

Special Announcements Issue

Volume 11, Number 1 / January 2011

[View Full Issue](#)



Happy 2011!

A Few Special Dates for Your Calendar

We may still be stuck in winter, but the groundhog has promised an early spring, and this year spring brings with it these special observances and events: [More >](#)



Words of Appreciation

With Gratitude for Mary Ellen McCourt and Jan Cressman

As of December we've had some important changes in the Ligmincha Council, the group of dedicated volunteers who help make everything happen here at our retreat center. Mary Ellen McCourt [More >](#)



Sangha Sharing

Retreatants Share Writings and Photos

We invited sangha members to share their personal experiences from the recent winter retreat at Serenity Ridge. Here are four offerings. [More >](#)



Video Highlights Rinpoche's Latest Book

A Brief Introduction to *Awakening the Sacred Body*

Geshe Tenzin Wangyal Rinpoche introduces his newly released book, *Awakening the Sacred Body*, in a recent video.

[Watch >](#)

[Learn more / order the book >](#)



A Glimpse of the Consecration of the Great Mexican Stupa

Gabriel Rocco's Opening Remarks

On December 4, 2010, close to 1,000 people attended the celebration of the Internal Consecration of the Great Stupa for World Peace in Chamma Ling, Valle de Bravo, Mexico, with honored guests Yongdzin Tenzin Namdak Rinpoche, Khenpo Tenpa Yungdrung Rinpoche, and Geshe Tenzin Wangyal Rinpoche. Gabriel Rocco, senior student of Tenzin Rinpoche and board chair of Ligmincha Institute, gave this short speech at the ceremony. [More >](#)



Properties on a Hilltop

Land and Homes for Sale Adjacent to Serenity Ridge

Do you love coming to Serenity Ridge Retreat Center for teachings? Would you like to be here more often? Would you like your own piece of Serenity?

We've come to learn of three properties now available [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 Ligmincha@aol.com or 434-263-6304.

April 13 - 17, 2011

Living With Joy, Dying in Peace

Gaining Comfort and Intimacy With the Dying Process

Annual Spring Retreat With Geshe Tenzin Wangyal Rinpoche

Denying our own mortality not only separates us from the vibrancy of living in the moment, it also leaves us ill equipped for the critical moment when death comes to ourselves or to our loved ones. The Bon Buddhist tradition is rich with knowledge and methods for using this Great Moment wisely. Through teachings and guided meditations, in this five-day retreat Geshe Tenzin Wangyal Rinpoche will help us to: recognize death as a doorway to opening the heart and achieving self-realization; prepare for our own death; and learn how to promote a more peaceful, uplifting dying process in others.

[Learn more or register >](#)

May 18 - 22, 2011

Self-Purification Through the Five Enlightened Bodies

With Khenpo Tenpa Yungdrung Rinpoche

Please join us this May for these special teachings with [Khenpo Tenpa Yungdrung Rinpoche](#), abbot (khenpo) of Triten Norbutse Monastery in Kathmandu, Nepal. A powerful means of purifying oneself on all levels of experience, these teachings from the ancient

Zhang Zhung Nyen Gyu

cycle of dzogchen teachings have never before been offered at Ligmincha.

[Learn more or register >](#)

June 11-24, 2011

Summer Work Retreat

Free of charge. Whether you join us for one afternoon, one day, one week, or the entire two weeks, 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 air-conditioned accommodations in Garuda House and free meals. For those who participate in one full week, there will be a 50 percent discount on one week of the summer retreat. If you participate in both full weeks of the work retreat, there will be a 50 percent discount on two weeks of the summer retreat.

For more information or to register, please email Ligmincha at registration@ligmincha.org or call 434-263-6304.

June 24, 2011 (Friday), 4-8 p.m.

Fundraising Dinner at Serenity Ridge

**A special evening with His Holiness Lungtok Tenpai Nyima Rinpoche
and Geshe Tenzin Wangyal Rinpoche**

Proceeds from this dinner will benefit the orphans under the care of His Holiness at Menri Monastery in Dolanji, India.

[Learn more or register >](#)

June 25 - July 15, 2011

**A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps
Annual Summer Retreat With Honored Guest H.H. Lungtok Tenpai Nyima Rinpoche
and Geshe Tenzin Wangyal Rinpoche**

Online registration is now open! Everyone is cordially invited to join us this summer for a rare and unique opportunity to receive teachings and transmissions from His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizen; and Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute. Ligmincha's annual Summer Retreat is open to newcomers and longtime students alike. You may attend one, two, or all three weeks of the retreat.

[Learn more or register >](#)

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 [Ligmincha@aol.com](mailto:ligmincha@aol.com)

[mincha@aol.com](mailto:ligmincha@aol.com)

or 434-263-6304, or go to:

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