

Teaching Issue

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The Value of Trust

An Edited Excerpt From Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche, December 2009

I know many of you have been on a spiritual journey for a long time, and many are just entering into one. It is clear that there are many different ways we can take this journey, and at times it can be easy, at others difficult. But whatever form your journey takes, if there's some sense of trust there, some sense of "It's there and I'm going to stick with it and continue," then I think there is a light there. That aspect of trust in our spiritual journey is something we all need.

If we want to learn, nourish ourselves and grow, we need to [More >](#)



A Special Graduation Ceremony at Serenity Ridge

The Three Doors Academy's First Graduates

Tenzin Wangyal Rinpoche's aspiration to bring the wisdom and potency of Bon Buddhist practices to the West has most recently expressed itself in the Three Doors Programs. Kallon Basquin, executive director of the Three Doors, eloquently calls it [More >](#)



Sangha Sharing

Poems of Expression

During the recent Summer Retreat at Serenity Ridge, retreatants were invited to share their creative and spontaneous expressions during a celebration following the fundraising auction on June 30. The evening included music, dance, acting, comedy, poetry, as well as performances by children. Here are two poems shared during that magical evening: [More >](#)



Ligmincha's New Land

A Slideshow of Photographs From Rangeley, Maine

In late July, Tenzin Wangyal Rinpoche taught a special weekend retreat in Rangeley, Maine. Ligmincha Institute is very honored to have received 10 acres of land in Rangeley via a recent, generous donation. The weekend event began as [More >](#)



Coming to Your Computer

Two Live Webcasts, Two Online Workshops This October

October is a busy month at Serenity Ridge, including the [annual fall retreat with Geshe Tenzin Wangyal Rinpoche](#) and [dzogchen teachings with H.E. Menri Lopon Trinley Nyima Rinpoche](#)

. If you can't be with us in body, then be sure to join us on the Internet for these upcoming teachings with

Tenzin Wangyal Rinpoche

:

[More >](#)



Online Course Begins Oct. 15

Introduction to the Five Elements: Healing With Form, Energy and Light

This seven-week online course serves as an excellent introduction to Geshe Tenzin Wangyal Rinpoche's teachings on the Five Natural Elements. If you plan to [More >](#)



Bring Your Life Into Bloom

Exploring the Creative Process With Geshe Tenzin Wangyal Rinpoche

Start planning now for a very special five-day retreat with dzogchen master Geshe Tenzin Wangyal Rinpoche. The dates are April 11-15, 2012. *Open to all!* This retreat is for anyone who seeks to usher a vision into reality — whether it be creative problem solving, personal growth, or

an artistic venture. Join us for this unique opportunity to free yourself from creative obstacles, nurture your capacity for joyful self-expression, and make positive changes in your life. And bring along your journal, paint brushes, or dancing shoes.

More details coming soon.



New Study Group in Australia

Bon Buddhist Practice Down Under

Ligmincha Institute is happy to announce the formation of a new Ligmincha Australia Study Group, the first such gathering Down Under. Margot Duncan shared this information with us: [More >](#)



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 registration@ligmincha.org or 434-263-6304.

Oct. 5 - 9, 2011

**Connecting With the Living Universe: The Healing Power of the Five Natural Elements
Annual Fall Retreat With Geshe Tenzin Wangyal Rinpoche**

According to the ancient Tibetan spiritual traditions, our planet is alive and sacred; and the five elements of earth, water, fire, air, and space are not just natural resources but can be considered fundamental aspects of a living universe. Please join us for this special opportunity to learn how to connect, revitalize and commune with our living universe in ways that heal ourselves and our world.

[Learn more or register >](#)

Oct. 18 - 23, 2011

**The Experiential Transmission of Zhang Zhung, Part 3
Dzogchen Teachings With H.E. Menri Lopon Trinley Nyima Rinpoche**

We are honored by this special opportunity to receive dzogchen teachings from [His Eminence Menri Lopon Trinley Nyima Rinpoche](#), the head instructor of Menri Monastery in Dolanji, India.

Prerequisite: Participants must have received the teachings for Parts 1 and 2 of the [Experiential Transmission of Zhang Zhung](#)

in order to attend these teachings.

[Learn more or register >](#)

Nov. 3 - 6, 2011

**Tibetan Yoga: Magical Movements for Your Awakened Body
A Tsa Lung Trul Khor Retreat with Alejandro Chaoul-Reich**

Whether you are a newcomer or have already received this training, we warmly encourage you to attend this retreat. There is no prerequisite for attending.

[Learn more or register >](#)

Dec. 27, 2011 - Jan. 1, 2012

**The Experiential Transmission of Zhang Zhung, Part 4
Annual Winter Dzogchen Retreat With Geshe Tenzin Wangyal Rinpoche**

Prerequisite: Participants must have received the teachings for Parts 1 and 2 of the [Experiential Transmission of Zhang Zhung](#)

in order to attend these Part 4 teachings.

[Learn more or register >](#)

April 11-15, 2012

Bring Your Life Into Bloom

Exploring the Creative Process With Geshe Tenzin Wangyal Rinpoche

Join us for a unique opportunity to free yourself from creative obstacles, nurture your capacity for joyful self-expression, and make positive changes in your life. *More details to come 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 registration@ligmincha.org or 434-263-6304, or go to:

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