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Volume 25, Number 2 / April 2025



Letter from the Editors

Seeing Beyond Identity

Dear Friends,

We are reminded of the freshness of Spring with this issue's wonderful teaching given by Tenzin Wangyal Rinpoche. As Rinpoche guides us, we can freshly observe our personalities and identities that may hold us back. Without judging them, we acknowledge them and have compassion for ourselves, naturally letting them go, releasing old pains. We can free our days and nights by loosening the grips of old tendencies and patterns, starting anew with clear awareness. Happy Spring everyone!

There are new retreats listed in Rinpoche's worldwide schedule and updated links! Also note the change in the usual schedule for the Winter Dzogchen Practice Retreat at Serenity Ridge, now beginning on January 2, 2026.

More news and events at Ligmincha:

- Upcoming Serenity Ridge Spring Wellness Retreat, Awakening to Wellness, will be held in person at Serenity Ridge and online on Zoom, April 9-13, 2025.
- Tenzin Wangyal Rinpoche's 2025 schedule.
- More retreats at Serenity Ridge and on Zoom in April & May.
- Mark your calendar! Special Serenity Ridge Summer Retreat July 12-26 on Longevity & Vitality Through Self-Realization, with honored guest H.H. the 34th Menri Trizin Rinpoche.
- See the job announcement for Serenity Ridge Retreat Center Operations Manager.
- International Umdze Retreat will be held in Poland in August.
- Soul Retrieval Training Program begins in October, 2025 at Serenity Ridge.
- Next Ligmincha Learning online course begins April 11 on Sherap Chamma with Marcy Vaughn.
- See upcoming GlideWing online workshops. Tibetan Meditation: Achieving Great Bliss Through Pure Awareness begins on May 3.
- Learn about The 3 Doors new Foundational Series & more.
- In the Student and Teacher article, Rinpoche gives advice about not feeling overwhelmed by all the pain and suffering in the world while practicing compassion.
- Spanish translation for the February VOCL.

In Bon,

Aline and Jeff Fisher



Loosening the Hold of Our Many Identities by Acknowledging Them Fully

An Excerpt from Teachings Given by Tenzin Wangyal Rinpoche, Winter 2024

I have been encouraging you for quite some time to look inward at the many aspects of your relative self. Specifically, your primary identity or personality, and then the various sub-personalities or identities. I don't know how many other Tibetan lamas speak in this way, referring to these different personalities, but as many of you know I am not just simply coming up with this. Rather it's related to the Bon teachings on

the six lokas. According to those teachings we have six energy centers located within our body, and there are different elements underlying these energy centers. And these six centers are associated with six different negative emotions. They are anger, greed, ignorance, jealousy, pride and laziness. The term negative emotion as it is used here might better be understood as an affliction which causes suffering. These six negative emotions are manifestations of our not knowing our true nature, and subsequently they're the cause of various events and situations in our life.

We have a different pain identity related to each of these six negative emotions. And clearly, these six different identities, what I call subpersonalities, are most of the time present within us. Do we get angry? Yes. But *are* we simply this anger? No. Do we get jealous? Yes. But *are* we simply this jealousy? No! You see, we don't identify ourselves with those emotional experiences, but we do have them all of the time. So, you have all of them, but you are none of them. However, you *do* think or feel that you are some combination of them, for sure, and so you identify as that. And that is what I call your primary identity or primary personality, which ultimately is also not you. It is simply your current general sense of yourself, which is conditioned by temporary circumstances.



What we have been saying from the beginning of the retreat is that ultimately you are none of these identities, and that is important. You're more this potentiality, the possibility, the energy, the space, the light, the purest level of quality - you are that. You are not a product of these thoughts and feelings, and it's helpful to know that, because we are so attached to this primary sense of ourselves. And I am adding the distinction here between this primary sense of oneself and one's sub-identities. To repeat, your primary identity is more or less who you are, relatively speaking. It's in charge. And it has rules, it has a purpose and it's trying to regulate its life. And each sub-identity is interfering with its existence, because each one can at times threaten to overpower the primary identity.

