

Teaching Issue

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Fundraising Auction, New Retreats Coming Up Soon

A Letter From Ligmincha's Executive Director

Dear Sangha and friends,

Warm greetings from Ligmincha Institute and Serenity Ridge! I have some news to share with you, including updates about our fundraising auction and ways you can join from afar, registration for upcoming retreats at Serenity Ridge and new additions to Rinpoche's worldwide teaching schedule. [More>](#)



Remedy for Pain: Three 'Pills' of Inner Refuge

An Excerpt From Geshe Tenzin Wangyal Rinpoche's New Book *Awakening the Luminous Mind*

When fear or anxiety dominates your mind, you don't know where to go. By turning toward stillness, silence, and spaciousness, you will feel some protection. Even if you cannot fully

connect, trusting that space is there is a form of protection from fear. You will begin to taste the confidence that becomes increasingly available the more direct personal experience you have with the inner refuge. The reason the inner refuge overcomes fear is that the natural state is beyond fear. It is beyond fear because the unbounded space of being is unchanging. So if you are aware of a deeper state in yourself that is unchanging, and become familiar with that deeper state, you naturally become less fearful. [More >](#)

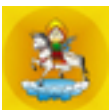


Upcoming Online Workshops With Rinpoche

Including a Seven-Week Course on the Five Elements

Beginning June 9: **“The Nature of Mind: Achieving Great Bliss Through Pure Awareness,”** a three-week online course in Tibetan meditation, will take place with Geshe Tenzin Wangyal Rinpoche. In this workshop

[More >](#)



Ligmincha's Annual Work Retreat June 10–23

Come Join In!

You may arrive as early as June 10, 2012, to participate in the Summer Work Retreat, which will take place from June 10 through 23. The work retreat is free of charge. Whether you join us for one afternoon, one week or the entire two weeks, this is a wonderful time to share with sangha and to be of joyful service. The 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 air-conditioned accommodations in Garuda House and free meals. For those who participate in one full week, there will be a 50 percent discount on the registration fee for

one week of the summer retreat. If you participate in both full weeks of the work retreat, there will be a 50 percent discount on the registration fee for two weeks of the summer retreat.

To register for the Summer Work Retreat, [email us](#) or call 434-263-6304.



Mark Your Calendars for July Webcasts!

Guided Dzogchen Meditations With Tenzin Wangyal Rinpoche

On two Sundays in July, Geshe Tenzin Wangyal Rinpoche will teach and guide a dzogchen meditation practice during free live webcasts. The dates are:

- **Sunday, July 1, from 3–4:30 p.m.** Eastern Daylight Time U.S. (New York time)
- **Sunday, July 8, 2012, from 3–4:30 p.m.** Eastern Daylight Time U.S. (New York time)

In each case Rinpoche will be broadcasting live from the teaching hall at Ligmincha Institute's annual Summer Retreat, "A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps, Part 2."

[Register for the retreat](#)

[Learn more about the free webcasts and enter the broadcast page](#)



Invitation to Three Doors Training

Applications Now Being Accepted for October 2012 U.S. Program

The Three Doors is now taking applications for the next training program beginning in October 2012. To apply, go to www.the3doors.org and click on "Application form." The training consists of 6 six-day retreats over a three-year period that will be taught by

[Marcy Vaughn and Gabriel Rocco](#)

. Discover how limiting patterns of body, speech and mind become doorways to authentic being. Engage intimately in the practices of Inner Refuge, Nine Breathings of Purification, Five Tsa Lung, Five Warrior Syllables and Fivefold Teaching of Dawa Gyaltsen. Marcy and Gabriel warmly invite you to consider joining them in making a commitment to transform your life.

If you have an inclination to apply or have further questions about the Three Doors experience, you are invited to participate in a conference call hosted by Marcy on **Monday evening, June 11, at 7:30 p.m. Eastern Daylight Time.**

To sign up and receive information on how to participate in the call, please

[email Marcy](#)

and put "3 Doors" in the subject line.



Sangha Sharing

Ornaments From the Spring Retreat

Retreatants share with us some of their creative expressions from the recent spring creative arts retreat with Tenzin Wangyal Rinpoche. "Bring Your Life Into Bloom: Exploring the Creative

Process” took place in April at Ligmincha’s Serenity Ridge Retreat Center in Nelson County, Virginia. [More >](#)



‘How to Assist With a Loved One’s Death’

Watch Video of Rinpoche’s Recent Teaching in Germany

Tenzin Wangyal Rinpoche discusses the Bon Buddhist approach to helping a loved one through the process of death and dying. Included: The importance of understanding the fragility and uncertainty of life; suggestions for creating a beneficial environment for the dying person; and guidance for reciting the bardo prayer and performing the Sur Chod practice. This teaching took place during Rinpoche's recent seminar on "Living With Joy, Dying in Peace," Berlin, Germany, May 6, 2012.

[Watch YouTube video](#)



Ligmincha Europe Magazine

Beautiful New Edition!

The spring 2012 issue of Ligmincha Europe magazine is now online! Explore this full, informative and inspiring issue.

[View magazine](#)



□ 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, Virginia. To register or for more information, click on the links below, or contact us at registration@ligmincha.org or 434-263-6304.

June 10–23, 2012

Annual Summer Work Retreat

Free of charge

You may arrive as early as June 10, 2012, to participate in the Summer Work Retreat, which will take place from June 10 through 23. The work retreat is free of charge. Whether you join us for one afternoon, one week or the entire two weeks, 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 air-conditioned accommodations in Garuda House and free meals. For those who participate in one full week, there will be a 50 percent discount on the registration fee for one week of the summer retreat. If you participate in both full weeks of the work retreat, there will be a 50 percent discount on the registration fee for two weeks of the summer retreat. To register for the Work Retreat, [email](#) us or call 434-263-6304.

June 24–July 14, 2012

A View From the Heart: Purifying Your Vision Through the Practice of the Six Lamps (Part 2)

□ 20th Annual Summer Retreat/20th Anniversary Celebration!

Dzogchen Teachings With Tenzin Wangyal Rinpoche

Ligmincha Institute's 20th Annual Summer Retreat and 20th Anniversary Celebration! Come for one, two or all three weeks. No prerequisite, newcomers welcome.

[Learn more or register](#)

Oct. 10–14, 2012

Awakening the Luminous Mind

Annual Fall Retreat

With Geshe Tenzin Wangyal Rinpoche

Registration now open! Dzogchen teachings based on Tenzin Wangyal Rinpoche's newest book , *Awakening the Luminous Mind: Tibetan Meditation for Inner Peace and Joy*.

[Learn more or register](#)

Nov. 1-4, 2012

Tibetan Yoga, Part 2

With Alejandro Chaoul

Prerequisite: This retreat is open to students who have attended the Part 1 teachings of Trul Khor (Zhang Zhung Nyen Gyu cycle) at any time since Jan. 1, 2000.

[Learn more or register](#)

Nov. 10-11, 2012

Beginner's Mind—Starting a Meditation Practice

With John Jackson

A new, two-day beginner's meditation retreat with John Jackson.

[Learn more or register](#)

Dec. 27, 2012–Jan. 1, 2013

Winter Retreat 2012: Experiential Transmission, Part 5

Dzogchen Teachings With Geshe Tenzin Wangyal Rinpoche

Online registration is now open! Prerequisite: Participants must have received the teachings for Parts 1, 2, 3 and 4 of the Experiential Transmission of Zhang Zhung in order to attend these Part 5 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>

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