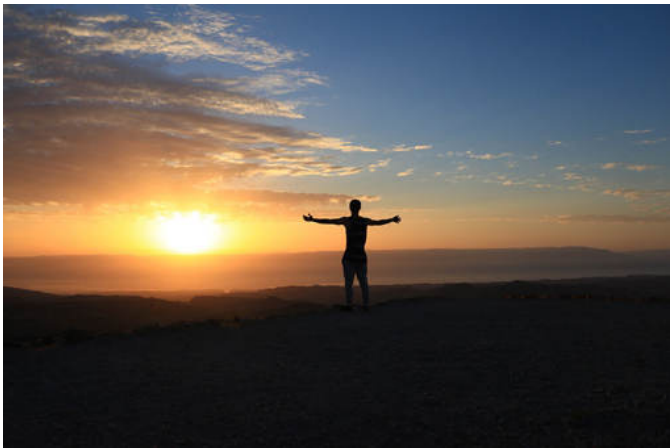




Letter from the Editors

Nourishing Wellness and Presence



Dear Friends,

There is big news in this issue from CyberSangha, Tenzin Wangyal Rinpoche's international online community. A NEW app has been developed by CyberSangha that will be launched on April 1! See all the details in the article below on how this new, dedicated social media platform can help you connect to Rinpoche's teachings and to each other.

How can we incorporate the latest findings about health and well-being into our spiritual path? How can we better take care of ourselves through life's many challenges? Tenzin Wangyal Rinpoche has been looking for ways of doing just that, bringing awareness of both the body and the mind into a lifestyle that integrates both our physical well-being and our spiritual practice. His interest, enthusiasm and energy about this is inspiring and infectious. In the excerpt below he entices us to come explore with him the many ways that we can all bring wellness into our journey, and have it all infuse our lives to become our best selves.

Rinpoche welcomes all in a unique opportunity to explore this doorway to wellness at the spring retreat at Serenity Ridge, April 10-14. Join in this first Health and Wellness Retreat! Details below.

More news and events at Ligmincha:

- See Tenzin Wangyal Rinpoche's upcoming teaching schedule.
- Join us April 6 on Zoom for the next in the series of Sacred Interviews with Geshe Choekhortshang Rinpoche.
- New book by Sangmo Yangri available.
- Upcoming summer retreats on Tummo Part 4, at Serenity Ridge and at Chamma Ling Poland.
- Several Ligmincha Learning online courses start soon.
- Serenity Ridge Retreat Center welcomes Lama Kalsang Nyima for April and May.
- GlideWing's online course on The Truth That Sets You Free begins May 11.
- 3 Doors Academies begin this year in North America, Europe and Latin America.
- From the VOCL archives, read an article on the meaning of Chod, the subject of the fall retreat to be held in Nepal in October 2024.
- In the Student and Teacher article, Rinpoche responds to a student's question about how an individual can help the world in a strong way.
- Read the Spanish translation for the December VOCL.

In Bon,
Aline and Jeff Fisher