

Voice of Clear Light

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Two ‘Firsts’ for Ligmincha at Special Dzogchen Winter Retreat

Join Tenzin Rinpoche Dec. 27, 2013–Jan. 1, 2014 at Serenity Ridge for Silent Practice Retreat



[View Spanish translation of Winter Retreat information \(traduccion al Español\)](#)

This year’s annual Winter Retreat at Ligmincha Institute at Serenity Ridge will be a “first” in two different ways: its focus will emphasize practice, and the retreat will be held in an atmosphere of

respectful silence that will enable participants to integrate practice into every moment of the day.

During the “Dzogchen Practice Retreat: Turning Inward,” Geshe Tenzin Wangyal Rinpoche will present and guide a selection of dzogchen practices as presented in the oral tradition from ancient Bon Buddhist texts. Almost all time with Rinpoche will be spent in meditation and practice. There will be a time for sharing as well as an opportunity to ask questions in the gompa (meditation hall).

Second, this will be the first time a silent retreat has been offered at Serenity Ridge. To create an atmosphere that fully supports turning inward, participants are asked to maintain respectful silence. Space in the lounge will be provided for participants who wish to engage in quiet conversation about their practice. In addition, one table in the dining area will be reserved for those who wish to quietly share their practice with others. Other than these venues, Rinpoche asks that participants observe silence throughout all areas, indoor and outside, at Serenity Ridge.

All are welcome—from those who have completed part or all of the Experiential Transmission series, to those who have done other dzogchen retreats, to those who are exploring dzogchen for the first time. For Rinpoche’s students, it will be a wonderful opportunity to process the bounty of teachings that Rinpoche has shared with us over the years, and to become more stable in practice. For new students, the retreat will be an opportunity to participate in a period of intensive meditation and practice that can help you discover the true nature of mind.

Dzogchen, known as the “great perfection,” is considered the highest teaching in Tibetan Buddhism. Its fundamental tenet is that reality, including the individual, is already complete and perfect; that nothing needs to be transformed (as in tantra) or renounced (as in sutra) but only recognized for what it truly is.

The retreat will have simultaneous live translation into Spanish. *Con traduccion simultaneo al Español en vivo. Para más información comuniquense con la oficina de Ligmincha Institute.*

Learn more at the links below.

[Winter Retreat in English](#)

[Winter Retreat in Spanish \(Traduccion al Español\)](#)