The main point here is this aspect of your having different personalities or pain identities manifesting any time, day or night, because they are present with you 24/7. And when they are coming up, those pains are very predictable. Some pains will come up only when you are alone. Other pains will come up only when you begin to have a relationship with someone. And still other pains will come up when you have a question about a given relationship. They are very predictable and will come up at exactly a particular time and place or in a particular situation. If you know yourself very well, then you can almost predict when that will be. *Tomorrow morning I am meeting this kind of person in this situation, and I know exactly which personality is going to show up, so I want to be ready for that!* You are so familiar with your predictable personality that it's as if this other person is also coming along to the meeting. [laughter] So it's better that you arrive half an hour early to meet first with this predictable personality, and have a good conversation with it. Then you can say, *you can go now. And I will schedule the next meeting with you, because I can't have two meetings at the same time.* And then let it go away, and you can have a very quiet, calm and focused meeting with the person that you're scheduled to meet. For sure it will be far better.

In our meditations here at the retreat I've been guiding us to look at what subpersonalities we may have, and then to generate compassion for each of them. It's because *really* you are more an *absence* of any single one of those identities. You are more a potential for any of them to arise depending on what's needed in the moment. That is healthy. For instance, with regard to anger, say, I think it's not bad to get angry, but you need to know balance. If you have an experience of anger, then you will naturally feel it within you, you cannot deny that. However, the key is in the way we experience it and express it.

When we go to bed at night, we have a great opportunity to see these predictable personalities very clearly, because lying still, we are not distracted at all by the actions that we normally engage in during our day. That's why I've been encouraging you during this retreat to use your time in bed to try to be aware of, and come to know well these old friends, your familiar sub-personalities that just show up without any invitation. Some may be waiting for you to simply come to bed, and they will keep you from falling asleep. Others may barge in on your sleep and disrupt it in an assortment of ways. Clearly, some of those personalities have been around for all these years, but you just haven't looked at them well and met them.

So let's say that you are going to go to bed, and all of these friends, these familiar personalities are just showing up. And which friends are they tonight? You can see them, *okay that one showed up, this one showed up, that other one is missing tonight.* You can see that not all of them come all of the time. And among those who show up, there will always be one of them who's the most dominating. But that will depend on what's happening during those days in your life. And it will also depend on your characteristics, for instance, which country you live in, which family you're in, what kind of background you have; it depends on many factors.

With practice you more easily become aware of the subpersonalities that may show up there in the nighttime, and as a result you can maybe better optimize your sleep, getting longer more continuous sleep. Or you may just simply come to recognize that a struggle is going on there that you had never recognized before, and you are okay with that struggle. That's a success, too! But you also recognize that this struggle eventually has to be acknowledged fully and cannot be left unacknowledged like it has been for all of these years. That is a conclusion that should definitely be there, as well.

And why is that? Because in the end its very simple, right? There is a pain and there is no acknowledgement. There is a *need* for change, but there is just not enough clarity and strength - or enthusiasm there. Up until now, all of these friends were showing up in the night, and you didn't know what to do with them. Rather, *they* had a clearer idea of what to do with *you* - to just interrupt your sleep! Which you now see that they have been doing for years, right?

So once you pay closer attention and see the struggle, you now can have some idea of what to do. You start by simply saying, *welcome, I love you. I respect you. I care about your opinion. I know that you have some concerns that I am very willing to address in the right time, but not now.* And for those personalities who are very demanding, then you give them the schedule for when you can meet with them. And for those personalities that show up who are less demanding, then you can simply say, *I will see you sometime in the future, but it will be only during the daytime.* And that's it! Then you immediately have some greater sense of peace there in the night, because they now know they don't belong there.

