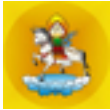


Teaching Issue

Volume 17, Number 1 / February 2017

[Read the full issue](#)



Letter from the Editors Celebrations Ahead!

Dear Friends,

Happy 2017!

With the beginning of the new year, we want to renew and reenergize our practice, and Tenzin Wangyal Rinpoche is giving us many new opportunities to do this: retreats all around the world, free webcasts, TWR LIVE talks on Facebook, online workshops and, of course, Rinpoche's nine books, now available in many languages. We have many reasons to be grateful and to celebrate. [More](#)



Ligmincha Celebrates 25th Anniversary in 2017! A Letter from Ligmincha International President Rob Patzig

Twenty-five years ago Tenzin Wangyal Rinpoche had a vision. He saw a vehicle by which the ancient traditions and wisdom of Tibetan Bön Buddhism could be preserved and also be made accessible to a modern Western audience. He named the vehicle “Ligmincha.” [More](#)



Update on Serenity Ridge Building Construction

New Facility Will Serve Ligmincha Community

You may recall reading in the [August issue of VOCL](#) about the Tibetan ritual groundbreaking ceremony for the planning of the new building at Serenity Ridge Retreat Center. Here we want to share with you an update and some recent photos.

[More](#)



Announcing TWR LIVE

Connect with Tenzin Wangyal Rinpoche Through Live Facebook Broadcasts

[Access TWR LIVE on Facebook](#)

With the start of the new year, Tenzin Wangyal Rinpoche has launched an innovative way for you to connect with him, the ancient teachings and fellow students around the world through regular, live broadcasts that can be easily viewed on his Facebook page. [More](#)



‘Sleep Well and Awaken to Luminous Mind’

An Edited Excerpt from Oral Teachings by Tenzin Wangyal Rinpoche

Every single night when we go to sleep, there is this sense of there being a great opportunity to have a lucid dream and to have a clear light sleep. And lucid dreams and clear light sleep will both have a direct impact in the process of dying. [More](#)



February 11: Next Free Live Webcast with Tenzin Rinpoche

‘Helping Loved Ones Through Sickness and Death’

Join Tenzin Wangyal Rinpoche from your computer for the next free live webcast on **February 11** (Saturday), 3–4:10 p.m., on the topic of

"Helping Loved Ones Through Sickness and Death."
[More](#)



Next GlideWing Online Workshop Begins February 25

‘Healing from the Source: Meditation as Medicine for Body and Mind’

Tenzin Wangyal Rinpoche’s next three-week GlideWing online workshop, on “Healing from the Source: Meditation as Medicine for Body and Mind,” will be held February 25–March 19. [More](#)



Next Ligmincha Learning Online Course Starts March 3

'The Five Elements: Healing with Form, Energy and Light'

Sign up now for Ligmincha Learning's six-week online course with Tenzin Wangyal Rinpoche on "The Five Elements: Healing with Form, Energy and Light." This course runs from March 3–April 14, 2017. [More](#)



Spring Retreat: March 31–April 2 at Serenity Ridge

Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment

Join Geshe Tenzin Wangyal Rinpoche March 31–April 2, 2017, for the Spring Retreat on "Meditation on the Six Lokas: Purifying the Obstacles to Enlightenment." [More](#)

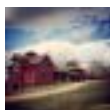


Spring Service Retreat at Serenity Ridge

March 29–30 and April 3–4

Join us at Serenity Ridge on March 29–30 and April 3–4 for a special service retreat just before and just after the annual Spring Retreat. This is a wonderful time to share with the sangha and to be of joyful service. Participants who work a total of 18 hours will receive 50 percent off the cost of Spring Retreat registration.

[Learn more](#)



Join Us for Special Two-Week Summer Retreat **Bön Dzogchen Pith Instructions & Teachings on the Bön Mother Tantra**

Both new and continuing students are warmly invited to gather at Serenity Ridge for this special summer retreat with Geshe Tenzin Wangyal Rinpoche. This year marks the 25th anniversary of Rinpoche's founding of Ligmincha International. Registration is now open. [More](#)



Tenzin Wangyal Rinpoche's 2017 Teaching Schedule **Links by Date and Location**

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

[View schedule by date](#)

[View schedule by location](#)



Spanish and Portuguese Translations of VOCL **Links to December 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 rural Nelson County, Virginia. To register or for more information, click on the links below, [email us](#) or call 434-263-6304.

March 29–30 and April 3–4, 2017

Spring Service Retreat

[Learn more](#)

March 31–April 2, 2017

Spring Retreat: Meditation on the Six Lokas – Purifying the Obstacles to Enlightenment

with Geshe Tenzin Wangyal Rinpoche

[Learn more/register](#)

June 25–July 8, 2017

Summer Retreat: Bön Dzogchen Pith Instructions & Teachings on the Bön Mother Tantra

with Geshe Tenzin Wangyal Rinpoche

You are welcome to attend one or both weeks. Live translation available in Spanish.

[Learn more/register and read a special invitation from Rinpoche](#)

October 18–21, 2017

Fall Retreat: The Knowledge and Wisdom of Longevity

with Geshe Tenzin Wangyal Rinpoche

Note: Ligmincha's 25th Anniversary celebration will follow the retreat.

October 22, 2017

Special Celebration: 25th Anniversary of Ligmincha International and Viewing of New Building

October 22 (evening)–October 24, 2017

Science and Spirituality Conference

with Geshe Tenzin Wangyal Rinpoche and expert presenters

December 27, 2017–January 1, 2018

Winter Retreat: The Experiential Transmission of the Zhang Zhung, Part 4

with Geshe Tenzin Wangyal Rinpoche

Prerequisite: Previous completion of Part 3 of the Experiential Transmission of Zhang Zhung series.

To register for any of the above retreats, or for more information about teachings in the Bön Buddhist

tradition of Tibet, please [email the registrar](#) , call 434-218-1290 or visit the [Serenity Ridge website](#) .