

## Volume 19, Number 6 / December 2019

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### Letter from the Editors

### Manifesting Around the World

Dear Friends,

From Nepal to Italy to Poland to Brazil to Virginia to Mexico to so many places around the world, Tenzin Wangyal Rinpoche comes to us in person and via the Internet, through his live broadcasts and teachings and through the many photographs, stories and posts that he shares. Fortunately for all of us, even when we are not able to be on retreat with him in person, we can view the latest webcast and reconnect. [More](#)

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### Honoring H.E. Yongdzin Lupon Tenzin Namdak Rinpoche

### Special Events in Kathmandu in January 2020

From January 22–30, 2020, Triten Norbutse Monastery in Kathmandu, Nepal will celebrate the 25th Anniversary of the Foundation of the Yungdrung Bön Academy of Higher Studies. Many special events and activities are planned. Among them is a January 27 Thenshug, a mandala offering for the long life of Bön's most senior teacher and lineage holder, His Eminence Yongdzin Lopon Tenzin Namdak Rinpoche, as we celebrate his 95th birthday. [More](#)

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### **'Release Into the Dance of Stillness'**

#### **An Excerpt from Tenzin Wangyal Rinpoche's January 2018 Facebook Live Teaching, Kathmandu, Nepal**

Usually when we think about stillness, we think about not moving, not doing, not manifesting, not developing, not accomplishing – some sense of being frozen in stillness. But that's not the case. The true sense of stillness is the full mastery in movement – mastery in development, mastery in manifestation, mastery in creativity. That is the true realization of stillness and, as we all know, stillness is a very important part of our practice for entering into or accessing our true nature. [More](#)

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#### **A Letter to Students from Tenzin Wangyal Rinpoche**

## **Yearlong Sabbatical Planned for 2021**

To All My Students,

I send you my heartfelt greetings. After much reflection, I am writing to share with you an important decision that I have made. As you know, I always encourage people to look deeply into and reflect on their lives. I, too, reflect on my life, family, and spiritual practice. As I turn 60, I find that I want to spend more time with my family and make space for personal retreat. So, starting on January 3, 2021, I will be taking a yearlong sabbatical. [More](#)

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## **A Letter from the Ligmincha Board of Directors**

### **Supporting Rinpoche and Local, National or Cyber Sanghas**

Dear Sangha,

Rinpoche has maintained an extraordinarily full teaching and travel schedule for more than 30 years. The Board is fully supportive of our Spiritual Director, Tenzin Wangyal Rinpoche, in his wish to take a yearlong sabbatical beginning January 2021. We are glad that he can take this time to focus on his life, family, and personal practice. We know that Rinpoche looks forward to discovering and sharing his insights with all of us in 2022 as much as we await seeing him return. [More](#)

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