

Teaching Issue

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Teachings

‘Our Spiritual Life Supports’ – an edited excerpt from oral teachings given by Geshe Tenzin Wangyal Rinpoche, summer 2000

I believe that everyone has experiences in connecting with the essence: with the base of all, the mind’s empty, spacious nature that is the source of all enlightened qualities. For sure, everyone needs that connection and seeks that connection, even if there is no clear understanding of what one is needing and seeking. And at some time or another, everyone does experience a level of genuine connection with the essence in their day-to-day lives. For some people, this experience is very subtle and fleeting, for others it is deeper. When one does connect, why does the experience not last? It is because [More >](#)



The 2nd International Lishu Institute Retreat, India

Registration Deadline Is Sept. 20, 2010

Please join us from Feb. 22 through March 4, 2011, for the second international retreat at Lishu Institute in Dehradun, Uttaranchal, India; plus a visit to Menri Monastery, Himachel Pradesh, India. During his retreat Geshe Tenzin Wangyal Rinpoche will give teachings on the Advice of Lishu Taring and [the practice of Sherap Chamma](#) .

Registration deadline is Sept. 20, 2010. If you do not have a valid passport or Indian tourist visa, please apply for these well in advance so you will have them in hand by January 10.□

[More information >](#)



Celebrate Rinpoche's 50th in Nepal

You Are Invited to a Birthday Celebration for Tenzin Wangyal Rinpoche

Dear Worldwide Sangha,

Greetings and love from Senghe Wangyal and Tsering Wangmo. We have a special announcement for all our sangha members around the world. Our loving father and husband Tenzin Wangyal Rinpoche, your beloved teacher, is gracefully aging! Rinpoche is turning 50 years old in 2011. For this significant milestone we want to invite you to join us in celebrating Rinpoche's birthday in Kathmandu, Nepal, on March 6 and 7, 2011.

[More information >](#)



Upcoming Retreat in Crestone, Colo.

"The Chamma Ling Experience" by Al Vreeland

Tenzin Wangyal Rinpoche has graciously agreed to teach from the Pith Realizations of the Zhang Zhung Nyen Gyu Masters for the [More >](#)



Web-Based Teachings

Next Online Workshop With Tenzin Wangyal Rinpoche Begins Sept. 25

Registrations are now being accepted for the next three-week Tibetan Sound Healing course with Tenzin Wangyal Rinpoche. This course, offered [More >](#)



International Sangha News□ □ □

Students Report From Around the World

News From Germany

The German Sangha reports about the recent “Three Doors” retreat with Geshe Tenzin Wangyal Rinpoche, organized by [More >](#)



Invitation: Consecration of the Great Stupa

Please Join Us This November and December

Dear friends:

In the name of Garuda Mexico I am pleased to invite all members of the Bon worldwide sangha to celebrate the Internal Consecration of the Great Stupa for World Peace. We would be very pleased if all [More >](#)



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 or 434-263-6304.

Oct. 2, 2010

New Directions in the Dialogue Between Buddhism and Science

A One-Day Workshop With Tenzin Wangyal Rinpoche and Presenters From the

University of Virginia

Researchers from the Division of Perceptual Studies within the Department of Psychiatry and Neurobehavioral Sciences of UVA will share their findings related to core elements of the Buddhist teachings, including the belief in rebirth. Tenzin Wangyal Rinpoche will participate in the dialogue and guide meditation practices.

[More information/register online >](#)

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 >](#)

Oct. 10, 2010, 12 noon - 1:15 p.m. Eastern Time U.S. (New York time)

Live Internet Broadcast

Guided Dzogchen Practice With Geshe Tenzin Wangyal Rinpoche

For our Internet audience only.

[More information >](#)

[Enter the broadcast site >](#)

Oct. 12, 2010, 7:00 – 8:30 p.m. Eastern Time U.S. (New York time)

Live Internet Broadcast

‘The Power of Openness,’ With Geshe Tenzin Wangyal Rinpoche

This will be a live Webcast of a free public talk in Charlottesville, Va., offered in partnership with Unity Church.

[More information >](#)

[Enter the broadcast site >](#)

Nov. 3 - 7, 2010

Tibetan Yoga, Part 2: *Trul Khor* Training From the *Zhang Zhung Nyen Gyü*

With Alejandro Chaoul-Reich

The contemplative movements of Tibetan Yoga (*trul khor*) enable us to enter all three doors of body, energy and mind through a single practice, offering a powerful, skillful means for

clearing the obstacles and obscurations to openness and clarity in meditation practice. Open to students who have received the Part 1 teachings of

Trul Khor

(

Zhang Zhung Nyen Gyu

) since Jan. 1, 2000.

[Learn more or register >](#)

Dec. 27, 2010 - Jan. 1, 2011

Dzogchen: The View, Meditation, Behavior, and Result

The Experiential Transmission of Zhang Zhung, Part 3

With Tenzin Wangyal Rinpoche

The Experiential Transmission of the Zhang Zhung Masters is the centerpiece of Geshe Tenzin Wangyal Rinpoche's dzogchen teachings and is presented at Serenity Ridge each year at our winter retreat. *Prerequisite:* Practitioners who have already received the Part 2 or higher-level teachings in a previous cycle of Chag Tri teachings are warmly invited to attend this retreat.

[Learn more or register >](#)

New: Extend your stay! You may stay up to three days after the winter retreat for personal retreat time. For more information or to register for an extended stay, contact the Ligmincha office at ligmincha@aol.com or 434-263-6304

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 gmincha@aol.com [Li](#)

gmincha@aol.com

or 434-263-6304, or go to:

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