

Announcements Issue

Volume 16, Number 4 / August 2016

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Letter from the Editors

Finding Joy

Dear Friends,

This just in! Ligmincha is happy to announce the next six-month series of free online webcasts with Geshe Tenzin Wangyal Rinpoche set to begin September 10. The topic is “Living with Joy, Dying in Peace.” We hope you can tune in from your computer for this new series. [More](#)



New! Free Six-Month Course with Tenzin Wangyal Rinpoche

‘Living with Joy, Dying in Peace’ Starts September 10

Beginning September 10, 2016, Tenzin Wangyal Rinpoche will offer a free, six-month Internet course on Living with Joy, Dying in Peace. The course includes everything from free monthly live webcasts to a discussion forum, recorded webcasts, downloadable print materials and MP3 audio recordings. [More](#)



Thankful News from Chongtul Rinpoche

His Holiness Lungtok Tenpai Nyima's Health Greatly Improved!

Dear Friends,

On behalf of Bon Shen Ling, I am writing to say how greatly we appreciate your highest and most powerful prayers and thoughts for His Holiness' health – especially the Tse Dup healing practice that many of you have been doing over the past six months. [More](#)



Breaking New Ground Atop Serenity Ridge!

Taking the Retreat Center to a New Level

On the morning of June 26, Summer Retreat participants and many invited guests gathered at Serenity Ridge. The purpose was to break ground for the new building to be built between the gompa (meditation hall) and the Lama House. This new building will contain a new kitchen, dining hall capable of seating up to 100 people, practice and meeting rooms, some office space and a fully equipped recording studio. [More](#)



Resident Program Positions Available

Be of Service at Serenity Ridge

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](#)



Introducing the New Ligmincha International Facebook Page!

Social Media Updates for Ligmincha and Serenity Ridge

To better inform you about the worldwide teachings of Geshe Tenzin Wangyal Rinpoche and the Bön Buddhist tradition of Tibet, Ligmincha International has a new Facebook page: <https://www.facebook.com/ligminchainternational/>

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[More](#)



Meet the New 3 Doors Website

Expanding and Clarifying

Check out the new 3 Doors website! The 3 Doors, founded by Geshe Tenzin Wangyal Rinpoche, teaches meditation methods with practical applications to everyday life. The redesigned website includes a new events calendar, a new Academy overview, a growing list of resources and more. [More](#)



Register Now for Fall Retreat at Serenity Ridge

Oct. 12 –16: The Practice of Chöd from the Bon Mother Tantra

Join us October 12–16 for Tenzin Wangyal Rinpoche's annual Fall Retreat at Serenity Ridge. Rinpoche will teach on the topic of "Fear and Attachment: Doorways to Liberation – The Practice of Chöd from the Bon Mother Tantra." [More](#)



Cutting Through One's Fear

On the Meaning of Chöd

The meaning of chöd as explained in the [Glossary of Bön Terms](#) on Ligmincha's International website:

chöd (tib: gchod) Literally: to cut off, to cut through. Also known as the "expedient use of fear" and the "cultivation of generosity." Chöd is a ritual practice meant to remove all attachment to one's own body and ego by compassionately offering all that one is to other beings.

In the foreword to Alejandro Chaoul-Reich's book, *Chöd Practice in the Bön Tradition*, Geshe Tenzin Wangyal Rinpoche writes:

[More](#)



Sangha and Service

Ligmincha's Prison Project

“If we listen to our hearts and dare with confidence – then wonderful things are possible.” This quote from Nicolas Gounaropoulos of Belgium, student of Tenzin Wangyal Rinpoche, captures the positive realization he had when working with Ligmincha's Prison Project. This article features an update on some of the service work he is doing in prisons and elsewhere. [More](#)



November Trul Khor Retreat Canceled

Due to New Building Construction at Serenity Ridge

The Trul Khor Training: Tibetan Bon Yoga, Part 1 retreat with Alejandro Chaoul-Reich, previously schedule from November 3–6, 2016, has been canceled due to the new building construction at Serenity Ridge. This retreat will be rescheduled for 2017.

See the [Serenity Ridge](#) homepage for upcoming events.



Upcoming Ligmincha Learning Online Courses

August 20: Three Heart Mantras & October 1: Six Lokas

Beginning August 20: Ligmincha Learning is pleased to present an online course with Tenzin Wangyal Rinpoche on “The Three Heart Mantras of Bön.” [More](#)



Next Glidewing Online Workshops Begin August 6 and September 17 **Tenzin Wangyal Rinpoche Teaches on Sacred Arts and Dream Yoga**

Beginning August 6: “Awakening the Sacred Arts – Discovering Your Creative Potential” is the next GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, set for August 6–September 4, 2016. [More](#)



Tenzin Wangyal Rinpoche's August/September 2016 Schedule **Teaching in Europe and the Far East**

Geshe Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha International, will be teaching around the world in the next few months. In August and September he travels to Poland, Germany, Hungary, Russia and Colorado (U.S.), and will also be teaching in South Korea and Japan for the first time! [More](#)



***Ligmincha Europe Magazine* – Summer 2016** **Issue Number 21**

[View the issue here](#)



Spanish and Portuguese Translations of VOCL **Links to June 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 the registrar](#) or call 434-263-6304.

August 24–27, 2016

August Service Retreat

Share with the sangha and receive a discount off the cost of registration for any upcoming retreat.

[Learn more](#)

October 12–16, 2016

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

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

October 17–20, 2016

Fall Service Retreat

Share with the sangha and receive a discount off the cost of registration for the Fall Retreat.

[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.

[Learn more](#)

January 2–3 or January 2–8, 2017

Winter Practice Retreat

with Geshe Tenzin Yangton

Prerequisite: Students who have received Part 3 of the Experiential Transmission teachings or who have registered to attend Part 3 in December 2016 may attend.

[Learn more](#)

To register for any of the above retreats, or for more information about teachings in the Bon Buddhist tradition of Tibet, please [email the registrar](#), call 434-202-6211 or visit the [Serenity Ridge website](#)

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