

Volume 20, Number 4 / August 2020

[Read the full issue](#)



Letter from the Editors

Adapting in Unusual Times

Dear Friends,

These are unusual times for all of us, and while the pandemic continues to affect the world, we are learning to adapt in new ways. From social distancing and quarantining at home, to attending online teachings and meetings, to simplifying our lives, to expressing our grief and our care and compassion for others, we are all learning how to live more in the present moment as we face these undeniable lessons of impermanence and change. [More](#)



The Gift of Resting in the View

An Edited Excerpt from Oral Teachings Given by Tenzin Wangyal Rinpoche, June 2020

I have been teaching on *The Seven Mirrors of Dzogchen*, a text by Drenpa Namkha, who lived in the eighth century. He was one of the great masters present at the moment of a great transition in the history of Tibet when a new religion was coming in and the old religious tradition was having difficulty surviving. During some of the conflicts of the time, he was trying to preserve many of these teachings. As a result, later on these teachings became more available.

[More](#)



Right Conduct During This Time of the Pandemic

A Message from His Holiness Lungtok Dawa Dhargyal Rinpoche

During Tenzin Wangyal Rinpoche's two-week online summer retreat on the topic "The Seven Mirrors of Dzogchen," attended by more than 600 participants from around the world, we were honored with the presence of His Holiness Lungtok Dawa Dhargyal Rinpoche, the 34th Menri Trizin. His Holiness offered blessings and teachings on the final day of each week, with Tenzin Rinpoche translating. Here is an edited excerpt of His Holiness' teachings from the first week, on June 26. [More](#)



Ligmincha's New Code of Conduct

An Inspirational, Aspirational and Prescriptive Guide for Ligmincha's Worldwide Sanghas

The Board of Ligmincha International is pleased to announce that after almost two years of work, Ligmincha has developed a Code of Conduct. The code, [available here](#), was written in

close collaboration with Tenzin Wangyal Rinpoche, and extends to all Ligmincha centers and sanghas worldwide.

[More](#)



Upcoming Retreats Hosted by Ligmincha Poland

Two Online and One In-Person Retreat Coming Up

Ligmincha Poland will host two online retreats in July and August, with Tenzin Wangyal Rinpoche and with Choekhortshang Rinpoche. Both retreats will be held on Zoom. In addition, Ligmincha Poland is planning an in-person retreat in September with Khenpo Tenpa Yungdrung Rinpoche, abbot of Triten Norbutse Monastery in Nepal. All are welcome to attend. [More](#)



Two Special Retreats with Tenzin Rinpoche on Zoom in October

‘Serenity Ridge Dialogues: Body, Breath & Mind’ and ‘Fall Retreat: The Five Elements’

Join us online via Zoom for two special online retreats in October. Starting October 10, join Tenzin Wangyal Rinpoche, leading scientists and physicians for dialogues related to body, breath and mind. The annual fall retreat on the topic of “The Five Elements” begins October 21. Both retreats are sponsored by Serenity Ridge Retreat Center and Ligmincha International, and all are welcome. [More](#)



How Is Covid-19 Affecting Our Community?

A Report from Ligmincha's Worldwide Sangha

Covid-19 has caused a massive collective disruption all over the world. To get an impression of how the coronavirus has affected the communities of Ligmincha International, founded by Geshe Tenzin Wangyal Rinpoche, Ton Bisscheroux, VOCL's new international correspondent and former editor of Ligmincha Europe Magazine, surveyed groups around the world. They include international sanghas; Serenity Ridge and Chamma Ling retreat centers; The 3 Doors, a nonsectarian program founded to explore the transformative practice of meditation; and Lishu Institute, established for more long-term study of Bön. Below is a summary of his findings.

[More](#)



CyberSangha Launches New Instagram Page

An Interview with Daniel Conover

More than 42,000 people now follow and benefit from Tenzin Wangyal Rinpoche's free live teachings on [Facebook](#) and [cybersangha.net](#). With help from Daniel Conover, the newest member of Rinpoche's core CyberSangha team, CyberSangha has now launched an Instagram account featuring short videos from Rinpoche's teachings, plus photographs. We asked Daniel to say a bit about how we can all benefit from this new social media offering.

[More](#)



Upcoming Full Moon Practices on the Heart Mantras

And Don't Miss August 16 Conversation with Six Spiritual Leaders

On August 3, 2020, and each subsequent full moon of 2020, join us online for a guided meditation followed by a 24-hour mantra recitation session. Upcoming sessions focus on the Heart Mantras of Bön.

The August session offers a precious opportunity to engage in reciting and connecting deeply with the Mantra of Liberation, or the *MA TRI* mantra, one of the Three Heart Mantras. [More](#)



Taking Care of Yourself and Others

3 Doors Online Programs Beginning September 2020

The 3 Doors is offering several online programs beginning this September to support both new and existing practitioners. Join 3 Doors senior teachers Marcy Vaughn and Gabriel Rocco for a nine-month online [Compassion Project program](#) and gather in small groups with others from around the world to share experiences and learn how to apply 3 Doors practices in your daily life.

In addition, 3 Doors senior teacher Raven Lee, Ph.D., will be offering a three-week immersion into ["Walking the Healing Path"](#) and senior teacher Laura Shekerjian will be offering a new four-week course called ["The Heart of the Matter"](#)

[Deepening the Flow of Interconnectivity.”](#)
[More](#)



Ligmincha Learning Upcoming Online Courses

'The Six Lokas,' 'Sherap Chamma' and NEW 'Sleep Yoga'

Ligmincha Learning is pleased to offer several upcoming online courses with Tenzin Wangyal Rinpoche or senior teacher Marcy Vaughn. Courses feature beautiful video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world. [More](#)



International Sangha Sharing

Poetry from the Heart

The poem below by Hira Hosen was inspired by Tenzin Wangyal Rinpoche's online teachings. The mantra is that of Khandro Kyema Otso from the Bön Mother Tantra. [More](#)
