

Teaching Issue

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Letter from the Editors

Recharging with Soul Retrieval in the New Year

Dear Friends,

We love to share with you all! We'll start with a beautiful line from Tenzin Wangyal Rinpoche's upcoming book, *The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life* :

"Recall a moment in your life when you felt complete, satisfied, fully alive, at home in yourself. Imagine that it is possible for you to feel that way not only now and then but most of the time. This is what soul retrieval practice offers." [More](#)



Soul Retrieval: Bringing Awareness to Life Through the Power of Commitment

An Edited Excerpt from Tenzin Wangyal Rinpoche's Jan. 10, 2015, Webcast

What is the soul? The soul, of course, is very complex; there are many different cultures in the West, even in the East, with different understandings of the soul. From the perspective of the Tibetan Bon Buddhist tradition, the soul refers to the subtle balance of energies of the five essential elements: earth, water, fire, air, space. In the ancient Bon tradition, we believe that there is no way to survive as a human being unless the elements of our inner essence are all rich and alive and balanced in a very healthy way.

I want to talk about commitment. My hope is that many of you who are here with me today are serious and committed enough to follow these monthly webcast teachings, and that you will try to understand the practices and commit yourselves to practicing and to bringing about some real changes in your life for the better. [More](#)



Upcoming Webcast on Soul Retrieval Is Feb. 14

Register Now—and Sign Up for Free Online Course!

Throughout 2015, Tenzin Wangyal Rinpoche is offering a free, yearlong Internet course on the topic of Soul Retrieval. The course includes everything from free monthly live webcasts to multi-language discussion forums, recorded webcasts, MP3 audio recordings and downloadable print materials. It is based on Rinpoche's upcoming book *The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life* (Hay House, June 2015).

[More](#)

[Read an excerpt](#)



Tibetan New Year Begins Feb. 19

Ligmincha International Prepares for Losar, Year of the Wood Sheep

Losar, which in Tibetan means "new year," is celebrated widely by Tibetans and Tibetan Bon

and Buddhist centers throughout the world. This time to reflect on the passing of the old year and face the possibilities of the new year will be celebrated by Ligmincha International centers worldwide. [More](#)



Documentary on Bon Set for Release on Feb. 21 **With a Message from Tenzin Wangyal Rinpoche**

Dear Sangha and Other Friends,

I am very excited to let everybody know that The Light of the Golden Sun is finally being released. This one-hour documentary film tells about the rich history of Bon, how it came to the West, and the role that Ligmincha has played in recent years. [More](#)



Lishu Institute Retreats Begin this March in India! **Rinpoche Encourages Students in New Opportunities**

Beginning in March 2015 at Lishu Institute in Dehradun, India, a two-week Phowa retreat will be taught by Geshe Gelek Gyatso Rinpoche (March 5–19) followed by a six-week Intensive Tibetan Language retreat to be taught by Sangmo Yangri, Ph.D. (March 20–April 30, 2015). The teachers will speak in Tibetan, and an English translation will be provided. [More](#)



Ligmincha's Annual Spring Retreat at Serenity Ridge

Registration Now Open

Why not jump-start your healing and transformation with a more concentrated retreat on Soul Retrieval during this year's Spring Retreat at Serenity Ridge? On **April 3–5, 2015**, Geshe Tenzin Wangyal Rinpoche will teach on "The True Source of Healing: How The Ancient Tibetan Practice Of Soul Retrieval Can Transform And Enrich Your Life."

[More](#)



Summer Retreat Topic Is Dream Yoga Registration Opens Feb. 17

Registration opens Feb. 17 for Ligmincha's Annual Summer Retreat at Serenity Ridge, to be held June 21–July 4, 2015. Geshe Tenzin Wangyal Rinpoche will teach on the topic of "Dream Yoga."

The practice of dream yoga deepens our awareness during all our experience. It is a powerful tool of awakening and can help us recognize the true nature of mind. This is a rare opportunity to spend two weeks in person learning and practicing dream yoga with Tenzin Wangyal Rinpoche (who will offer two daily teachings) and the support of the sangha in the serene environment of Serenity Ridge.

You are welcome to attend one or both weeks. Serenity Ridge's annual Fundraising Auction will be held near the end of the first week, on June 26.

[Learn more](#)



'The Three Heart Mantras' Begins Feb. 6

Still Time to Register for Ligmincha Learning's Online Course!

Ligmincha Learning's five-week online course on "The Three Heart Mantras" will be held Feb. 6–March 14. The Three Heart Mantras are used in many different meditations in the Tibetan Bon Buddhist tradition, and play a major role in the ngrondro (preliminary) practices. They are said to be the essence of enlightenment in sound and energy, and as we sing or chant the mantras our awareness is transformed to be in union with the buddhas. They are used for purification, protection and as primary practices toward self-realization.

[Learn more and register](#)

The next online Ligmincha Learning course is "The Six Lokas: Transforming Our Emotions." It is a six-week course scheduled for April 4–May 23.

[Learn more and register](#)



March 7 GlideWing Online Workshop

Tibetan Dream Yoga with Tenzin Wangyal Rinpoche

The next four-Week GlideWing online workshop will be held March 7–April 5. Participants will explore and practice the ancient Bon Buddhist teachings of Tibetan Dream Yoga, with personal guidance and support from Geshe Tenzin Wangyal Rinpoche. This workshop provides detailed instruction for dream yoga, including foundational practices done during the day.

[Learn more and register](#)

Here is the calendar of upcoming GlideWing online workshops:

- May 9–31, 2015: Tibetan Meditation: Achieving Great Bliss Through Pure Awareness
[Learn more](#)
 - July 11–Aug. 9, 2015: Awakening the Sacred Arts: Discovering Your Creative Potential
[Learn more](#)
 - Sept. 19–Oct. 11, 2015: Tibetan Sound Healing
[Learn more](#)
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Spanish and Portuguese Translations of VOCL

Links to December Issue Now Available

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



Winter Issue of *Ligmincha Europe Magazine*

New Section on Preparing to Die

The beautiful new issue of *Ligmincha Europe Magazine* is now available. The magazine offers a broad scope of sangha news in Europe and worldwide and includes a section on preparing for death.

[Enjoy this issue](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, located in Nelson County, Virginia. To register or for more information, click on the links below, or contact us at registration@ligmincha.org or 434-263-6304.

April 3–5, 2015

Spring Retreat – The True Source of Healing: How the Ancient Tibetan Practice of Soul Retrieval Can Transform and Enrich Your Life

with Geshe Tenzin Wangyal Rinpoche

[Learn more and register](#)

June 21–July 4, 2015

Summer Retreat – Dream Yoga

with Geshe Tenzin Wangyal Rinpoche

Attend one or both weeks.

Registration opens Feb. 17.

[Read more about retreats](#)

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 or 434-263-6304, or visit the [Serenity Ridge website](#)