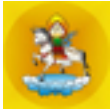


Teaching Issue

Volume 15, Number 3 / June 2015

[Read the full issue](#)



Letter from the Editors Many Ways of Giving

Dear Friends,

Our hearts go out to all those in Nepal who are struggling in the aftermath of the earthquakes that struck there in April and May. We all felt the devastation hit especially close to home, given the proximity of the quakes to Tritten Norbutse – the monastery of Tenzin Wangyal Rinpoche's teacher Yongdzin Tenzin Namdak Rinpoche – in Kathmandu. [More](#)



The Elements and Our Well-Being

A Few Excerpts from *Healing with Form, Energy and Light* by Tenzin Wangyal Rinpoche

Study of and practice with the elements is meant to positively affect our well-being by giving us the tools to bring the elements into the balance that underlies health and wholeness in any dimension of experience. It does not take great intuition to know when we are in or out of balance. [More](#)



Full-Day Free Live Webcast on June 13 with Tenzin Wangyal Rinpoche **‘The True Source of Healing: Your Own Inner Refuge’**

Please join Tenzin Wangyal Rinpoche and invited Tibetan Buddhist lamas online for this special free full-day live webcast on Saturday, June 13, 2015, 9 a.m.–4:30 p.m. Eastern time U.S. (New York time).

Your own inner refuge is the true source of all the elemental essences you need in order to heal your soul. [More](#)



Hot Off the Press! ***The True Source of Healing* by Tenzin Wangyal Rinpoche**

Recall a moment in your life when you felt complete, satisfied, fully alive, at home in yourself. Imagine that it is possible for you to feel that way not only now and then but most of the time. This is what soul- retrieval practice offers.
—from *The True Source of Healing*, by Geshe Tenzin Wangyal Rinpoche [More](#)



An Update on the Nepal Earthquake

Prayers and Funds Needed for Those Affected

More than 8,000 people have been reported dead in the massive 7.8 magnitude earthquake that occurred in Nepal on April 25. A second earthquake struck Nepal on May 12. Ligmincha International Board Chair Rob Patzig suggests how sangha and friends can offer prayers and financial support. [More](#)



From a Lamenting Heart

A Spontaneous Poem by Tenzin Wangyal Rinpoche, May 10, 2015

While teaching the Bon in Spain
I hear the news of an earthquake in Nepal.
Instantly the hairs on my body stand up
Sadness whirls in my heart
Anguish penetrates my body. [More](#)



Grass Put in Our Heads

Reflections on the Recent Retreats at Lishu Institute in India

In March and April, a two-week Phowa retreat and six-week intensive Tibetan Language Retreat

were held at Lishu Institute. Lishu plans to open for full curriculum study in September and will offer a three-year, full-time residential program. Jennie Makihara, who participated in both retreats, shares some impressions of her time at Lishu. [More](#)



Applications Open for Three-Year Lishu Program

First Program Starts in September 2015!

Lishu Institute is the fulfillment of Tenzin Wangyal Rinpoche's vision of providing a retreat center and study program for Western students to do long-term, in-depth study and practice of the Tibetan Bon Buddhist teachings. The first Three-Year Residential Program is planned to start in September 2015. [More](#)



How the Whole Thing Began

Tenzin Wangyal Rinpoche in Poland

Jaroslav Kotas, instructor and translator for Ligmincha Poland, shares his personal account of first meeting Tenzin Wangyal Rinpoche in Poland, and how his connection to Bon and the teachings have developed and thrived in Poland. This August celebrates the 20th anniversary of Bon teachings in Poland. [More](#)



Donate to Ligmincha's 2015 Summer Fundraising Auction **Set for June 26 at Serenity Ridge**

We are looking forward to the annual summer fundraising auction, celebrated this year during the first week of the Summer Retreat at Serenity Ridge on Friday, June 26.

The auction is an important public fundraising event for Ligmincha and is essential to furthering Tenzin Wangyal Rinpoche's vision for Serenity Ridge. Please help by donating auction items.

