

# Teaching Issue

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## Fundraising Auction, New Retreats Coming Up Soon

### A Letter From Ligmincha's Executive Director



Dear Sangha and friends,

Warm greetings from Ligmincha Institute and Serenity Ridge! I have some news to share with you, including updates about our fundraising auction and ways you can join from afar, registration for upcoming retreats at Serenity Ridge and additions to Rinpoche's worldwide teaching schedule.

First, as we move closer to the beginning of our [20th annual summer retreat](#) , we also are preparing for our

#### **annual summer fundraising auction**

, scheduled for Friday, July 6. As our main fundraiser for the year, we gather together many wonderful ritual and other dharma-related items to inspire practice and a heartfelt connection to the precious teachings that we receive. I invite you to participate either by:

**a**

- donating a dharma-related practice item to be auctioned. If you would like to donate an item, please [email us](#) . It must be sent in time for us to receive it no later than Sunday, July 1, 2012.
- placing a bid on some of the [specially selected items](#) that we will post online
- [making a general donation](#)
- [attending the auction in person](#) , if you are able.

As we bring different items together to auction, we'll post them [on the Ligmincha website](#) , so do check back in the next few weeks to see what might be perfect for your shrine room, your home or your personal use!

All auction proceeds will go toward furthering the efforts of Tenzin Wangyal Rinpoche in manifesting his vision for Ligmincha Institute and its Serenity Ridge Retreat Center. Our plans include bringing a resident lama to Serenity Ridge, creating more programs and other opportunities for learning and practice, and doing the preliminary design for a new kitchen and dining hall at our retreat center. Ligmincha Institute is a 501(C)3 nonprofit organization. Donations are tax deductible as allowed by law.

Other news: Registration is now open for our [annual fall retreat](#) with Geshe Tenzin Wangyal Rinpoche , October 10–14, 2012, titled “Awakening the Luminous Mind.” If you haven’t already purchased it, his latest book by the same name is now available from our [Bookstore and Tibet Shop](#) .

An additional retreat has just been added to our schedule in response to many requests for a beginner’s meditation retreat. Registration is now open for “**Beginner’s Mind—Starting a Meditation Practice**” with John Jackson, scheduled for Nov. 10–11, 2012. [Learn more or register](#)

New dates have been added to Tenzin Rinpoche’s worldwide teaching schedule. You will find newly scheduled talks and retreats in Canada, Paris, London, Mexico (date change), Peru and Colombia [at this link](#) .

Wishing all of you a wonderful summer,

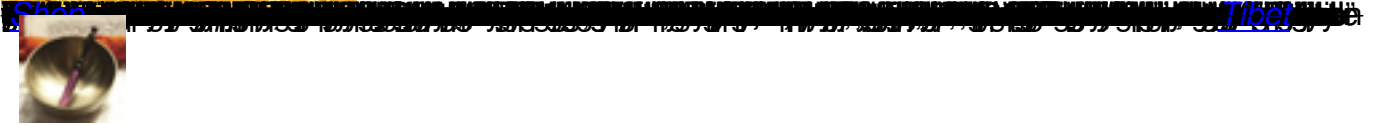
Sue Davis-Dill



## **Remedy for Pain: Three ‘Pills’ of Inner Refuge**

**An Excerpt From Geshe Tenzin Wangyal Rinpoche’s New Book *Awakening the Luminous Mind***

When fear or anxiety dominates your mind, you don’t know where to go. By turning toward stillness, silence, and spaciousness, you will feel some protection. Even if you cannot fully connect, trusting that space is there is a form of protection from fear. You will begin to taste the confidence that becomes increasingly available the more direct personal experience you have with the inner refuge. The reason the inner refuge overcomes fear is that the natural state is beyond fear. It is beyond fear because the unbounded space of being is unchanging. So if you are aware of a deeper state in yourself that is unchanging, and become familiar with that deeper state, you naturally become less fearful.



## Upcoming Online Workshops With Rinpoche

### Including a Seven-Week Course on the Five Elements

Beginning June 9: **“The Nature of Mind: Achieving Great Bliss Through Pure Awareness,”** a three-week online course in Tibetan meditation, will take place with Geshe Tenzin Wangyal Rinpoche. 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/Watch introductory video](#)

[Register&nbsp;for the workshop](#)

Starting July 4: Ligmincha Institute is pleased to offer a seven-week online course, **“Introduction to the Five Elements: Healing With Form, Energy and Light.”**

The course will take place from July 4 through Aug. 28, 2012. It is based on a series of instructional videos in which Tenzin Wangyal Rinpoche explores how each of the five natural

elements—earth, water, fire, air and space—relates to our daily experiences, emotions and relationships.

For each element Rinpoche guides a meditation designed to help you clear your obstacles and bring balance to your life. Throughout the course participants will view videos of Rinpoche's teachings and guided meditations, read assigned pages from Rinpoche's book *Healing With Form, Energy and Light*

, and complete assignments for journal writing, discussion, and formal and informal meditation practice. The course is designed so that you may integrate study and practice into your everyday routine, learning at your own pace while enjoying the support of classmates and the course mentor,

[John Jackson](#)

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This course is offered through [Tibetan Meditation: Online Meditation Instruction from Ligmincha Institute](#)

. Over time we plan to develop and offer on this site a broad curriculum of educational materials related to Tibetan Bon Buddhism, including courses encompassing the causal vehicle, sutra, tantra and dzogchen. We also will provide free educational materials through this site, including short transcripts from retreats, book excerpts and videos.

