

Teaching Issue

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A Letter from VOCL Editors Wishes for a Happy Losar!

Hello and Happy Losar Everyone! Feb. 11 began the Tibetan Year of the Water Snake. Tashi Delek!

Of special note:

- Our sangha in Mexico is happy to announce that the VOCL will soon be coming to them in Spanish [More>](#)



'Coming Back to the Heart'

An Edited Excerpt from Oral Teachings Given by Tenzin Wangyal Rinpoche on the Six Lamps, Summer 2012

The idea of a lamp is that it illuminates the darkness; it makes the darkness disappear. A lamp can illuminate what you want to see, what you can't see. There are many functions of a lamp, but the most important quality is that a lamp illuminates itself internally. So here [More>](#)



Announcing a Free Full-Day International Webcast March 23

'The Gift of Inner Refuge' with Geshe Tenzin Wangyal Rinpoche

The worldwide sangha, friends and those new to these teachings are invited to join Geshe Tenzin Wangyal Rinpoche March 23 for an [all-day live webcast](#) on the topic "The Gift of Inner Refuge." The event will be held from 9 a.m.–4:30 p.m., Eastern Daylight Time (New York time). [More>](#)



Ligmincha's International Website Up and Running!

Our Door to Connect Ligmincha's Centers and Sanghas Worldwide

Please be sure to check out Ligmincha's [new international website](#) . It's really a beautiful site and a way for everyone to stay in touch worldwide. [More>](#)



New! Six Lokas Online Workshop Begins April 14

Seven-Week Course on Transforming Our Emotions

Ligmincha's new online workshop "Transforming Our Emotions Through the Six Lokas" will begin Sunday, April 14, and run through Saturday, June 1, 2013. This seven-week online course includes [More>](#)



Three-Week Online Course Begins March 2

'Achieving Great Bliss Through Pure Awareness'

In this three-week online course, to start March 2 and run through March 24, 2013, Geshe Tenzin Wangyal Rinpoche will instruct and guide the practice of the Fivefold Teachings of Dawa Gyaltsen, a revered Tibetan Bon dzogchen meditation master who lived in the eighth century A.D. This ancient teaching offers pith instructions for a meditation practice that guides one to enter a state of pure awareness that can lead to peace, joy and ultimately the great bliss of self-realization. Offered in cooperation with GlideWing Productions.

[Learn more or register](#)



A Warm Invitation to the Summer Retreat

Sanghas Invited to Accumulate Long-Life Mantras

The worldwide sangha is warmly invited to attend this summer's retreat on the topic of "The Twenty-One Nails, Part 1," and to accumulate the Long Life Mantra for [His Holiness Lungtok Tenpai Nyima Rinpoche](#), worldwide spiritual leader of the Bon tradition.
[More>](#)



Be Sure to See Winter Issue of *Ligmincha Europe Magazine*

Featuring Rinpoche's Plans to Establish a European Retreat Center

Find out more about this exciting news as Ligmincha Europe begins searching for the right place for a retreat center; meet the Czech sangha; read about a magical place called Mustang; and much more in the new issue of *Ligmincha Europe Magazine*!

[View the Winter 2012/13 issue](#)



New Video Features Chamma Ling Colorado Retreat Center

Rinpoche Shares His Vision for Retreats at Colorado Center

Recently released, this short video was filmed last fall at Chamma Ling near Crestone, Colo., after Tenzin Wangyal Rinpoche and Geshe Yungdrung Gyaltsen gave the blessing for the new Community House. [More>](#)



Sangha Sharing

Thoughts on the Benefits of Working with Prisoners

Hannah Lloyd shares a glimpse of her experience working with prisoners. She has been involved for several years as Ligmincha's coordinator for the Prison Project, which Rinpoche began as a way [More>](#)



Upcoming Events

Ligmincha's Serenity Ridge Retreat Center

The retreats described below will take place at Serenity Ridge, Ligmincha Institute's retreat center in Nelson County, Va. To register or for more information, click on the links below, or contact us at registration@ligmincha.org or 434-263-6304.

March 9-10, 2013

The Nine Ways of Bon with John Jackson

[Learn more or register](#)

March 23, 2013

Free Full-Day Live Webcast: The Gift of Inner Refuge

[Learn more](#)

April 10–14, 2013

Spring Retreat 2013—Embracing Impermanence: Inner Refuge in the Face of Change

[Learn more or register](#)

May 4–5, 2013

Healing with the Medicine Buddha with Geshe Nyima Kunchap

[Learn more or register](#)

June 9–22, 2013

Summer Work Retreat

[Learn more or register](#)

June 23–July 13, 2013

Summer Retreat—The Twenty-One Nails, Part 1

Join us for one, two or all three weeks.

[Learn more or register](#)

Sept. 13–15, 2013

H.E. Menri Lopon Teachings (topic to be announced)

Online registration opens Monday, March 4.

Oct. 9–10, 2013

New Dialogs Between Buddhism and Science

(to be followed by annual fall retreat; consider registering for both)
Online registration opens Monday, March 4.

Oct. 11–13, 2013

Fall Retreat—The Open Heart: Healing in the Dzogchen Tradition

Online registration opens Monday, March 4.

Dec. 27, 2013–Jan. 1, 2014

Winter Retreat—Dzogchen Practice Retreat

Open to all.

Online registration opens Monday, March 18.

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 registration@ligmincha.org or 434-263-6304, or visit the [Serenity Ridge website](#) or the [Ligmincha Institute website](#).