

## Teaching Issue

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### 'Deepening Our Connections'

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

Today marks the last day of our retreat, and the question arises: How can you take what you have gained — all of your experiences and realizations — and integrate it into your daily life? Allowing these experiences to take root and grow requires challenging your old, habitual patterns.

One way to do this is through reinforcing your informal and formal meditation practice. I strongly recommend engaging in formal meditation practice every day. A very common phrase we recite is “I don’t have time.” But is this really true? Just being aware that we may have [More >](#)

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### Enthronement in Nepal

**Senghe Wangyal Rinpoche Recognized as Reincarnation of 15th Menri Abbot**

*On Feb. 18, 2011, 5-year-old Senghe Wangyal was recognized as the reincarnation of Kundun Yungdrung Tshultrim, the 15th Menri Abbot. On March 8, 2011, Senghe was enthroned at Triten Norbutse Monastery, Kathmandu, Nepal. Senghe’s parents, Geshe Tenzin Wangyal Rinpoche and Khandro Tsering Wangmo, spoke in April with VOCL about their experiences surrounding these events. An accounting of what they shared, along with some photographs taken during*

*the ceremonies, appears below.*

Early one December morning in Valle de Bravo, Mexico, Yongdzin Tenzin Namdak Rinpoche, the most-senior teacher of the Tibetan Bon tradition, called Tenzin Wangyal Rinpoche to his room. [More >](#)

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## **New Names for Ligmincha's Worldwide Centers**

### **A Letter From Rinpoche**

Dear Sangha,

Because of the enthusiasm of my students, many centers and sanghas have formed all over the world. This growth has happened very quickly. Every one of these organized efforts is important to help us preserve and share the teachings of the Bon tradition.

In the beginning the names of the centers [More >](#)

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## **Exciting News!**

### **New Property Donated to Ligmincha Institute**

We invite everyone to a very special retreat with Geshe Tenzin Wangyal Rinpoche near Ligmincha Institute's new land in the lakeside town of Rangeley, Maine. Ligmincha is very honored to acknowledge receipt of this land via a recent, generous donation, and is excited about this opportunity to share with others the inauguration of the new property. The retreat will be held July 22-24, 2011; the topic is *Healing Through Love and Wisdom: The Practice of Sherap Chamma*.

[Learn more or register >](#)



## Free Live Webcasts With Rinpoche on June 22 and 26

### View Recordings Now of Rinpoche's April Broadcasts

*Mark your calendar* for a live Webcast of a public talk by Geshe Tenzin Wangyal Rinpoche, scheduled for Wednesday, June 22, 2011, from 7:00 to 8:30 p.m. Eastern Time (New York time). The topic is 'Tapping Into the Source of Creativity.' If you live in or near Charlottesville, Va., we encourage you to come view the talk in person; Ligmincha is presenting this talk in partnership with Unity Church in Charlottesville.

Just four days later, Rinpoche will be treating us all to another live Webcast, for our Internet audience only — join us from your computer on Sunday, June 26, from 12 noon to 1:15 p.m. Eastern Time.

[Learn more / enter the broadcast site >](#)

And ... if you missed the recent Webcasts given by Geshe Tenzin Wangyal Rinpoche, you can view recordings of these two recent teachings now at the links below:

- [April 17: "Finding a Place of Peace" >](#)
- [April 20: "Discovering Your Creative Potential" >](#)
- ["The space is right there" \(2-min. excerpt from April 20 talk\) >](#)
- ["Shifting toward the positive" \(4-min. excerpt from April 20 talk\) >](#)



## New: The Three Doors International Newsletter

### Information, Updates, and Inspirations

The very first issue of the *The Three Doors International Newsletter* is now out! This new online publication features:

- news about the worldwide [Three Doors Academies](#) and their teachers
- an inspiring talk recently given by Kallon Basquin in Mexico, as an introduction to this new program
- sharings by participants about their experiences with the program and reasons for applying

Applications are being accepted until June 20, 2011.

[Read the free newsletter now >](#)



## Sangha Sharing

### Songs of Expression

*During the recent Spring Retreat at Serenity Ridge — Living With Joy, Dying in Peace — Tenzin Wangyal Rinpoche invited retreatants to share some “Songs of Expression”: poems, readings, songs, or other sharings. He noted that such collective expressions can be very alive and powerful. Below are a few sharings from retreatants of poetry and photographs.*

[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](mailto:registration@ligmincha.org) or 434-263-6304.

#### 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](mailto: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**

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.

*Week 1 is full, but registration remains open for Weeks 2 and 3.*

[Learn more or register >](#)

**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 Lupon Trinley Nyima Rinpoche**

We are honored by this special opportunity to receive dzogchen teachings from [His Eminence Menri Lupon 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 >](#)

**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](mailto:registration@ligmincha.org) or 434-263-6304, or go to:

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