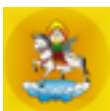
To learn more about the five elements teachings, see *Healing With Form, Energy and Light: The Five Elements in Tibetan Shamanism, Tantra and Dzogchen*

, by Tenzin Wangyal Rinpoche, Mark Dahlby, Ed. Snow Lion Publications, 2002. Available for online purchase from

[Ligmincha Institute's Bookstore and Tibet Shop](#)

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For full information about this online course, [visit the Tibetan Meditation site](#) .

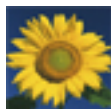


## Ligmincha's Annual Work Retreat June 10–23

### Come Join In!

You may arrive as early as June 10, 2012, to participate in the Summer Work Retreat, which will take place from June 10 through 23. The work retreat is free of charge. Whether you join us for one afternoon, one week or the entire two weeks, this is a wonderful time to share with sangha and to be of joyful service. The 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 the registration fee for 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 the registration fee for two weeks of the summer retreat.

To register for the Summer Work Retreat, [email us](#) or call 434-263-6304.



## Mark Your Calendars for July Webcasts!

### Guided Dzogchen Meditations With Tenzin Wangyal Rinpoche



On two Sundays in July, Geshe Tenzin Wangyal Rinpoche will teach and guide a dzogchen meditation practice during free live webcasts. The dates are:

- **Sunday, July 1, from 3–4:30 p.m.** Eastern Daylight Time U.S. (New York time)
- **Sunday, July 8, 2012, from 3–4:30 p.m.** Eastern Daylight Time U.S. (New York time)

In each case Rinpoche will be broadcasting live from the teaching hall at Ligmincha Institute's annual Summer Retreat, "A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps, Part 2."

[Register for the retreat](#)

[Learn more about the free webcasts and enter the broadcast page](#)



## Invitation to Three Doors Training

**Applications Now Being Accepted for October 2012 U.S. Program**

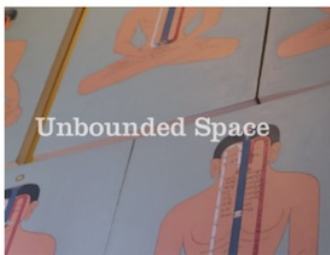




## Sangha Sharing

### Ornaments From the Spring Retreat

*Retreatants share with us some of their creative expressions from the recent spring creative arts retreat with Tenzin Wangyal Rinpoche. "Bring Your Life Into Bloom: Exploring the Creative Process" took place in April at Ligmincha's Serenity Ridge Retreat Center in Nelson County, Virginia.*



**Brian Harris's** short video, "Unbounded Space," is a strikingly intimate portrait of the teaching hall and Garuda House at Serenity Ridge Retreat Center, complete with time lapse.

[Watch video](#)





special photos taken during this retreat at Serenity Ridge,



9/13



Medicine Wheel Hairdresser Yves Turif performed his Karma Ritual (below) on participants during the



## **‘How to Assist With a Loved One’s Death’**

### **Watch Video of Rinpoche’s Recent Teaching in Germany**

Tenzin Wangyal Rinpoche discusses the Bon Buddhist approach to helping a loved one through the process of death and dying. Included: The importance of understanding the fragility and uncertainty of life; suggestions for creating a beneficial environment for the dying person; and guidance for reciting the bardo prayer and performing the Sur Chod practice. This teaching took place during Rinpoche's recent seminar on "Living With Joy, Dying in Peace," Berlin, Germany,

May 6, 2012.

[Watch YouTube video](#)



## **Ligmincha Europe Magazine**

### **Beautiful New Edition!**

The spring 2012 issue of Ligmincha Europe magazine is now online! Explore this full, informative and inspiring issue.

[View magazine](#)



## **□ 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, Virginia. 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 10–23, 2012**  
**Annual Summer Work Retreat**  
***Free of charge***

You may arrive as early as June 10, 2012, to participate in the Summer Work Retreat, which will take place from June 10 through 23. The work retreat is free of charge. Whether you join us for one afternoon, 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 the registration fee for 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 the registration fee for two weeks of the summer retreat. To register for the Work Retreat, [email](#) us or call 434-263-6304.

**June 24–July 14, 2012**

**A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps  
(Part 2)**

▣ **20th Annual Summer Retreat/20th Anniversary Celebration!**

**Dzogchen Teachings With Tenzin Wangyal Rinpoche**

Ligmincha Institute's 20th Annual Summer Retreat and 20th Anniversary Celebration! Come for one, two or all three weeks. No prerequisite, newcomers welcome.

[Learn more or register](#)

**Oct. 10–14, 2012**

**Awakening the Luminous Mind**

**Annual Fall Retreat**

**With Geshe Tenzin Wangyal Rinpoche**

Registration now open! Dzogchen teachings based on Tenzin Wangyal Rinpoche's newest book , *Awakening the Luminous Mind: Tibetan Meditation for Inner Peace and Joy*.

[Learn more or register](#)

**Nov. 1-4, 2012**

**Tibetan Yoga, Part 2**

**With Alejandro Chaoul**

*Prerequisite:* This retreat is open to students who have attended the Part 1 teachings of Trul Khor ( Zhang Zhung Nyen Gyu cycle) at any time since Jan. 1, 2000.

[Learn more or register](#)

**Nov. 10-11, 2012**

**Beginner's Mind—Starting a Meditation Practice**

**With John Jackson**

A new, two-day beginner's meditation retreat with John Jackson.

[Learn more or register](#)

**Dec. 27, 2012–Jan. 1, 2013**

**Winter Retreat 2012: Experiential Transmission, Part 5**

**Dzogchen Teachings With Geshe Tenzin Wangyal Rinpoche**

Online registration is now open! Prerequisite: Participants must have received the teachings for Parts 1, 2, 3 and 4 of the Experiential Transmission of Zhang Zhung in order to attend these Part 5 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>

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