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### Letter from the Editors

#### The Magic of the Moment

Dear Friends,

Happy springtime! A beautiful season marked by an abundance of fresh, new life emerging so naturally and effortlessly from the still and resting ground of winter. Tenzin Wangyal Rinpoche reminds us in this wonderful teaching excerpt to let go of so much of our effort, release our striving and judging, and allow ourselves simply to rest here and now in the clear, bright awareness of what is. [More](#)

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#### Simply Resting as the Spacious Awareness of What Is

**An Edited Excerpt from Oral Teachings Given by Geshe Tenzin Wangyal Rinpoche,  
Summer 2018**

When you come to a retreat here at Serenity Ridge, or to any retreat with me, you make a substantial effort involving your family, your work, finances, everything. It is an important opportunity for us to engage in the practice and for being in the practice. So when you get here, you want to make the best of it, don't you?

The most important way to make the best out of it is just to be – not to bring the same patterns of neurosis, of everyday life, that you live with. We try to be able to take a break from those, to cut something, to change something, to be here, as much as possible, with full openness toward these teachings, transmissions, experiences and learning. [More](#)

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## **Conduct Is Practice**

### **A Letter About Developing Ligmincha's Code of Conduct**

In spiritual communities around the world, people have recently been coming forward to speak about misconduct and abuse – sexual, financial, physical, verbal.

All communities in which there are asymmetrical power structures (teacher/student, boss/employee, staff/volunteer, member/nonmember) face such problems. Reading about the struggle of individuals to expose these situations, come to terms with them, and heal fills my heart with sadness and compassion. Such disclosures have also strengthened our collective resolve within Ligmincha to do more to minimize the risk of harming one another, protect the teachings and preserve our integrity as practitioners. [More](#)

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