[More](#)



A New Logo for The 3 Doors **Changing Our Look!**

The 3 Doors organization shares its new logo and the significance behind it. [More](#)



Chamma Ling in Valle de Bravo Mexico **Reflections and Photos from a Very Special Retreat**

Elena Ochoa-Villasenor recently shared news and wonderful photos of Chamma Ling in Valle de Bravo, Mexico and the recent retreat there. [More](#)



Participate in Summer Work Retreat

June 14–19 at Serenity Ridge

Join us at Serenity Ridge for Ligmincha Institute's Summer Work Retreat, set for June 14–19. Each day includes vigorous work periods, meditation practice and free time. Accommodations and food are provided. Those who participate in the full work retreat will receive a 50 percent discount toward one week of the Summer Retreat, set for June 21–July 4.

[Learn more](#)



Ligmincha's Annual Fall Retreat Open for Registration

Oct. 21–25 Retreat Topic is 'The Five Elements'

Ligmincha's Annual Fall Retreat at Serenity Ridge on "The Five Elements: Connecting with the Living Universe" with Geshe Tenzin Wangyal Rinpoche, is open for registration! The retreat is set for Oct. 21–25, 2015.

According to the ancient Tibetan spiritual traditions, the five natural elements of earth, water, fire, air and space are fundamental aspects of a living universe. Tenzin Wangyal Rinpoche will guide practices through which we can deeply connect with the elemental essences, and nourish and restore health and vitality.

[Learn more/register](#)



Winter Retreat 2015: 'The Experiential Transmission of Zhang Zhung, Part 2' Registration Opens Soon

This year's Winter Retreat, "The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind" with Geshe Tenzin Wangyal Rinpoche at Serenity Ridge, will take place Dec. 27, 2015–Jan. 1, 2016. The Experiential Transmission series is the centerpiece of Rinpoche's dzogchen teachings and is presented each year at our Winter Retreat. Registration will open soon.

Prerequisite: Completion of Part 1 of the Experiential Transmission of Zhang Zhung series in 2014 or any time in the past.

[Learn more](#)



'The Five Elements: Healing with Form, Energy and Light' Ligmincha Learning's Next Online Course Begins July 3

Ligmincha Learning's next seven-week online course, "The Five Elements, Healing with Form, Energy and Light," will be held: July 3–Aug. 14, 2015. The course, crafted by Tenzin Wangyal Rinpoche, features video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world.

In this course Tenzin Wangyal Rinpoche explores how each of the five elements relates to our daily experiences, emotions and relationships. Rinpoche guides meditations for each of the elements, designed to help clear our obstacles and bring balance to our lives.

[Learn more/register](#)



Four-Week GlideWing Online Workshop Begins July 11

‘Awakening the Sacred Arts: Discovering Your Creative Potential’

Join us for this opportunity to free yourself from creative obstacles, nurture your capacity for joyful self-expression and make positive changes in your life.

The Tibetan spiritual traditions tell us that unleashing our dynamic creative energy is a matter of recognizing and tapping into the wellspring of creativity that already exists within us. This four-week online workshop is for anyone who seeks to usher a vision into reality – whether through creative problem solving, personal growth or bringing creative artistry to a whole new level.

[Learn more/register](#)

Coming in September:

Sept. 19–Oct. 11, 2015: [Tibetan Sound Healing](#)



Read the New Spring Issue of *Ligmincha Europe* Magazine
Full of Inspiration and News!

[View *Ligmincha Europe* Magazine](#)



Spanish and Portuguese Translations of VOCL
Links to April Issue Now Available

[Read VOCL in Spanish](#)

[Read VOCL in Portuguese](#)



Upcoming Retreats

Serenity Ridge Retreat Center

The retreats listed below will take place at Serenity Ridge Retreat Center, headquarters of Ligmincha International, located in Nelson County, Virginia. To register or for more information, click on the links below, or contact us at sr.registration@ligmincha.org or 434-263-6304.

June 21–July 4, 2015

Summer Retreat – Dream Yoga

with Geshe Tenzin Wangyal Rinpoche

Attend one or both weeks.

[Learn more/register](#)

Oct. 21–25 , 2015

Fall Retreat – The Five Elements: Connecting With the Living Universe

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

Nov. 5–8, 2015

Trul Khor Part 5: Post-Training

with Alejandro Chaoul-Reich, Ph.D., and honored guest Geshe Tenzin Yangton

[Learn more](#)

Dec. 27, 2015–Jan. 1, 2016

The Experiential Transmission of Zhang Zhung, Part 2: Introduction to the Nature of Mind

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

[Read more about retreats](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please contact us at sr.registration@ligmincha.org or 434-263-6304, or visit the [Serenity Ridge website](#)