I'm not sure how this all sounds to you, this idea of working with our many personalities. We don't have to fully realize it, but somehow, we should be curious enough about it. And at least not get too attached to this current primary identity or personality, because that's a problem. Again, your primary identity is not who you are. If you look back at your life over the past 20, 30, 40 years, you can see that there have been many, maybe three to five, primary identities. There was the middle school identity, the high school identity, and with finishing college you have another primary identity, and so on. If looking back you can see clearly that none of them are the you who you identify with now, then that means that whatever your current identity is, you will have to say to yourself, *this is not who I am, rather this is the role that I am serving now. And the best view to have toward this current roll will be to do my best with whatever opportunity or platform that it gives me and then, of course, to also be able to let it go when the time comes to do so.*

So, we start feeling more space toward this current primary identity, and more space within it too, in order to integrate it with the rest of the sub-identities. Having compassion for our sub-identities may feel foreign, because actually most of the time we don't have any compassion for these sub-identities. The feeling at night might be, *when I am going to sleep, I hate all of those personalities. In fact, when I get into bed I am already afraid that these identities will show up. I really don't want them.* Secretly we do hate them - we fight with them, we struggle with them, we don't like them. Yet they are a part of us. We are also used to holding similar expectations regarding our sub-identities arising during the day. Maybe we had started off expecting something good to happen in association with a particular subpersonality, but then we find that it doesn't seem to be working, so we begin to hate that personality in us. But the more you hate that personality, then the stronger it becomes. Through hating it, you strengthen it and then become more dependent on it. Because it is part of yourself.

So basically, the message here is twofold. At the core it is to know that none of these personalities is you. That's the primary message. They are not you even though they have been pretending to be you for quite some time, and as a result, they do have an effect; they have consequences. So, the only way to be free from them, is through total acknowledgement of them. That's why in dzogchen, it is said that it is not the path which renounces things, rejects things, but rather it is the path which *liberates* things. And the path of liberation is through seeing. So, when you see something, then you can acknowledge it and give a voice to it, or a color, or an image or give a story to it. And when you do, these are ways of breathing into it, and breathing it out. And as a result, you go back to a clearer space. That's what's happening here.

In these dzogchen teachings it's so beautiful that you're always paying attention to these different layers within yourself. And it's okay for them to be there as long as you are aware of them and they don't take over everything. Rather, they are cared for, they are loved, and their presence is okay, because you are spacious enough to accommodate them, yet strong enough not to let them take over. That's the practice. The practice of awareness is always like that. Okay?



Awakening to Wellness: Spring Retreat with Tenzin Wangyal Rinpoche and Special Guests

April 9-13, 2025 at Serenity Ridge and Online on Zoom



As nature renews itself this spring, a unique opportunity for personal renewal awaits at the [Awakening to Wellness](#) retreat led by Geshe Tenzin Wangyal Rinpoche. This transformative four-day experience, scheduled for April 9-13, 2025, offers participants a chance to harmonize with nature's rhythms while exploring ancient wisdom and modern science.

Held at the serene Serenity Ridge Retreat Center with an online option available via Zoom, the retreat brings together an impressive lineup of experts. Joining Rinpoche are Dr. Tawni Tidwell, the first Westerner certified as a Tibetan doctor; Dr. Danny Lewin, a sleep and circadian researcher; and Dr. Wenli Liu, an integrative medicine specialist with extensive experience in cancer treatment.

The retreat's holistic approach combines meditation, movement, breath work, and nature connection. Participants will start their days with sunrise meditation and

Tibetan yoga suitable for all mobility levels. The program includes forest bathing, nature walks, and evening bonfires to foster connection with natural elements. For those seeking additional wellness challenges, optional cold plunges and intermittent fasting are available.

What sets this retreat apart is its integration of traditional Tibetan practices with contemporary health science and practical, take-home knowledge. Presenters will share actionable information on sleep optimization, stress reduction, anxiety management, and energy rebalancing. We will also explore finding balance and healing through connection to nature. The retreat aims to empower participants to make healthier lifestyle choices that enhance overall wellbeing.

This event is intended for everyone, whether you have experience in meditation and wellness or are just beginning your journey.

For those looking to extend their transformative experience, a [Tibetan Yoga Retreat with Alejandro Chaoul](#) follows immediately after, with a free night's stay offered to those registering for both events.

As we emerge from winter, this spring wellness retreat offers a timely reminder that by reconnecting with nature's patterns and our own inner wisdom, we can discover new sources of vitality, peace, and joy.

Registration is now open for both in-person and online participation.

