



## Cyber-Sangha Week

### Seven Days of Online Commemoration in Honor of Ligmincha's 25th Anniversary



From October 22–28, 2017, Ligmincha International hosted Cyber-Sangha Week, a special online commemoration of the 25 years since the founding of Ligmincha by Geshe Tenzin Wangyal Rinpoche.

Below are links to the many videos, photographs and other posts created and shared by the worldwide Ligmincha centers and spiritual communities (sanghas) in observance of Cyber-Sangha Week. We hope you enjoy this heartfelt introduction to Ligmincha's teachers, teachings and traditions, as well as its many worldwide centers and sanghas.

## Ligmincha International

- Ligmincha International: Recorded live broadcast (1:25:27) of opening ceremonies of Ligmincha's 25th Anniversary commemoration at Serenity Ridge Retreat Center. [View](#)
- Ligmincha International: Photographs of letters conveying the kind thoughts and good wishes of H.H. Lungtok Tenpai Nyima Rinpoche (April 4), Yongdzin Tenzin Namdak Rinpoche (May 24), Geshe Yong Dong (October 22) and Chaphur Rinpoche (October 19) on the occasion of Ligmincha International's 25th Anniversary. [View](#)
- Ligmincha International: Photograph of a letter conveying the good wishes of Geshe Thupten Gyaltzen Negi of Lishu Institute (October 22) on the occasion of the 25th anniversary of Ligmincha International. [View](#)

## Austria

- Ligmincha Austria: Video (2:08), "Ligmincha Austria – Introduction." [View](#)
- Ligmincha Austria: Video (59:09), " Guided Meditation 1 with Ligmincha Austria," prayers, Nine Breathings, Tsa Lung, Dedication. [View](#)
- Ligmincha Austria: Video (1:16:29), " Guided Meditation 2 with Ligmincha Austria." Prayers, Nine Breathings, Life Force Tsa Lung, Guru Yoga, Warrior Syllables, Invocation of Yeshe Walmo, Dedication. [View](#)
- Ligmincha Austria: Video (1:29), "Sleep Yoga Vienna 2017 (brief excerpt), Tenzin Wangyal Rinpoche" from May 2017 teachings by Rinpoche in Vienna, Austria. [View](#)

## Brazil

- Ligmincha Brazil: Video (4 min.), "Welcome to Ligmincha Brazil." Members of the Ligmincha Brazil sangha reveal their deep connection with the teachings of Tenzin Wangyal Rinpoche and all that's available through their devoted volunteer work, both in person and online. In English with Portuguese subtitles, 4 min. [View](#)

## Colombia

- Ligmincha Colombia: Video (7:17), "Bön in Colombia: Sowing Seeds in Sacred Lands."

Documents a day of practice and homage to the lineage and our teachers. [View](#)

## Costa Rica

- Ligmincha Costa Rica: Video (4:19) introducing the Costa Rican sangha and teachers. [View](#)
- Ligmincha Costa Rica: Recorded live broadcast (1:10:11) of guided group practice. [View](#)

## Denmark

- Ligmincha Denmark: Photograph of a recent meeting of the Ligmincha Denmark sangha. [View](#)

## France

- Ligmincha France & Suisse Romande: Recorded live broadcast (1:02:53) of a guided practice (with Roland) of the Five Warrior Syllables. [View](#)
- Ligmincha France & Suisse Romande: Recorded live broadcast (9:21) of sacred dance of Yeshe Walmo, executed by Geshe Tenzin Gelek. [View](#)

## Germany

- Ligmincha Berlin, Germany: Video (5:29), "Be a Tourist In Your Life," of the Berlin sangha presenting their center and sangha. July 2017. [View](#)
- Ligmincha Germany: Recorded live broadcast (1:05:18) of one-hour guided meditation with monthly local practice group in Frankfurt area. Practicing Nine Breathings of Purification, Tsa Lung and the full Guru Yoga practice (with Florian). [View](#)
- Ligmincha Germany: Video playlist, "Impressions Summer Retreat 2017 in Germany." Some impressions from our recent summer retreat at Schloss Buchenau. [View](#)
- Ligmincha Germany: (1:08:13) Recorded live broadcast of one-hour guided meditation with monthly online practice group. Practicing Nine Breathings of Purification, the practice of

inner refuge and the Five Warrior Syllables practice (with Anja). [View](#)

- Ligmincha Germany: Recorded live broadcast (1:03:50) of one-hour guided meditation with weekly online practice group. Practicing Tsa Lung, Nine Breathings of Purification, the Invocation of Tapihritsa, the practice of inner refuge and the chanting of the Sa Le Ö Mantra (with Anja). [View](#)

- Ligmincha Germany: Video (15:20), online premiere of “Rinpoche teaching in Germany: 27 Years in Pictures” – a film that was first presented to Rinpoche and the European and German sangha at the Summer Retreat 2017 in Germany. [View](#)

## Hungary

- Ligmincha Hungary: Recorded live broadcast (in three segments) includes brief introduction to Ligmincha, Ligmincha Hungary and its weekly practice group, plus a guided group meditation. [View Part 1](#) (15:01) / [Part 2](#) (57:57) / [Part 3](#) (1:00:21)

