

Special Announcements Issue

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Summer Raffle

Win a Free Retreat for Two!

Update June 27, 2011: The raffle has been postponed due to unforeseen circumstances. The date of the drawing is postponed until during the Fall Retreat, early October 2011. We'll announce in a future issue of VOCL when tickets can be purchased.

Questions? Please contact the Ligmincha office at Ligmincha@aol.com



Ligmincha Institute's 2010 Annual Report

With Introduction by Tenzin Wangyal Rinpoche

Ligmincha Institute presents its annual report for fiscal year 2010, with a special message of introduction from
Ligmincha's founding spiritual director, Geshe Tenzin Wangyal Rinpoche.

- [Message of introduction >](#)
 - [Annual Report — downloadable PDF >](#)
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Live Webcast This Sunday With Tenzin Wangyal Rinpoche

Special Invited Guest: His Holiness the 33rd Menri Trizen

A very special Internet event — please join us from your computer this Sunday, June 26, at 12 noon Eastern time (New York time) for a live Webcast with Tenzin Wangyal Rinpoche. Rinpoche will teach and guide a healing meditation. For our Internet audience only.

Special guest invited!

Rinpoche plans to invite **His Holiness Lungtok Tenpai Nyima Rinpoche**, spiritual leader of the Bön Buddhist tradition of Tibet, to join him in this Webcast for a very rare appearance. On behalf of the entire international community, we are grateful for this potential opportunity to receive the prayers and blessings of the 33rd Menri Trizen for the first time via one of our live Webcasts. Please be sure to let others worldwide know about this event so they may benefit, as well.

[Learn more / enter the broadcast site >](#)

About the Webcast

Tenzin Rinpoche invites everyone to reflect beforehand on a persistent pain or obstacle (external, internal, or secret) that needs healing, and to bring that issue into your awareness as you attend the live Webcast. In the likely event that His Holiness accepts Rinpoche's invitation to attend, during the first minutes of the live broadcast we will ask His Holiness to offer his prayers and blessings for healing. Then, during a teaching and guided meditation in Tibetan Sound Healing, Tenzin Wangyal Rinpoche will help you to access and abide in the powerful healing qualities of openness, warmth, and compassion surrounding your pain or obstacle. As many students of Rinpoche have already experienced, this simple, transformative meditation can bring profound and lasting beneficial effects.

Please join us for this special opportunity for healing. This live broadcast is for our Internet audience only.

[Learn more / enter the broadcast page >](#)

Other Online Events:

- **Last Wednesday's Webcast was recorded.** You can view Rinpoche's 90-minute public talk, "Tapping Into the Source of Creativity," [here >](#)

- **Online workshop with Geshe Tenzin Wangyal Rinpoche.** Rinpoche's next online workshop starts soon! Beginning Saturday, July 9, Rinpoche will be offering a three-week workshop on Tibetan meditation: "The Nature of Mind — Achieving Great Bliss through Pure Awareness." Space is limited, so register soon. Offered in partnership with GlideWing Productions. [Learn more / register for online workshop >](#)



July Retreat in Rangeley, Maine

Join Rinpoche for Three Days to Inaugurate the New Land

We invite everyone to a very special retreat with Geshe Tenzin Wangyal Rinpoche near Ligmincha Institute's new land in the lakeside town of Rangeley, Maine. Ligmincha is very honored to acknowledge receipt of this land via a recent, generous donation, and is excited about this opportunity to share with others the inauguration of the new property. The retreat will be held July 22-24, 2011; the topic is *Healing Through Love and Wisdom: The Practice of Sherap Chamma*.

[Learn more or register >](#)



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 registration@ligmincha.org or 434-263-6304.

June 25 - July 15, 2011

A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps Annual Summer Retreat With Honored Guest H.H. Lungtok Tenpai Nyima Rinpoche and Geshe Tenzin Wangyal Rinpoche

Everyone is cordially invited to join us this summer for a rare and unique opportunity to receive teachings and transmissions from [His Holiness Lungtok Tenpai Nyima Rinpoche, the 33rd Menri Trizen](#) ; and [Geshe Tenzin Wangyal Rinpoche](#), founder and spiritual director of Ligmincha Institute. Ligmincha's annual Summer Retreat is open to newcomers and longtime students alike.

Week 1 is full, but registration remains open for Weeks 2 and 3.

[Learn more or register >](#)

Oct. 5 - 9, 2011

Connecting With the Living Universe: The Healing Power of the Five Natural Elements Annual Fall Retreat With Geshe Tenzin Wangyal Rinpoche

According to the ancient Tibetan spiritual traditions, our planet is alive and sacred; and the five elements of earth, water, fire, air, and space are not just natural resources but can be considered fundamental aspects of a living universe. Please join us for this special opportunity to learn how to connect, revitalize and commune with our living universe in ways that heal ourselves and our world.

[Learn more or register >](#)

Oct. 18 - 23, 2011

The Experiential Transmission of Zhang Zhung, Part 3

Dzogchen Teachings With H.E. Menri Lopon Trinley Nyima Rinpoche

We are honored by this special opportunity to receive dzogchen teachings from [His Eminence Menri Lopon Trinley Nyima Rinpoche](#),

the head instructor of Menri Monastery in Dolanji, India.

Prerequisite: Participants must have received the teachings for Parts 1 and 2 of the [Experiential Transmission of Zhang Zhung](#)

in order to attend these teachings.

[Learn more or register >](#)

Nov. 3 - 6, 2011

Tibetan Yoga: Magical Movements for Your Awakened Body

A Tsa Lung Trul Khor Retreat with Alejandro Chaoul-Reich

Whether you are a newcomer or have already received this training, we warmly encourage you to attend this retreat. There is no prerequisite for attending.

[Learn more or register >](#)

Dec. 27, 2011 - Jan. 1, 2012

The Experiential Transmission of Zhang Zhung, Part 4

Annual Winter Dzogchen Retreat With Geshe Tenzin Wangyal Rinpoche

Prerequisite: Participants must have received the teachings for Parts 1 and 2 of the [Experiential Transmission of Zhang Zhung](#)

in order to attend these Part 4 teachings.

[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 registration@ligmincha.org or 434-263-6304, or go to:

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