[Learn more](#)

[Register for in person participation](#)

[Register for online participation](#)



Tenzin Wangyal Rinpoche's Worldwide Teaching Schedule

Upcoming in 2025

Here is Geshe Tenzin Wangyal Rinpoche's upcoming teaching schedule. Rinpoche's schedule includes retreats throughout the year in the U.S., Mexico, Austria, England, the Netherlands, France, Germany, and Poland.

You can find the latest listings and any changes in the Events section of the [Ligmincha website](#) or the [Serenity Ridge website](#). Please register for these online retreats through the specific Events box on the website. Updates will be provided on the website as they become available.

- April 4-6, 2025. Berkeley, California. [Twenty-One Nails, Part 6](#)
- April 9-13, 2025. Serenity Ridge Retreat Center, Shipman, Virginia. 2025 [Spring Wellness Retreat](#)
- April 25-27, 2025. Vienna, Austria. Six Lokas. [Ligmincha Austria](#)
- May 2-5, 2025. London, UK. [Tummo: Ignite Your Inner Fire](#)
- May 9-11, 2025. Amsterdam, The Netherlands. The Six Lamps, Part 4. [Ligmincha Netherlands](#)
- May 30-June 1, 2025. Bulle, France. Six Lamps. [Ligmincha France & Suisse Romande](#)



- July 12-26, 2025. Serenity Ridge Retreat Center, Shipman, Virginia. 2025 Summer Retreat with special guest, His Holiness 34th Menri Trizin Lungtok Dawa Dargyal Rinpoche. [Summer Retreat](#)
- August 11-17, 2025. Buchenau, Germany. Discover Your Inner Light, Part 3, Experiencing Our Authentic Being through the Teachings of the Six Lokas. [Ligmincha Germany](#)
- August 19-24, 2025. Wilga, Poland. Experiential Transmission of Zhang Zhung, Part 1. [Ligmincha Poland](#)
- August 30-31, 2025. Bourg-en-Bresse, France. TBA. [Ligmincha France & Suisse Romande](#)
- September 12-14, 2025. Shambhala Center, Boulder, Colorado. [Dzogchen Teachings](#)
- October 7-12, 2025. Serenity Ridge Retreat Center, Shipman, Virginia. [Serenity Ridge Dialogues: Powa](#)
- November 3-7, 2025. Esalen Institute, Big Sur, California. [Sleep Yoga](#)
- January 2-10, 2026 or January 2-4 (weekend only option). Serenity Ridge Retreat Center, Shipman, Virginia. [Winter Dzogchen Practice Retreat](#)



Additional April and May Retreats at Serenity Ridge

Tibetan Yoga in April; Dzogchen Introduction in May

Ligmincha is happy to invite you to attend several Spring retreats at Serenity Ridge! In addition to the Spring Wellness Retreat with Tenzin Rinpoche and guests in early April, there are two additional retreats being offered this Spring at Serenity Ridge and on Zoom: Tibetan Yoga Training Part 1 with Alejandro Chaoul will be held April 14-17 and an Introduction to Dzogchen with Menri Shedrup Khenpo Geshe Nyima Dhondup Rinpoche will be held on May 17-18.



Tibetan Yoga Training Part 1 with Alejandro Chaoul April 14-17, 2025

Beginners and experienced students alike are invited to attend this Tibetan Yoga retreat, The Magical Movements (Trul Khor) of Body, Breath & Mind.

The distinctive Tibetan practice of yoga known as *Trul Khor* or 'magical movement' incorporates breath retention, awareness and dynamic physical movements. In this four day retreat we will focus on the Foundational (*Ngondro*) and Special (*Chedrag*) magical movements from the *Zhang Zhung Nyen Gyu* (Oral Transmission of Zhang Zhung).

[Learn more/register](#)

An Introduction to Dzogchen Meditation with Khenpo Nyima Dhondup Rinpoche May 18-19, 2025

Discover the transformative power of dzogchen meditation in an immersive two-day retreat May 18-19 with Khenpo Nyima Rinpoche, the Abbot of the Dialectic School of Menri Monastery. This retreat will be held in-person at Serenity Ridge and online on Zoom.

