

Teaching Issue

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Letter from the Editors

Teachings on Impermanence!

Hello Everyone,

Thank you, Tenzin Wangyal Rinpoche and Marcy Vaughn, for the wonderful teaching excerpt below taken from Rinpoche's recent Spring Retreat at Serenity Ridge on "Embracing Impermanence." Such a beautiful teaching and practice. We hope you all enjoy it!

And we have other news, as well, of an impermanent nature. [More](#)



Guided Meditation of Inner Refuge—Embracing Impermanence

**An Edited Excerpt from Oral Teachings given by Geshe Tenzin Wangyal Rinpoche,
Spring 2013**

The following teaching, excerpted from Tenzin Wangyal Rinpoche's April 13, 2013, morning talk during the spring retreat, was edited by Marcy Vaughn. The retreat topic was "Embracing Impermanence—Inner Refuge in the Face of Change." [More](#)



**Participate in Annual Summer Fundraising Auction at Serenity Ridge
An Opportunity to Give and Receive**

We invite our worldwide sangha to participate in Ligmincha Institute's upcoming annual fundraising auction, set for Friday, July 5, at Serenity Ridge. The auction will be held during the 21st annual [Summer Retreat](#), scheduled for June 23–July 13. This summer's auction will be especially festive because H.H. Lungtok Tenpai Nyima Rinpoche—spiritual head of the Bon tradition and abbot of Menri Monastery in Dolanji, India—will be at Serenity Ridge during this time. [More](#)



Online Ligmincha Learning Course Begins June 22

‘Introduction to the Five Elements: Healing with Form, Energy and Light’

Ligmincha Learning will offer a six-week online course, "Introduction to the Five Elements: Healing with Form, Energy and Light," June 22–Aug. 3, 2013. [More](#)



'Tibetan Dream Yoga' Online Workshop Starts June 8

Four-Week GlideWing Workshop with Rinpoche Begins Soon!

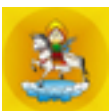
The next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, "Tibetan Dream Yoga," begins Saturday, June 8, 2013. Learn and practice from your own home [More](#)



Thanks and All the Best to Bo Holland

For Serving as Manager of Ligmincha Institute's Bookstore & Tibet Shop

We'd like to thank Bo Holland for her cheerful, unruffled presence as Ligmincha Institute's Bookstore & Tibet Shop Manager at Serenity Ridge. She left her position at the end of April. [More](#)



His Holiness Lungtok Tenpai Nyima Rinpoche to Offer Dzogchen Initiation at Serenity Ridge

Joining Rinpoche During Part of Summer Retreat for Teaching and More

We are pleased to share that His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizin, will join Geshe Tenzin Wangyal Rinpoche during part of the Summer Retreat, which is scheduled for June 23–July 13, 2013. His Holiness also will give a special dzogchen initiation on July 7. [More](#)



Attend Fundraising Banquet with H.H. Lungtok Tenpai Nyima Rinpoche To Benefit Tibetan Orphans in His Holiness' Care

Ligmincha Institute invites you to join us on July 5 for a [special fundraising dinner](#) and evening of entertainment in support of the Tibetan orphans in the care of His Holiness Lungtok Tenpai Nyima Rinpoche, spiritual head of the Tibetan Bön Buddhist tradition. [More](#)



Remember—Rinpoche's Next Full-Day Webcast will be July 6

His Holiness Lungtok Tenpai Nyima Rinpoche to Participate

Geshe Tenzin Wangyal Rinpoche warmly invites the worldwide sangha, friends and all who are interested to participate in the second [free full-day live webcast](#) on Saturday, July 6, 2013. The webcast will be broadcast live from Ligmincha Institute at Serenity Ridge during the second week of the annual [Summer](#)

[Retreat](#)
[More](#)



Listen to Free Online Conversation with Tenzin Wangyal Rinpoche

Part of Hay House World Summit Starting June 4

Listen to a free hour-long conversation with Tenzin Wangyal Rinpoche online from June 4–10. Rinpoche will talk about "Awakening to the Peace Within." [More](#)



Spring Issue of Ligmincha Europe Magazine now Online

Featuring Triten Norbutse Celebration and more!

Read about the celebration at Triten Norbutse, meet the Dutch sangha, learn how Lishu Institute is welcoming practitioners and more.

[View the Spring 2013 issue](#)



Registration Now Open for Newly Added Retreats

Trul Khor and Tibetan Sound Healing (Five Warrior Syllables)

You can now register for two more upcoming retreats at Serenity Ridge. Tibetan Bon Buddhist Yoga (Trul Khor) is being offered Oct. 31–Nov. 3, 2013. The Sound Healing teaching of the Five Warrior Syllables will be held Nov. 16–17, 2013. See the Upcoming Retreat listing below for more details.



Upcoming Events

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.

June 9–22, 2013

Summer Work Retreat at Serenity Ridge

[Learn more or register](#)

June 23–July 13, 2013

Summer Retreat—The Twenty-One Nails, Part 1

with Geshe Tenzin Wangyal Rinpoche and honored guest H.H. Lungtok Tenpai Nyima

Join us for one, two or all three weeks.

[Learn more or register](#)

Sept. 13–15, 2013

The Three Heart Mantras and Ma Tri Initiation

with H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more and register](#)

Oct. 9–10, 2013

Special Conference 2013: New Dialogs Between Buddhism and Science

with Geshe Tenzin Wangyal Rinpoche and Renowned Researchers

(to be followed by annual fall retreat; consider registering for both)

[Learn more and register](#)

Oct. 11–13, 2013

Fall Retreat—The Open Heart: Healing in the Dzogchen Tradition

with Geshe Tenzin Wangyal Rinpoche and H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more and register](#)

Oct. 31–Nov. 3, 2013

Tibetan Bon Buddhist Yoga (Trul Khor) Training, Part 3

with Alejandro Chaoul-Reich

Prerequisites required

[Learn more and register](#)

Nov. 16–Nov. 17, 2013

Tibetan Sound Healing—The Five Warrior Syllables

with John Jackson

Prerequisites required

[Learn more and register](#)

Dec. 27, 2013–Jan. 1, 2014

Winter Retreat—Dzogchen Practice Retreat

with Geshe Tenzin Wangyal Rinpoche

Open to all, from those new to meditation to those who have attended any part or all of the Experiential Transmission or any other dzogchen teachings.

[Learn more and 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 [regi](#)

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or 434-263-6304, or visit the

[Serenity Ridge website](#)

or the

[Ligmincha Institute website](#)

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