

Special Announcements Issue

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Ligmincha Is on Facebook!

Early Updates About Teachings, Tibet Shop Offerings

We invite you to visit the brand-new Facebook page for **Ligmincha Institute at Serenity Ridge**. Receive timely reminders and learn about new events and Tibet Shop offerings as they are introduced.

[Visit now >](#)



Still Time to Register

Next Online Workshop With Tenzin Wangyal Rinpoche begins Sept. 25

Registrations are still being accepted for a three-week Tibetan Sound Healing course with Tenzin Wangyal Rinpoche. This course, offered in an interactive online format, will take place from Sept. 25 through Oct. 17, 2010; the site will be open to participants beginning Tuesday, Sept. 21, for review of introductory materials. Through instructional videos Tenzin Rinpoche will explain and guide the practice of ancient sound healing techniques. You can progress through the practices from the comfort and privacy of your own home, and Rinpoche will make himself available to provide guidance and answer questions.

[More information >](#)

[Brief video: Tenzin Wangyal Rinpoche describes his online workshop >](#)

[Participants' comments from first workshop >](#)



Mark Your Calendar

Two Live Webcasts With Tenzin Wangyal Rinpoche: Oct. 10 and 12, 2010

Don't miss Tenzin Wangyal Rinpoche's Internet teachings 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>](#)

On Tuesday, Oct. 12, from 7 to 8:30 p.m. Eastern Time U.S., Rinpoche will be broadcasting live during a free public talk offered in partnership with Unity Church, Charlottesville, Va. The talk will be on "The Power of Openness." [More information/enter the broadcast site>](#)



Long-Life Mantras for Tenzin Wangyal Rinpoche

A 50th Birthday Gift

You are invited to participate in the recitation of long-life mantras dedicated to Geshe Tenzin Wangyal Rinpoche, in honor of his 50th birthday.

[Learn more about the mantra recitation >](#)

[Invitation to Rinpoche's birthday celebration in Nepal >](#)



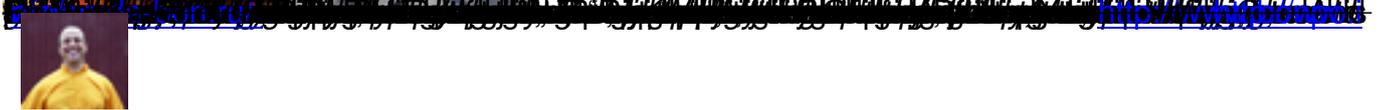
International Sangha News□ □ □

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Students Report From Around the World

Sharings From Moscow





A Letter From Alejandro Chaoul

[Print this article](#) / [Print full issue](#)

News About November's Tibetan Yoga Retreat

The next Tibetan Yoga retreat (Part 2) will take place from Nov. 3 through 7, 2010, at Ligmincha Institute's Serenity Ridge Retreat Center in Nelson County, Va. Prerequisite: This retreat is open to students who have received the Part 1 teachings of Trul Khor (Zhang Zhung Nyen Gyu) since Jan. 1, 2000. Instructor Alejandro Chaoul shares an update below.

[More information / register >](#)

Dear trul khor practitioners,

I hope this letter finds you well and that your practice is developing and bringing benefits in your life. Some of you may have already learned Part 1, and others may have taken higher-level *trul khor* classes and maybe, if you have not kept up with it, your practice is a little rusty.



Update: Consecration of the Great Stupa

New Schedule Details Posted

All are invited to celebrate in the events surrounding the Internal Consecration of the Great Stupa for World Peace this November/December in Mexico. New details about the schedule of events, including a lecture and seminar with **H.E. Yongdzin Tenzin Namdak Rinpoche,** **Khenpo Tenpa Yungdrung Rinpoche,** and **Gesh e Tenzin Wangyal Rinpoche,** have just been added to our information page. See also the newly posted video. [Visit the page now >](#)



New Online Workshop Begins Nov. 6

[Print this article](#) / [Print full issue](#)

‘Achieving Great Bliss Through Pure Awareness’

A new three-week online course with Geshe Tenzin Wangyal Rinpoche will take place Nov. 6 through 28, 2010. In this workshop Tenzin Rinpoche will instruct and guide the practice of **the Fivefold Teachings of**

Dawa Gyaltsen,

a revered Tibetan Bon dzogchen meditation master who lived in the eighth century A.D. This ancient teaching offers pith instructions for a meditation practice that guides one to enter a state of pure awareness that can lead to peace, joy, and ultimately the great bliss of self-realization.

[More information / register >](#)

- 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.

Offered in cooperation with GlideWing Productions. [Learn more at GlideWing.org >](#)



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.

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

April 13 - 17, 2011

Living With Joy, Dying in Peace

With Geshe Tenzin Wangyal Rinpoche

Details regarding the annual Spring Retreat at Serenity Ridge are coming soon.

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 [Li](#)

gmincha@aol.com

or 434-263-6304, or go to:

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