Rooted in the ancient Tibetan Bon Buddhist tradition, Dzogchen, or the "Great Perfection," is a profound practice that focuses on recognizing and resting in the natural state of mind, often described as naked awareness or luminous clarity. Dzogchen has the power to transform ordinary perceptions of the world and our self from a fragmented, stress-filled outlook to one of unity and tranquility. Integrating this form of meditation into one's daily life can reduce stress and anxiety, improve our emotional resilience, and create a greater ability to remain present and centered amidst life's challenges. Ultimately it is a path to complete realization, or Buddhahood.

[Learn more/register](#)



Special Summer Retreat at Serenity Ridge July 12-26

With Honored Guest His Holiness the 34th Menri Trizin

Ligmincha's Annual Summer Retreat is now open for registration! Join Tenzin Wangyal Rinpoche and His Holiness the 34th Menri Trizin, Lungtok Dawa Dhargyal Rinpoche, spiritual head of the Bon tradition, for this special retreat, *Longevity & Vitality Through Self-Realization*. You can attend one or both weeks, either in person at Serenity Ridge or online on Zoom. We hope you can join us!

Week 1: July 12-19, 2025

Week 2: July 19-26, 2025

Join us for one or both weeks for a transformative retreat focused on restoring and revitalizing our life force through self-realization. This retreat shares the teachings, transmission, and initiation of the *Tsewang Jarima* of Tsewang Rikdzin - an ancient longevity practice from the Bon tradition of Tibet. His Holiness will be in attendance through July 24.



This retreat includes:

- Transmission of ancient Tibetan wisdom in modern and accessible ways and with direct guidance on integrating these practices into daily life.
- Initiation into the *Tsewang Jarima*, the longevity practice of Tsewang Rikdzin - a powerful and ancient method to extend lifespan, deepen awareness and reconnect to our vital essence.
- Exploration of the stories and identities that restrict our ability to fully engage with life and how to work with them for personal growth and transformation.
- Transforming self-destructive behaviors into actions that promote well-being and positive outcomes.
- Opportunities for overcoming self-grasping by understanding how attachment leads to suffering, dis-ease, and constriction of one's true self.

Core Teachings & Practices:

- Cultivating longevity through inner clarity.
- Recognizing and resting in the ever-present nature of awareness.
- Cultivating resilience in body and mind to break free from self-deception.
- Transforming the five poisons of anger, desire, pride, envy and ignorance into the wisdom of the five Buddha families.
- Restoring our life force through the five elements of space, air, fire, water and earth.

Through authentic initiation, direct transmission, practical instruction and guided practice, this retreat offers a rare opportunity to realize your true self, cultivate longevity, and live with greater awareness, vitality, and strength.

Special note: Saturday morning, July 19, His Holiness the 34th Menri Trizin Rinpoche will offer the *Tse Drup* (Long Life) Initiation for those attending in person and online.

We invite those who are registering for only the second week of the summer retreat to attend the Tse Drup (Long Life) Initiation July 19. (Your accommodations at Serenity Ridge will begin the night of July 19, so if you are traveling from a distance and need accommodations for the night of July 18, you'll need to make those separately. We will supply a list of nearby accommodations for you to consider.)

Suggested reading in advance of the retreat: **Indestructible: The Longevity Practice of Lama Tsewang Rigdzin**, translated and annotated by Raven Cypress Wood.

[Learn more/register](#)



New Position Announced!

Serenity Ridge Seeks Retreat Center Operations Manager

We are seeking a dynamic Retreat Center Operations Manager to oversee daily operations and transform our vision into operational excellence. Reporting directly to the Board Chair, the Retreat Center Manager will be responsible for ensuring seamless functioning of our center during both retreat and non-retreat periods. This position is available only to U.S. citizens or those already qualified to work in the U.S.



Located on a hilltop in the foothills of the Blue Ridge Mountains of Virginia, Serenity Ridge Retreat Center provides a nurturing environment for individuals on their spiritual journey. The surrounding natural beauty and wildlife are great supports for meditation, reflection, contemplation, sparking creativity and personal transformation. Serenity Ridge has been supporting visitors from all around the world in their spiritual practice since 1998.