## India

- Lishu Institute, India: A playlist of short videos of our daily ritual practices of Sang, Chöd and Sur. [View](#)
- Lishu Institute, India: Photographs of recent daily activities at Lishu. [View](#)
- Lishu Institute, India: Photographs of a smoke offering done on the morning of October 22 in commemoration of the 25th anniversary of Ligmincha International. [View](#)

## Italy

- Ligmincha Italy: Video (2:08) of photos taken during an early September seminar in Rome with Tenzin Wangyal Rinpoche, “The Living Universe and the 5 elements in Shamanism, Dzogchen and Tantra according to Bon-Buddhist Tradition.” [View](#)

## Ireland

- Ligmincha Ireland: An account of the beginnings of the Ligmincha Irish sangha; plus a photograph of some of the Cork sangha members after Tsa Lung practice. [View account](#)

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[View photo](#)

## Mexico

- Ligmincha Durango, Mexico: Video (4:12) with photo montage of the history of Bön in Durango. [View](#)
- Ligmincha Guanajuato, Mexico: Video (3:57) of the trajectory of the Guanajuato sangha. [View](#)
- Ligmincha Monterrey, Mexico: Video (3:16) on the essence of the Monterrey Sangha, "Ligmincha Monterrey México," produced by Enrique García. [View](#)
- Ligmincha San Miguel, Mexico: Video (7:35) of testimonials from sangha members, "My first contact with Rinpoche and the teachings." Title: "Ligmincha San Miguel de Allende, Mexico." In Spanish. [View](#)
- Ligmincha Torreón, Mexico: Video (5:50) produced by the retreat center, revealing the scope of the Mexican stupas. [View](#)
- Ligmincha Valle de Bravo, Mexico: Video (8:32) of ritual in the Great Stupa guided by Lama Kalsang Nyima and Lama Yungdrung Lodoe, "Sangha Valle De Bravo." [View](#)
- Ligmincha Mexico City: Video (2:42) "Building Our Sangha" with photo montage of sangha and teachers. [View](#)
- Ligmincha Morelos, Mexico: Video (1:48), "25 Años ligmincha," showing sangha practicing amid the beautiful landscapes of Tepoztlán. [View](#)
- Ligmincha Valle de Toluca, Mexico: Video (5:26) on the history of dharma in Toluca. [View](#)

## The Netherlands

- Ligmincha Netherlands: Recorded live broadcast (44:27) of guided practice with Tonny Maas. [View](#)

## Peru

- Ligmincha Peru: Video (2:04), "Resumen de las visitas de Lama Tenzin al Perú." Summarizes the retreats Tenzin Wangyal Rinpoche has led with various Peruvian audiences, including the sangha, business executives, university teachers, and shamans and indigenous people of Peru. [View](#)

## Poland

- Ligmincha Poland: Recorded live broadcast (1:29:38). Jarek Kotas guides a meditation and include a short discussion on Bön, dzogchen, Tenzin Wangle Rinpoche and Ligmincha International. Practice includes include Guru Yoga, Inner Refuge, SA LE O mantra and dedication of merit. [View](#)
- Ligmincha Poland: Recorded live broadcast (1:12:51). Jarek Kotas guides a meditation and include a short discussion on Bön, dzogchen, Tenzin Wangyal Rinpoche and Ligmincha International. Practice includes Guru Yoga, Inner Refuge, SA LE O mantra and dedication of merit. [View](#)
- Ligmincha Poland: Recorded live broadcast (50:49). Rysiu Adamiak says a few words about the history of the Polish sangha and guides a meditation with his local group. [View](#)
- Ligmincha Poland: Video (3:11) with greetings to everyone all over the world from Geshe Yungdrung Gyatso, resident lama of Chamma Ling Poland, and the many sangha groups of Ligmincha Poland. [View](#)
- Ligmincha Poland: Video (23:10) with slideshow commemorating the 20th anniversary of Ligmincha Poland, which they celebrated in 2016. [View](#)

## Slovakia

- Ligmincha Slovakia: Photographs from past events in Bratislava. Public lectures by Tenzin Wangyal Rinpoche and other teachers of the Tibetan Bon tradition. [View](#)

## Spain

- Ligmincha Spain: Video (13:37) "Testimonios de vida desde Ligmincha." How the practices and approach of Ligmincha have improved the life and health of people associated with our practice groups in Spain. [View](#)

## United States

- Ligmincha Los Angeles, California: Video (4:31) of photo montage celebrating Tenzin Wangyal Rinpoche's life's work and 25 years of Ligmincha International. [View](#)

- Serenity Ridge Retreat Center, Virginia, U.S.A.: Recorded live broadcast (1:25:27) of opening ceremonies of Ligmincha's 25th Anniversary commemoration at Serenity Ridge.  
[View](#)

- Serenity Ridge Retreat Center, Virginia, U.S.A.: Photographs from the 25th Anniversary Celebration at Serenity Ridge. [View](#)

For more information, visit the [Ligmincha International Facebook page](#) .