

## Teaching Issue

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### A Note From the Editors

#### Inspirations for the Tibetan New Year

Happy Losar! Hope you all are enjoying the new *Voice of Clear Light!* In this issue we focus on a teaching about impermanence given by Geshe

[More >](#)

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### Teachings

#### 'Reflecting on Impermanence and Living Life Fully' – an edited excerpt from oral teachings given by Geshe Tenzin Wangyal Rinpoche, summer 2009

Geshe Tenzin Wangyal Rinpoche presented teachings from the A-Tri dzogchen tradition of Tibetan Bon Buddhism during Ligmincha Institute's 2009 Summer Retreat. In this edited excerpt Rinpoche explains the practice of impermanence, one of the practices that comprise the A-Tri Ngöndro or preliminary practices.

Taking time to meditate regularly on impermanence can help you to be more open, free, and resilient. Every time you have an experience [More >](#)

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### Sangha Sharing

#### A Losar Memory – Tibetans and Westerners Join Together in One Voice

Tibetan villagers young and old began arriving at the gate of Menri Monastery in first light of

Losar after [More >](#)

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## Intensive Study in a Retreat Setting

### New Summer Tibetan Language Program

This summer brings an opportunity to immerse yourself in the study of Tibetan language. Join **Geshe Namgyal Nyima**, author of *Colloquial and Literary Tibetan: Practical Usage* (Berlin 2008), for an intensive program at the Serenity Ridge retreat center in two 12-day, successive courses from June 26 through July 19, 2010.  
[Learn more >](#)

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## Upcoming Live Internet Broadcasts

### Dzogchen Teachings and Guided Practices With Tenzin Wangyal Rinpoche

Just scheduled: A full series of 2010 live Internet broadcasts with Geshe Tenzin Wangyal Rinpoche. The first Webcast will take place on Tuesday, April 13; five others are scheduled throughout 2010. [Learn more >](#)

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## An Internet Retreat

### Participants From the Online Workshop With Tenzin Wangyal Rinpoche Share Their Experiences

The Internet can provide a potent and intimate medium for personal transformation, based on closing comments from [More >](#)

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## Upcoming Retreats

### 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 [Ligmincha@aol.com](mailto:Ligmincha@aol.com) or 434-263-6304.

#### March 10 – 14, 2010

#### Ngondro: Part 1 of the Experiential Transmission With Lhari-la Kalsang Nyima

The Ngondro , Part 1 of [the Experiential Transmission of Zhang Zhung](#), is the entrance to a cycle of Bon dzogchen, or “Great Perfection,” teachings, which until the past decade were part of a secret transmission passed one-to-one from master to student. The ngondro teachings, a complete set of practices in themselves, offer instructions for “taming” oneself, for purifying, and for perfecting; and are the prerequisite for further study of the Experiential Transmission of Zhang Zhung.

[Learn more or register >](#)

#### March 10 – 20, 2010

#### Ten-Day Practice Retreat With Lhari-la Kalsang Nyima

Join us at Serenity Ridge this March to engage in self-directed personal meditation practice and to participate in optional daily guided practice sessions led by Serenity Ridge's resident lama, Lhari-la Kalsang Nyima. Come for a minimum of three days and a maximum of 10 days.

[Pricing and schedule >](#)

For more information or to pre-register, please [email Ligmincha](#) or call us at 434-263-6304.

#### April 14 - 18, 2010

#### Sacred Waters: The Healing Practice of Sipe Gyalmo With Geshe Tenzin Wangyal Rinpoche

Join Geshe Tenzin Wangyal Rinpoche at Serenity Ridge this spring when he offers a special healing experience for the general public, health care professionals, and anyone who is currently encountering illness.

[New: Extend your stay >](#)

[Learn more or register >](#)

### **June 2 - 6, 2010**

#### **Introduction to the Nature of Mind: The Experiential Transmission of Zhang Zhung, Part 2 With Menri Lopon Trinley Nyima Rinpoche**

This year we are again very fortunate to have Menri Lopon Trinley Nyima Rinpoche, the head teacher of Menri Monastery in Dolanji, India, teaching these beautiful and essential practices to us. The concise and essential practice manual of [the Experiential Transmission](#), the *Chag Tri*, provides pith instructions for those who aspire to practice dzogchen, the path of self-liberation.

[Learn more or register >](#)

### **June 20 - 26, 2010**

#### **Summer Work Retreat**

Free of charge. Whether you join us for one afternoon or the full week, this is a wonderful time to share with sangha and to be of joyful service. Our work retreat includes vigorous work periods, daily meditation practice, and ample time for a swim in the pool or a walk along the Rockfish River. Participants are provided with free tenting and meals, and for those who participate in the entire work retreat there will be a 50 percent discount on one week of the summer retreat.

For more information or to register, please email Ligmincha at [Ligmincha@aol.com](mailto:Ligmincha@aol.com)

### **June 26 - July 19, 2010**

#### **Summer Tibetan Language Program**

#### **With Geshe Namgyal Nyima**

This summer brings an opportunity to immerse yourself in the study of Tibetan language. Join Geshe Namgyal Nyima, author of *Colloquial and Literary Tibetan: Practical Usage* (Berlin 2008), for an intensive program at the Serenity Ridge retreat center in two 12-day, successive courses from June 26 through July 19, 2010. Open to beginning and intermediate students.

[Learn more >](#)

### **June 27 - July 17, 2010**

#### **Awakening the Self, Discovering Joy: Self-Realization Through the Three Doors of Body, Speech and Mind**

#### **19th Annual Summer Retreat With Tenzin Wangyal Rinpoche**

Our own body, speech and mind can offer direct access to profound inner transformation. The keys to effectively unlocking these three doors are found in the ancient Bon Buddhist tradition of Tibet, whose powerful meditation practices help to remove physical, energetic, and mental blockages that keep us from achieving our highest potential. Join us for a unique, life-changing

opportunity to discover your unbounded being, the source of authentic joy. Registration is available for one, two, or all three weeks.

[New: Extend your stay >](#)

[Learn more or register >](#)

**Oct. 6-10, 2010**

**Sleep of Clear Light: The Practice of Sleep Yoga**

**With Geshe Tenzin Wangyal Rinpoche**

Centuries ago, Tibetan yogis developed the practice of sleep yoga to transform these dark hours of ignorance into a path toward enlightenment. A powerful tool for awakening, sleep yoga is more than a practice of the night. It helps us to integrate all moments — waking, sleeping, meditation, and even death — with the clear light of awareness. During this intensive five-day retreat, Geshe Tenzin Wangyal Rinpoche will teach and guide us in the clear-light sleep practices of the Mother Tantra, one of the most important cycles of teachings in the Tibetan Bon Buddhist tradition

[New: Extend your stay >](#)

[Learn more or register >](#)

**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

[Lig](#)

[mincha@aol.com](mailto:mincha@aol.com)

or 434-263-6304, or go to:

<https://www.ligmincha.org/retreats/retreats.html>