Key Responsibilities of Retreat Center Manager

- Manage day-to-day operations and administration of the retreat center
- Maintain meticulous attention to detail in all operational aspects
- Establish clear communication channels and comprehensive recordkeeping systems
- Collaborate with volunteers and staff to create a harmonious environment
- Ensure all center activities align with our spiritual mission and values

Ideal Candidate

- Thrives in a team environment with a collaborative mindset
- Demonstrates flexibility and adaptability in changing situations
- Builds strong relationships naturally with diverse individuals and groups
- Passionate about supporting mission-driven organizations
- Respects and appreciates diverse spiritual backgrounds and beliefs
- Approaches work as an extension of a joyful life, bringing positive energy to others

Additional Information

Due to our program schedule, this position requires working some weekends and holidays.

If you're excited about creating a space where spiritual practice can flourish, we'd love to hear from you.

[Learn more and apply](#)



International Practice Retreat for Umdzes in Poland

August 25-27, 2025 at Chamma Ling Retreat Center

Ligmicha International is pleased to announce our second International Practice Retreat for Umdzes (practice leaders) taking place in the beautiful setting of Chamma Ling Retreat Center, Poland, August 25-27, 2025.

This practice retreat offers a unique opportunity for umdzes to deepen their practice, share experiences, and strengthen their service to their sanghas. The retreat is scheduled immediately following Rinpoche's Experiential Transmission of Zhang Zhung, Part 1, August 19-24, 2025, allowing participants to extend their stay for both retreats.

Registration information, program details, and accommodation options will be announced shortly.



Mark Your Calendar!

Soul Retrieval Training Program Begins in October 2025

Ligmincha is pleased to offer a new training program in Soul Retrieval at

Serenity Ridge beginning in October, 2025. The Soul Retrieval training program will be taught by Lama Kalsang Nyima, resident lama of Mexico, assisted by Khandro Tsering Wangmo Khymсар.

Dates of the Soul Retrieval Training Program:

Session 1: October 1-5, 2025

Session 2: April 8-12, 2026

Session 3: October 7-11, 2026

Session 4: April 21-25, 2027

*All sessions will be held at Serenity Ridge.

Registration will open in early April.

Soul Retrieval Training Program

*Yungdrung Bön Ritual to Heal and Retrieve Soul & Life Force
with Lama Kalsang Nyima
and Khandro Tsering Wangmo Khymсар*





October 2025 - April 2027
At Serenity Ridge Retreat Center

Registration opens later in 2024. For more information and to sign up for email updates please visit: serenityridgeva.org





Ligmincha Learning Course Begins April 11

Sherap Chamma Mother of Wisdom and Love with Marcy Vaughn

Ligmincha Learning is happy to invite you to attend Sherap Chamma Mother of Wisdom and Love, an online course with Marcy Vaughn beginning April 11. Ligmincha Learning's online courses feature beautiful video teachings, guided meditations, readings, journal writing activities, and the opportunity to interact with senior mentors and classmates from around the world.

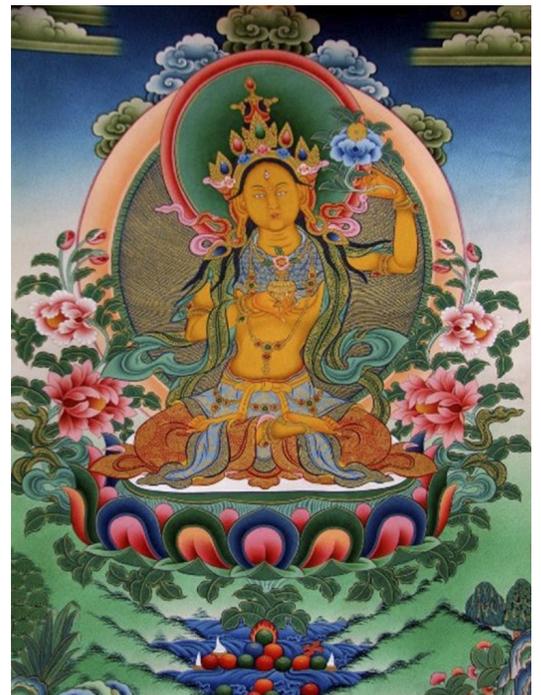
Sherap Chamma Mother of Wisdom and Love **April 11-May 11, 2025**

