

## Teaching Issue

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### Teachings

#### **“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 [More >](#)

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### 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 >](#)

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## News From Ligmincha Institute's Board of Directors

### Announcing a New Position

The Board of Directors of Ligmincha Institute is pleased to announce that Sue Davis-Dill has been appointed to the position of Executive Director of [More&gt;](#)

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### 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 &gt;](#)

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 &gt;](#)

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## Help Wanted

### 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 [More&gt;](#)

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## International Sangha News□ □ □

### Students Report From Around the World

## News From Berlin

**Nine Huber** reports about the recent Soul Retrieval [More &gt;](#)

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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.

**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 &gt;](#)

[Learn more or register &gt;](#)

**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 &gt;](#)

**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 &gt;](#)

[Learn more or register &gt;](#)

**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 &gt;](#)

[Enter the broadcast site &gt;](#)

**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 &gt;](#)

[Enter the broadcast site &gt;](#)

**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 &gt;](#)

**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 &gt;](#)

**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](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>