

Announcements Issue

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A Letter from Tenzin Wangyal Rinpoche

To the Cyber-Sangha!

Dear International Cyber-Sangha,

For a long time, my dream has been to be able to provide teachings without being so restricted by the boundaries of time and space, without the need to travel from place to place. And I feel that the Internet provides just such a means. We began years ago by putting many teachings up on YouTube. Our goal is to eventually have hundreds of hours of the teachings available on the web [More](#)



A Note from the Editors

Amazing First Daylong Webcast with Rinpoche!

To Geshe Tenzin Wangyal Rinpoche and all others who made the free full-day live webcast on

March 23 happen, we are grateful beyond words! We know we speak for many people—an estimate of at least 1,500 and possibly more who joined in this great cyber-retreat—in thanking you for doing this. Truly a gift! [More](#)



Please Donate to Our Summer Fundraising Auction

A Letter from Ligmincha Institute's Executive Director

Dear Sangha and Friends,

Warm greetings from Ligmincha Institute at Serenity Ridge!

As we move closer to the beginning of our 21st annual [Summer Retreat](#), we are beginning to prepare for our annual summer fundraising auction, scheduled for Friday, July 5, 2013. This is a major public fundraising event and is essential to furthering Tenzin Wangyal Rinpoche's vision [More](#)



Upcoming Webcasts with Tenzin Wangyal Rinpoche

Next Free Live Teachings on April 9 and 13

Two live webcasts of Geshe Tenzin Wangyal Rinpoche's teachings will be broadcast on April 9 and April 13, 2013. [More](#)



Second Free Full-Day Webcast Offered July 6

His Holiness Lungtok Tenpai Nyima Rinpoche to Participate

Mark your calendars! Geshe Tenzin Wangyal Rinpoche will be offering his second free full-day live webcast on Saturday, July 6, 2013. The webcast will be broadcast live from Ligmincha Institute at Serenity Ridge during the second week of the annual [Summer Retreat](#). [More](#)



'The Nine Ways of Bon' Weekend Retreat April 27–28

Join John Jackson at Ligmincha's Serenity Ridge Retreat Center

Join John Jackson for a weekend at Serenity Ridge as he uses the structure of the Nine Ways of Bon—the first cycle of Tonpa Shenrab's teachings—to explore a broad range of teachings and meditation methods within the tradition. [More](#)



Upcoming Ligmincha Institute and GlideWing Workshops

Six Lokas, Tibetan Yogas and More

Ligmincha Institute, through www.ligminchalearning.com is offering an online meditation course

April 14–June 1 on

“Transforming Our Emotions Through the Six Lokas.”

[More](#)

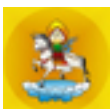


Serenity Ridge Now Offers Only Vegetarian Meals

Practitioners Encouraged to Consider Becoming Vegetarian

Serenity Ridge Retreat Center now offers meat-free, vegetarian fare, serving a variety of healthy, plant-based food to retreat participants and others who attend events at the center.

Beginning with the April 10–14 Spring Retreat, those who register for retreats at Serenity Ridge will be able to select a meal preference that includes vegetarian, vegan, gluten-free vegetarian and gluten-free vegan. The goal of the kitchen is to prepare tasty and nutritious meals that everyone will enjoy. [More](#)



First Spanish Translation of Voice of Clear Light!

La Voz de la Luz Clara, Febrero 2013!

The Spanish translation of the February 2013 issue of Voice of Clear Light is now available for viewing. Thank you Ligmincha Mexico for making this happen!

[Read the full issue now](#)



Registration Now Open for Four Serenity Ridge Retreats

Three Heart Mantras Weekend, Buddhism and Science Conference, Fall and Winter Retreats

Registration is now open for these upcoming retreats at Serenity Ridge:

[Weekend Teaching:](#) A special weekend teaching with H.E. Menri Lopon Trinley Nyima Rinpoche, head instructor of Menri Monastery in Dolanji, India, will be held Sept. 13–15, 2013. The topic is "The Three Heart Mantras." [More](#)



Long Life Mantras for His Holiness and Yongdzin Rinpoche

Report your Accumulations by June 1

Whether or not you are able to attend the summer retreat, all the worldwide sanghas are invited to accumulate the [Long Life Mantra](#) simultaneously for both His Holiness Lungtok Tenpai Nyima Rinpoche, worldwide spiritual leader of the Bon tradition, and His Eminence Yongdzin Tenzin Namdak Rinpoche, the most senior teacher in the Bon tradition

[More](#)



View Short YouTube Video with Tenzin Rinpoche

How to Assist in a Loved One's Death

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, lighting candles and performing the Sur Chod practice after death. This teaching took place during Rinpoche's seminar on "Living With Joy, Dying in Peace," Berlin, Germany, May 6, 2012.

[View video](#)

[View German translation of video](#)

Tenzin Rinpoche demonstrates the inner refuge prayer and the bardo prayer in an [accompanyi](#)

[ng video](#)

[View video with English subtitles](#)



See the New Ligmincha France, Ligmincha Austria, Ligmincha Germany Websites

Gateways to Ligmincha Sanghas and Bon Teachings

These beautiful new European websites are gateways to the Bon teachings not only within their given nations, but also worldwide via [Ligmincha International](#) .

Visit the new websites below.

[Ligmincha France](#)

[Ligmincha Austria](#)

[Ligmincha German](#)



Upcoming Events

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.

April 10–14, 2013

Spring Retreat 2013—Embracing Impermanence: Inner Refuge in the Face of Change
with Geshe Tenzin Wangyal Rinpoche

[Learn more or register](#)

April 27–28, 2013

The Nine Ways of Bon
with John Jackson

[Learn more or register](#)

May 4–5, 2013

Healing with the Medicine Buddha
with Geshe Nyima Kunchap

[Learn more or register](#)

June 9–22, 2013

Summer Work Retreat at Serenity Ridge

[Learn more or register](#)

June 23–July 13, 2013

Summer Retreat—The Twenty-One Nails, Part 1

with Geshe Tenzin Wangyal Rinpoche and honored guest H.H. Lungtok Tenpai Nyima

Join us for one, two or all three weeks.

[Learn more or register](#)

July 6, 2013, 9 a.m.–3:30 p.m. Eastern (New York) Time

Free Full-Day Live Webcast

with Geshe Tenzin Wangyal Rinpoche

Broadcast live from Ligmincha Institute at Serenity Ridge during Summer Retreat

[Learn more](#)

Sept. 13–15, 2013

The Three Heart Mantras and Ma Tri Initiation

with H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more and register](#)

Oct. 9–10, 2013

Special Conference 2013: New Dialogs Between Buddhism and Science

with Geshe Tenzin Wangyal Rinpoche and Renowned Researchers

(to be followed by annual fall retreat; consider registering for both)

[Learn more and register](#)

Oct. 11–13, 2013

Fall Retreat—The Open Heart: Healing in the Dzogchen Tradition

with Geshe Tenzin Wangyal Rinpoche and H.E. Menri Lopon Trinley Nyima Rinpoche

[Learn more and register](#)

Oct. 31–Nov. 2, 2013

Tibetan Bon Buddhist Yoga (Trul Khor) Training, Part 3

with Alejandro Chaoul-Reich

Prerequisites required

[Learn more and register](#)

Dec. 27, 2013–Jan. 1, 2014

Winter Retreat—Dzogchen Practice Retreat

with Geshe Tenzin Wangyal Rinpoche

Open to all, from those new to meditation to those who have attended any part or all of the Experiential Transmission or any other dzogchen teachings.

[Learn more and 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 visit the [Serenity Ridge website](#) or the [Ligmincha Institute website](#).