In this online course, participants will learn a beautiful and simple meditation practice enabling each to directly connect with the divine feminine energy. Within the support of the group, we create an environment to promote profound healing of physical, energetic, emotional and spiritual dimensions of life. With visualization, the sound of mantra and deep contemplation, we make a personal connection to this sacred form of the universal mother, Sherap Chamma, and are guided through this connection to our innate wisdom and the love and compassion that naturally radiate from that wisdom. Those experienced in meditation as well as those who are beginning are warmly welcomed.

[Learn more/register](#)

Free courses; enroll at any time. [Starting a Meditation Practice](#); [The True Source of Healing](#); [Living with Joy, Dying in Peace](#)

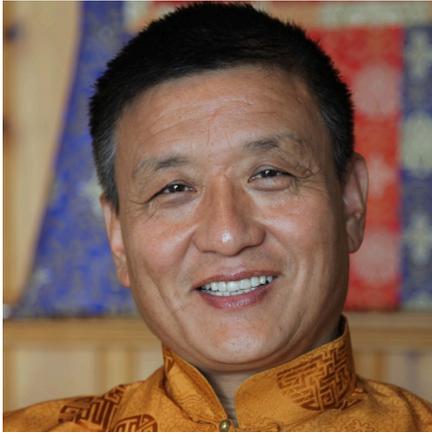
Learn more at ligminchalearning.com





Three Upcoming GlideWing Online Workshops

Achieving Great Bliss Through Pure Awareness, Tibetan Dream Yoga, The Journey to Ultimate Liberation



GlideWing is pleased to offer several upcoming online video workshops with Tenzin Wangyal Rinpoche: Tibetan Meditation, Achieving Great Bliss Through Pure Awareness, a three-week online video workshop from May 3-25, 2025; Tibetan Dream Yoga, a four-week online video workshop from June 6-July 7, 2025 and The Journey to Ultimate Liberation, a three-week online video workshop from July 19-August 10, 2025.

Tibetan Meditation: Achieving Great Bliss Through Pure Awareness May 3-25, 2025

This ancient Tibetan meditation practice helps you to enter a state of pure awareness that can bring you peace, joy, and ultimately, full realization. Over three weeks, Rinpoche guides you through a series of five simple yet profound meditations known as the Fivefold Teachings of Dawa Gyaltsen.

[Learn more/register](#)

Tibetan Dream Yoga June 6-July 7, 2025

In this four-week workshop, students will explore and practice the ancient Bon Buddhist teachings of Tibetan dream yoga. The workshop provides detailed instruction for dream yoga practice, with discussions of the relationships between dreaming and waking and between dreaming and death. Rinpoche also will provide instructions for foundational practices done during the day and for the uses and methods of lucid dreaming. Spanish subtitles available.

[Learn more/register](#)

The Journey to Ultimate Liberation July 19-August 10, 2025

In this four-week workshop, students will explore and practice the ancient Bon Buddhist teachings of Tibetan dream yoga. The workshop provides detailed instruction for dream yoga practice, with discussions of the relationships between dreaming and waking and between dreaming and death. Rinpoche also will provide instructions for foundational practices done during the day and for the uses and methods of lucid dreaming. Spanish subtitles available.

[Learn more/register](#)

Upcoming: [Tibetan Sound Healing; A Journey to Self-Realization](#) - Dates TBA

Ongoing: [Focusing and Calming Your Mind, The Tibetan Practice of Zhine](#), a free two-week self-guided online workshop.

Learn more at glidewing.com

Opportunities for Refreshing and Deepening Your Practice with The 3 Doors

New Foundational Series with 3 Doors Senior Teachers, International Practice Day, More

The 3 Doors is pleased to announce these upcoming events and programs to support you in deepening your practice and connecting with community. They include a new Foundational Series with 3 Doors Senior Teachers; Free International Practice Day; and The 3 Doors Latin American Academy begins in September in Brazil.

