

Announcements Issue

Volume 16, Number 2 / April 2016

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Letter from the Editors Being of Service

Dear Friends,

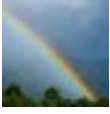
We have so many wonderful articles in this issue to share with you! First, we have an interview with Sangmo Yangri, teacher and administrator at Lishu Institute in Dehradun, India, about Lishu's offerings, including details about next year's program (beginning in September and open to all). Included is a glimpse of life at Lishu through some of the students' writings and pictures.

[More](#)



Applications Accepted for Second Year Program at Lishu Institute An Interview with Sangmo Yangri, Ph.D., Teacher at Lishu

Lishu Institute near Dehradun, India, will begin the second year of its three-year residential program in Tibetan Bon Buddhism on September 12, 2016. The year will focus on the Ma Gyud teachings, one of the major tantric cycles in the Bon tradition. All are welcome to apply for the second year of teachings. We interviewed Sangmo Yangri, Lishu teacher and administrator, for an update [More](#)



A Glimpse of Life at Lishu **Two Students' Experiences**

Anna-Kaisa Hirvanen, from Finland, is one in the first group of students to start a three-year Bon studies program at Lishu Institute near Dehradun, India. Anna-Kaisa is a founding member of Ligmincha Finland and its first Chair of the Board. She began a blog about Lishu a year ago in March 2015. Here is an excerpt from one of her recent posts, titled "Unbroken Lineage of Wisdom," from March 2016. [More](#)



Upcoming Webcasts with Tenzin Wangyal Rinpoche **April 2 and April 9**

Coming up soon are two free, live webcasts with Tenzin Wangyal Rinpoche that should be of interest to all. The April 2 webcast, on the topic of "Enlightened Leadership," will be broadcast live from the Spring Retreat at Serenity Ridge. The April 9 webcast, on the topic of "Generating Compassion," is the third in a six-part series on service. [More](#)



This Is It **A Poem by Tenzin Wangyal Rinpoche**

Translation from the original Tibetan by Steven Goodman, Karma Shastri and Polly Turner.

Music by Nyamed Soladep and Gazom Lhamo. Video and editing by Salvador Espinosa. [More](#)



Plans for New Building at Serenity Ridge

[View YouTube Video](#)

Soon construction will begin on a new building at Serenity Ridge Retreat Center in Nelson County, Virginia, home to Ligmincha International. In this video, Tenzin Wangyal Rinpoche and John Massie, who architected the design and worked closely with Rinpoche, share their vision for this building. Dedication of this newest addition to the Serenity Ridge Retreat Center will be held at the upcoming summer retreat in June.

The land development fund needs your help to make this a reality! Please consider a tax-deductible donation to further the efforts of Ligmincha International.



[View Video](#)

[Learn more](#)



Focusing and Calming Your Mind with Tenzin Wangyal Rinpoche

Free Two-Week Online Workshop for Beginners Starts April 16

For the past six years Geshe Tenzin Wangyal Rinpoche has been providing meditation instruction through his popular GlideWing.com online workshops. Now, for the first time he will offer a two-week workshop free of charge. The course will take place from April 16 through May 1. [More](#)



New GlideWing Workshop Begins April 30

Tibetan Meditation — Achieving Great Bliss Through Open Awareness

A new GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Tibetan Meditation: Achieving Great Bliss Through Pure Awareness,” will be held April 30–May 22, 2015. This ancient Tibetan meditation practice teaches you to enter the state of pure awareness that leads to peace, joy, and ultimately, to full self-realization. [More](#)



Resident Program Positions Available at Serenity Ridge

Deepen Your Practice and Be of Service

A limited number of resident program positions are now available at Serenity Ridge Retreat Center, founded by Tenzin Wangyal Rinpoche and headquarters of Ligmincha International. Apply now if you are interested! [More](#)



Chamma Ling Colorado

Supportive, Beautiful Environment for Group and Solitary Retreats

Cindy Pearson Garcia writes about this solitary retreat center in the Colorado Rockies.

Silence, stillness, spaciousness – words of wisdom from our beloved teacher, Tenzin Wangyal Rinpoche, and pervasive qualities inherent at the retreat land known as Chamma Ling Colorado. [More](#)



H.E. Khenpo Tenpa Yungdrung Rinpoche Coming to Serenity Ridge!

May 21–22 Teachings on Pith Instructions of the Khandros

We are honored to have H.E. Khenpo Tenpa Yungdrung Rinpoche join us at Serenity Ridge for this special weekend retreat focused on the Dzogchen Yetri Thasel. He will teach on the chapter of the pith instruction of the *khandros* (female enlightened beings). The weekend will include a combination of teaching and practice. [More](#)



Registration Now Open for Summer Retreat at Serenity Ridge

June 19–July 2: Sleep of Clear Light

Join Tenzin Wangyal Rinpoche for this special Summer Retreat focusing on sleep yoga. Participants are welcome to attend one or both weeks. A powerful tool for awakening, sleep yoga is more than a practice of the night. It helps us to integrate all moments — waking, sleeping, meditation and even death — with the clear light of awareness. [More](#)



Conversations Between Student and Teacher

Complementarity of Traditional Teaching and The 3 Doors Approach

Santiago Villaveces-Izquierdo from Colombia, a longtime student of Geshe Tenzin Wangyal Rinpoche, interviewed Rinpoche several times over Skype last year. Their conversation focused primarily on the complementarity of a traditional approach to the teachings and The 3 Doors. [More](#)



Apply to New 3 Doors Academies in the U.S. and Europe

Creativity Retreat in Italy Also Scheduled

The 3 Doors has good news to share: applications are being accepted for two new academies to begin in United States and Europe this year. The 3 Doors also invites you to a special retreat on creativity in Italy this June. [More](#)



Tenzin Wangyal Rinpoche's Teaching Schedule

Links by Date and Location

On the [Ligmincha International website](#) you can always find Rinpoche's teaching schedule by date through the end of the year, and by location.

[Rinpoche's teaching schedule by date](#)

[Rinpoche's teaching schedule by location](#)



Spanish and Portuguese Translations of VOCL

Links to February 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, Ligmincha International headquarters located in Nelson County, Virginia. To register or for more information, click on the links below, email us or call 434-263-6304.

May 21–22, 2016

Special Weekend Retreat: Pith Instructions of Dzogchen Yetri Thasel

with H.E. Khenpo Tenpa Yungdrung Rinpoche

[Learn more/register](#)

June 3–5, 2016

Tibetan Wellness Retreat

with Alejandro Chaoul-Riech, Ph.D. and Rob Patzig, President, Ligmincha International

[Learn more/register](#)

June 19–July 2, 2016

Summer Retreat: Sleep of Clear Light: The Sleep Yoga Practice from the Bon Mother Tantra

with Geshe Tenzin Wangyal Rinpoche Attend one or both weeks.

[Learn more/register](#)

October 12–16, 2016

Fall Retreat 2016: The Practice of Chod from the Bon Mother Tantra

with Geshe Tenzin Wangyal Rinpoche

[Learn more](#)

November 3–6, 2016

Trul Khor Training: Tibetan Bon Yoga, Part 1

with Alejandro Chaoul-Reich, Ph.D.

[Learn more](#)

December 27, 2016–January 1, 2017

The Experiential Transmission of Zhang Zhung, Part 3: The Practice of The Path

with Geshe Tenzin Wangyal Rinpoche

Prerequisite: Previous completion of Part 2 of the Experiential Transmission of Zhang Zhung series.

More information to come.

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please email registration@ligmincha.org, call 434-218-1290 or visit the [Serenity Ridge](#)

[website.](#)