

## Teaching Issue

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### Letter From the Editors

#### Great News!

Dear Friends,

Tenzin Wangyal Rinpoche has a new book! Seven years in the making, ***Tibetan Yogas of Body, Speech and Mind*** will be released

[More &gt;](#)



### The Answer Beyond the Intellect

An Excerpt From Rinpoche's Newest Book, ***Tibetan Yogas of Body, Speech and Mind***

Gaining knowledge is an important part of the spiritual path, and there are endless possibilities

for expanding one's intellectual learning. Yet the conceptual mind has a way of creating a lot of confusion, doubt, and distress, and the entire intellectual path tends to become a question in search of a single answer. Ultimately, the answer itself is beyond the reach of the intellect.

I feel that I have had some success in presenting the quintessential points of the teachings and providing a means to direct experience through effective practice. For me, a successful retreat is when people from a variety of different intellectual backgrounds and levels of meditative experience feel [More &gt;](#)



## Mark Your Calendar!

### Live Webcasts With Tenzin Wangyal Rinpoche

Rinpoche will give two free live webcasts in coming days:

- *This Sunday, Oct. 9, 2011, 12 noon ET (New York Time)* — **guided meditation practice** (for our Internet audience only)
- *This Wednesday, Oct. 12, 2011, 7 p.m. ET* — **'Clearing What's Blocking You.'** Part of Tenzin Rinpoche's series on creativity, this will be a live broadcast of a free public talk offered in partnership with Unity Church, Charlottesville, Va.

[Learn more / enter the broadcast site &gt;](#)

*For Spanish-speaking viewers: Participants can access a real-time Spanish translation of Rinpoche's teaching/guided practice [at this link &gt;](#)*



## The Three Heart Mantras Teaching and a Dzogchen Retreat

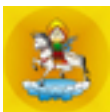
**This Month With H.E. Menri Lopon Trinley Nyima Rinpoche**

**On October 22** His Eminence Menri Lopon Trinley Nyima Rinpoche, head teacher of Menri Monastery in Dolanji, India, will be giving a daylong teaching on *the Three Heart Mantras* at the Serenity Ridge Retreat Center in Nelson County, Virginia. The registration deadline is Wednesday, Oct. 19.

[Learn more or register >](#)

**October 19-23:** His Eminence will give the teachings of *The Experiential Transmission of Zhang Zhung, Part 3*, at Serenity Ridge. (The above teaching on the Three Heart Mantras is included in the price of this dzogchen retreat.)

[Learn more or register >](#)



## Benefits of Tibetan Yoga

**Two Students Share Their Personal Experiences**

*The next Tibetan yoga (trul khor) retreat will take place Nov. 3 through 6, 2011, at Ligmincha Institute's Serenity Ridge Retreat Center in Nelson County, Va. It is open to both beginners and experienced practitioners and will be led by Alejandro Chaoul-Reich, who has been teaching Tibetan yoga for many years. We asked a few students of Ale's to share a little about their experiences with these practices.*

[More >](#)



## Ligmincha Europe Magazine

### New Name, Same Great Quality!

Be sure to check out the second edition of Ligmincha's European Newsletter, just released last month. It is chock-full of interviews, pictures, announcements, sangha writings and more. Thank you to all of the contributors. You can find it at [www.ligmincha.eu](http://www.ligmincha.eu)



## 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.

**Oct. 22, 2011**

#### **The Three Heart Mantras**

#### **A One-Day Teaching With H.E. Menri Lopon Trinley Nyima Rinpoche**

*Registration deadline is Wednesday, Oct. 19.* Please join us for this special daylong teaching with [His Eminence Menri Lopon Trinley Nyima](#)

[Rinpoche,](#) as we explore the healing power and beauty of the Three Heart Mantras. If you are new to the Bon tradition, curious about it, or an experienced practitioner, don't miss this opportunity to receive these precious teachings from the head teacher of Menri Monastery, one of the two most important Bon monasteries outside of Tibet.

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

**Oct. 19 - 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 &gt;](#)

**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 &gt;](#)

**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 &gt;](#)

**Oct. 21-23, 2011**

**Ngondro Practice Retreat**

**With Kim Cary**

Come for one, two, or all three days! Those who have received the teachings and transmission for the Bon Ngondro practice are cordially invited to attend this intensive practice retreat at Ligmincha Institute's Serenity Ridge Retreat Center in Nelson County, Va. Registration is required.

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

**Feb. 18-19, 2012**

**New Dialogues Between Buddhism and Science**

**With Geshe Tenzin Wangyal Rinpoche and guest speakers.**

More details to come soon!

**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.

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

**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>