The 3 Doors is an international nonprofit organization founded in 2010 by Tenzin Wangyal Rinpoche with the mission of transforming lives through meditation practices grounded in wisdom and compassion from the Tibetan Bon tradition.

Exciting New Foundational Practice Series with Four Founding 3 Doors Senior Teachers: Alejandro Chaoul, Raven Lee, Gabriel Rocco, and Marcy Vaughn

May-June 2025

This series will be held online on Zoom and consists of four introductory practice events with each of The 3 Doors senior teachers. In each half-day online retreat you will learn and engage with one of the core 3 Doors practices. These practices engage body, breath, and mind to develop inner resilience. They support open-hearted presence and inspire clear, compassionate action in daily life.

This program is for:

- Those interested in the benefits of meditation and who are new to The 3 Doors.
- Experienced practitioners interested in approaching these familiar and beloved practices with a beginners mind in the warmth and support of a global community.

**Dates for the Foundational Practice Series:**

Saturday, May 3 - The 9 Breathings of Purification with Gabriel Rocco
 Saturday, May 10 - The Five Warrior Seed Syllables with Marcy Vaughn
 Saturday, June 14 - Tsa Lung with Alejandro Chaoul
 Sunday, June 22 - Inner Refuge: Stillness, Silence, Spaciousness with Raven Lee

More information and registration is coming soon. We plan to accommodate as many time zones as possible and to offer Spanish and Portuguese translation.

SIGN UP FOR UPDATES

The 3 Doors International Practice Day

June 1, 2025, 10 a.m. - 3 p.m. New York time on Zoom

This online event is free to attend and open to all. Come together with the 3 Doors community. Experience the joy and power of collective support as we deepen our capacity to reflect upon our lives and rest and renew in the refuge of being present in community. Three guided meditations will be led by 3 Doors Teachers. There will be opportunities to meet in small groups for sharing our experiences of bringing practice into our lives.

Available in English. More languages will be announced soon.

[Learn more](#)

The 3 Doors Academy in Latin America

September 2025-August 2027

The 3 Doors is delighted to offer its signature program in Curitiba, Brazil beginning in September 2025. The first retreat will be held September 27, 2025 at a Retreat Center in Curitiba, Brazil with teachers Alejandro Chaoul, Rosario Arellano, Lourdes Hinojosa, Patricia Vigil, and Carlos Villarreal. Spanish and Portuguese will be offered.

The 3 Doors Academy is an immersive 2 1/2 year program that provides participants the opportunity to engage deeply in the process of self-discovery. Participation involves both online and in-person components, including monthly group Zoom sessions, individual mentor sessions with the teachers, personal retreats, and four on-line and two in-person week-long group retreats.

[Learn more](#)

8th North American Academy

The 3 Doors is just beginning to plan the next North American Academy. If you are interested, please reach out to Emily Light, Program Coordinator, at emily.light@the3doors.org to express your interest and be added to the list to receive future updates.

To see the entire list of 3 Doors programs visit: <https://the3doors.org/program-calendar/>

**Student and Teacher**

Together on the Path



Tenzin Wangyal Rinpoche responds to a student's question about how to generate compassion and not feel overwhelmed by all the pain and suffering in the world.

Student: I often feel overwhelmed even to the point of feeling distraught when generating compassion or empathy for all that's going on in the world. Can you offer advice about how to sit with the compassion that we generate in our practice and the emotional pain that I often feel as a result, without it becoming problematic?

Rinpoche: It's not just about sitting with the suffering. When we're practicing compassion and empathy, we recognize first of all that empathy is when we are focused on feeling whatever they are feeling. Compassion, though, is beyond

empathy. Compassion is saying: *May you be free*. That is the word we use, remember? May you be free from this suffering and all the causes of this suffering. May you realize the happiness and all the causes of happiness. You are not simply suffering with their suffering. Instead, it's a very strong, very specific, intentional, powerful prayer that you are doing. So you are uplifting yourself when you give that prayer, particularly when you say the words out loud, whatever the words are. The added impact of exercising your body, voice and breath is important.



Spanish Translation of VOCL

Link to February 2025 Issue Now Available

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