

## Announcements Issue

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### Letter from the Editors

#### Summertime at Serenity Ridge

Dear Friends,

We hope you all are having a happy summer! Happy summers for us include being able to attend the annual Summer Retreat at Serenity Ridge with Tenzin Wangyal Rinpoche, and we were fortunate to be there for the first week of this year's retreat. [More](#)



### Ligmincha Institute's Annual Report

#### With Letter From Tenzin Wangyal Rinpoche

Ligmincha Institute's Annual Report for the fiscal year 2012 was recently released. Read about what happened at Serenity Ridge from Oct. 1, 2011, through Sept. 30, 2012, both internationally

and online; find out what Ligmincha Council members have been doing; learn how Ligmincha spends its money; and read a special message from Geshe Tenzin Wangyal Rinpoche.

Read the 2012 Ligmincha Institute Annual Report [here](#) .



## Summer Retreat Richness

### YouTube Video of His Holiness, Tenzin Wangyal Rinpoche, and More

Created by sangha members, this video captures some of the happiness and magic with His Holiness Lungtok Tenpai Nyima, spiritual head of the Bon tradition, during his visit at the recent Summer Retreat at Serenity Ridge. E MA HO! [Watch here](#)

In pictures: Joyful preparations for His Holiness's arrival at Ligmincha's Serenity Ridge Retreat Center. [View these 13 photographs](#) taken by Polly Turner.

[More awesome photos](#) taken by Regi Franz of His Holiness arriving at Serenity Ridge, plus the fundraising auction and banquet. Enjoy!



## Wisdom Fellowship Award

## **Tenzin Rinpoche Wins Second Annual Award**

Congratulations to Tenzin Wangyal Rinpoche, founder and spiritual director of Ligmincha Institute! Rinpoche received the second annual Wisdom Fellowship Award from the Sacred Fire Foundation on Aug. 17 at Blue Deer Center in New York. Rinpoche was presented with the award at this year's Ancient Wisdom Rising, a weekend of teachings, stories and ceremonies to connect participants with nature and spirit at Blue Deer Center, near Margaretville, N.Y.



## **Tenzin Wangyal Rinpoche's Teaching Schedule**

### **Website Newly Updated!**

There have been some recent updates and additional dates for Rinpoche's teaching schedule through 2013.

[View schedule by date](#)

[View schedule by location](#)



## **'Awakening the Sacred Arts: Discovering your Creative Potential'**

## Online GlideWing Workshop Begins Sept. 21

The next four-week GlideWing online workshop with Geshe Tenzin Wangyal Rinpoche, “Awakening the Sacred Arts: Discovering your Creative Potential,” begins Saturday, Sept. 21, 2013. Learn and practice from your own home, at your own schedule, with personal guidance from Geshe Tenzin Wangyal Rinpoche. [More](#)



## Webcasts with Tenzin Wangyal Rinpoche

### Next Live Webcast Includes Special Guest H.E. Menri Lupon Rinpoche

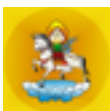
Join us from your computer on **Saturday, Oct. 12, 2013**, from 3–4:30 p.m. Eastern Time U.S. (New York time), for a special free live webcast from the annual

[Fall Retreat at Serenity Ridge](#)

(not a public talk). Topic: "The Open Heart: Healing in the Dzogchen Tradition." Tenzin Wangyal Rinpoche will be joined during this webcast by special guest

[H.E. Menri Lupon Trinley Nyima Rinpoche.](#)

[More](#)



## Tibetan Sound Meditation Benefits Cancer Patients

Results to Be Presented at Oct. 9-10 Buddhism and Science Conference at Serenity Ridge

Research on the effects of Tibetan sound meditation on cancer patients' cognitive function and mental health was published in the May 9 issue of [\*Psycho-Oncology: Journal of the Psychological, Social and Behavioral Dimensions of Cancer\*](#)

This collaborative research between Ligmincha Institute and the University of Texas M.D. Anderson Cancer Center was led by Drs. Alejandro Chaoul-Reich and Lorenzo Cohen, with Tenzin Wangyal Rinpoche as consultant. [More](#)



## Summer Issue of Ligmincha Europe Magazine Now Available

**Their Ninth Issue—a Full 36 Beautiful Pages!**

Read about: Bon and social media; Taste of the Three Doors weekends and interviews; the Irish sangha; inner refuge; poetry sharings; and much more. Also, find out how you can help the *Ligmincha Europe Magazine*

bear fruit as a book of 10 issues (the next issue is the tenth!), to be given as a gift to Bon monasteries, Lishu Institute, Ligmincha Institute, and others.

[View the Summer 2013 issue](#)

[View pictures from Rinpoche's recent European retreat in Germany](#) , recently posted on Facebook. What a wonderful group!



## Finding Common Ground

### Tenzin Wangyal Rinpoche Explains His Commitment to Nonsectarian Cause

*From June 6 through 8, 2013, a diverse group of esteemed Tibetan teachers met in Richmond, California, to participate in the Third North American Nonsectarian Conference of Tibetan Religious Schools. Their primary purpose was to exchange experiences, ideas, and support related to teaching Western students. Geshe Tenzin Wangyal Rinpoche, spiritual director of Ligmincha Institute, chaired this year's conference. Here, Tenzin Rinpoche explains his deep commitment to this cause and his hopes for the future. [More](#)*

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## VOCL Spanish Translation

### June Issue Available

[View the Spanish-language translation of our June 2013 issue of \*Voice of Clear Light\*](#)

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## Experience Dzogchen Practice in Introspective Silence

**Join Rinpoche at the Annual Winter Retreat, Dec. 27, 2013- Jan. 1, 2014**

Join Tenzin Wangyal Rinpoche for six days of practice in an atmosphere of introspective silence. This retreat will focus on dzogchen practices as presented in the oral tradition from ancient Bon texts, including the [Experiential Transmission from the Zhang Zhung Nyam Gyu](#). Open to all, from those who have attended the dzogchen teachings to those new to these practices.

[Learn more and register](#)



## 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](mailto:registration@ligmincha.org) or 434-263-6304.

**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](#)

**Nov. 16-17, 2013**

**Tibetan Sound Healing—The Five Warrior Syllables**

*with John Jackson*

[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](#)

or the

[Ligmincha Institute website](#)

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