



*DZA, enlightened action*

Dear Friends,

We have so many wonderful articles in this issue to share with you! First, we have an interview with Sangmo Yangri, teacher and administrator at Lishu Institute in Dehradun, India, about Lishu's offerings, including details about next year's program (beginning in September and open to all). Included is a glimpse of life at Lishu through some of the students' writings and pictures. Get a taste of how unique Lishu is and how you might consider in-depth study at this beautiful institution in northern India.

Have you tuned in to Tenzin Wangyal Rinpoche's latest free monthly webcasts on "Transforming Your World Through Service"? In the initial webcast on this series, Rinpoche described his hope for all of us, in being of service in the world:

So this is my own intention to help, and I think that at the end of the day – after we practice, we meditate, after we do this activity and that, and we work and make our living – at the end of the day, I think there's always this sense in everybody that *I want to be helpful to others*. I do think it's there as a core principle that we all have, a really deep, deep treasure and I think that we need to see that, and acknowledge that, and cultivate that to change the world. And I don't mean changing the

*whole*

world, but rather, changing our own little world, and then

*that*

will affect the bigger world for sure. That is my hope.

You can tune in April 2 (tomorrow!) for a webcast on the topic of "Enlightened Leadership," to be broadcast live from the Spring Retreat at Serenity Ridge; and just a week later on April 9, tune in from your computer to the next webcast in the six-month series on "Transforming Your World Through Service, Part 3: Generating Compassion." If you've missed the first two webcasts from this series on the topic of service, you can always [watch the recordings](#).

Also featured in this issue: a beautiful poem by Tenzin Wangyal Rinpoche. Translated from Tibetan, the poem also inspired a lovely, moving video. Thank you to all those who contributed to its creation, and especially to Rinpoche for *his* creativity! We also have another amazing YouTube video about the new plans for the next building at Serenity Ridge and the need for financial support. Watch the video as Rinpoche and John Massie, who did the architectural design and worked closely with Rinpoche, describe the plans for Serenity's future. John has been on the Serenity Ridge Council, volunteering as Retreat Center Developer since the land for Ligmincha's Serenity Ridge was found and purchased in 1998. Thank you John for your wonderful service and tireless dedication in helping to manifest Rinpoche's dreams for a beautiful retreat center at Serenity Ridge!

Announcing a special new FREE online workshop for beginners starting April 16! This two-week workshop on Zhine (calm abiding), is made possible by Rinpoche through GlideWing. See the article below for details. Residents are needed for the Serenity Ridge Resident Program. Please consider how you might be of service in this way. Find out about solitary and group retreats in the feature on Ligmincha's Chamma Ling retreat center in Colorado. Fast approaching is the special weekend retreat at Serenity Ridge May 21–22 with Khenpo Tenpa Yungdrung Rinpoche – we have all the details below. Have you made plans for summer yet? This summer's two-week annual retreat at Serenity Ridge begins June 19 on Sleep Yoga – a powerful tool for awakening; early registration ends May 18. Read an article based on a conversation between longtime student Santiago Villaveces-Izquierdo and Rinpoche over the past year, on the distinctions and complementarity of traditional teaching and The 3 Doors approach. The 3 Doors announce new academies beginning in the fall, as well as a Creativity retreat in Italy this June. Check out Rinpoche's teaching schedule for the remainder of 2016. Lastly, as always, the VOCL translations in Spanish and Portuguese are brought to you by volunteers in service to the sangha!

In loving service,

Aline and Jeff