thought means that thought is brought into awareness and used either for positive purposes and virtuous action or is liberated into its empty essence. This is how thought is utilized in the path. In the same way, we can bring delusion, suffering, and any experience whatsoever into the path. But to do so we must understand that the essence of all that arises is empty. When we do, then every moment of life is free and all experience is spiritual practice: all sound is mantra, all form is pure emptiness, and all suffering is a teaching. This is what is meant by “transforming into the path.”

In our conventional lives, we make choices and can change things; that is why we study the

teachings, why we practice. As we understand more and become more skilled in our lives, we become more flexible. We begin to really understand the things that we are taught: what lucidity is, what is illusory about our experiences, how suffering comes about, what our true nature is. Once we start to see how what we do is a cause of more suffering, we can then choose to do something different. We grow weary of constricted identities and the repetitive inclinations that lead to so much unnecessary suffering. We let go of negative emotional states, train ourselves to overcome distraction, and abide in pure presence.

Excerpts from *The Tibetan Yogas of Dream and Sleep*, by Tenzin Wangyal Rinpoche. [Available from Ligmincha Institute's Bookstore and Tibet Shop >](#)

There will be a Fall Retreat at Serenity Ridge on "Sleep of Clear Light: The Practice of Sleep Yoga" with Geshe Tenzin Wangyal Rinpoche, on Oct. 6-10, 2010. [Find out more >](#)



Annual Summer Auction at Serenity Ridge

How to Participate in Absentee Bidding

Dear Sangha and friends of Ligmincha,
We are very excited about Ligmincha Institute's upcoming auction that will take place on July 9 at Serenity Ridge. A few special items will be available to the wider sangha and interested public, not only those attending the auction in person. The items shown below have been carefully selected [More >](#)



News From Ligmincha Institute's Board of Directors

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Announcing a New Position



View Recent Webcast

Rinpoche Speaks About ‘Finding Refuge Within’

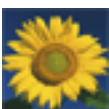
View a recording of the recent 100-minute Webcast teaching by Geshe Tenzin Wangyal Rinpoche, broadcast live during a free public talk in Charlottesville, Va., on June 15, 2010 — [click here >](#)

Or, you can sample a brief excerpt of this or previous Webcasts by clicking on the link below. And mark your calendar for Rinpoche’s

next Webcast teaching on Sunday, Oct. 10,

from 12 noon to 1:15 p.m. Eastern Time U.S. (New York time). This will be a guided dzogchen practice for our Internet audience only.

[More information / enter the broadcast site >](#)



Help Wanted

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Ligmincha Is Seeking Online Volunteers



Ligmincha is looking for motivated volunteers with a strong eye for detail and good organizational skills to help the Communications Department with some one-time or ongoing Internet-based editorial work. People with a background in professional proofreading or copy editing are particularly needed. Applicants must have a strong command of the English language; work can be done from anywhere.

These volunteers will be working under the guidance of the Communications Department to help get the word out about teachings by Geshe Tenzin Wangyal Rinpoche and other Bon masters at Serenity Ridge retreats or other worldwide locations, for the purpose of helping to preserve this spiritual tradition for current and future generations.

Whether or not you've already informed us of your interest in assisting with communications, please contact Polly Turner, co-director of Communications for Ligmincha, to let us know your interest in helping; we'll send you further details.

[Email Polly >](#)



International Sangha News

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Students Report From Around the World

News From Berlin



Nine Huber reports about the recent Soul Retrieval retreat organized by Garuda Germany that was held in Berlin on May 21-23. Nearly 100 enthusiastic participants from all over Europe had the opportunity to attend this wonderful retreat, during which Rinpoche taught the ancient shamanic rites of soul retrieval (*la gu*) and life-force retrieval (*tse gu*) and guided retreatants in meditation practice. The practice and ritual are powerful methods for overcoming negative influences, cultivating positive qualities, and helping one to heal on all levels of body, speech, and mind. Says Nine, "We are grateful that Rinpoche offered this opportunity and will continue to practice the Soul Retrieval in our Centers."

Nine invites everyone to attend the upcoming retreat in Buchenau, Germany (near Frankfurt), August 2 through 8, on the topic of ["The Three Doors: Self-Realization Through the Three Doors of Body, Speech, and Mind"](#) >
For more information, contact ninehuber@bongaruda.de or visit bongaruda.de

News From Ireland

Mary O'Sullivan sends warm greetings from the Irish sangha! She reports that a small group meets every Tuesday evening in Cork city to practice *Tsa Lung* and Healing Sounds; and mentions that the sangha is very much looking forward to hosting Tenzin Wangyal Rinpoche this September in Cork, where he will be teaching on

[Dream and Sleep Yogas](#)

from the Bon tradition. For more information visit

www.bongarudaireland.com

or contact Mary at

maryskywalker1@hotmail.com

or (telephone) 00353 (0) 87 6684324



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 or 434-263-6304.

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

Weeks 2 and 3 of this retreat are still open for registration - Week 2 is July 4-10, Week 3 is July 11-17. 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.

[New: Extend your stay >](#)

[Learn more or register >](#)

Oct. 2, 2010

New Directions in the Dialogue Between Buddhism and Science

A One-Day Workshop With Tenzin Wangyal Rinpoche and Presenters From the

University of Virginia

Researchers from the Division of Perceptual Studies within the Department of Psychiatry and Neurobehavioral Sciences of UVA will share their findings related to core elements of the Buddhist teachings, including the belief in rebirth. Tenzin Wangyal Rinpoche will participate in the dialogue and guide meditation practices.

[More information/register online >](#)

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 >](#)

Oct. 10, 2010, 12 noon - 1:15 p.m. Eastern Time U.S. (New York time)

Live Internet Broadcast

Guided Dzogchen Practice With Geshe Tenzin Wangyal Rinpoche

For our Internet audience only.

[More information >](#)

[Enter the broadcast site >](#)

Oct. 12, 2010, 7:00 – 8:30 p.m. Eastern Time U.S. (New York time)

Live Internet Broadcast

‘The Power of Openness,’ With Geshe Tenzin Wangyal Rinpoche

This will be a live Webcast of a free public talk in Charlottesville, Va., offered in partnership with Unity Church.

[More information >](#)

[Enter the broadcast site >](#)

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 the Ligmincha office at 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

or 434-263-6304, or go to:

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